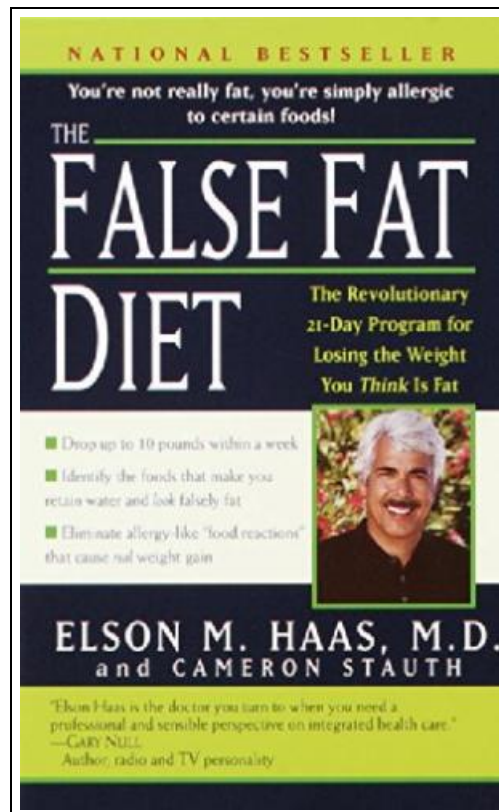


## The False Fat Diet: The Revolutionary 21-Day Program for Losing the Weight You Think Is Fat (Paperback)



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### Reviews




*This book is so gripping and fascinating. Of course, it is actually perform, still an interesting and amazing literature. You will not feel monotony at anytime of your respective time (that's what catalogs are for about in the event you request me).*  
(Prof. Ophelia Wiegand I)

## THE FALSE FAT DIET: THE REVOLUTIONARY 21-DAY PROGRAM FOR LOSING THE WEIGHT YOU THINK IS FAT (PAPERBACK)



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Random House USA Inc, United States, 2001. Paperback. Condition: New. Reprint. Language: English . Brand New Book. It s a fact: not all weight is really fat. Much of being overweight is caused by allergy-like food reactions. This false fat is easy to put on, but it can be hard to take off. Now you can do it--this week--with the revolutionary False Fat Diet. In just a few days, you can lose 5-10 pounds--and 10-20 pounds within two or three weeks. This healthy, practical 21-day nutritional program includes - Identifying which foods you react to--and replacing them with the right foods for your body chemistry - False Fat Week--the amazing 7-day period when your swelling and puffiness subside, as you lose ten pounds - The Balance Program--a personally customized diet that returns your metabolism to normal, and takes pounds off steadily as you reach your ideal weight - Delicious, easy-to-prepare, reaction-free recipes, created with popular, health-conscious chefs, that don t drastically cut calories the way other diets do This scientific, no-hunger, individualized regimen is the only diet that can work for everyone.

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