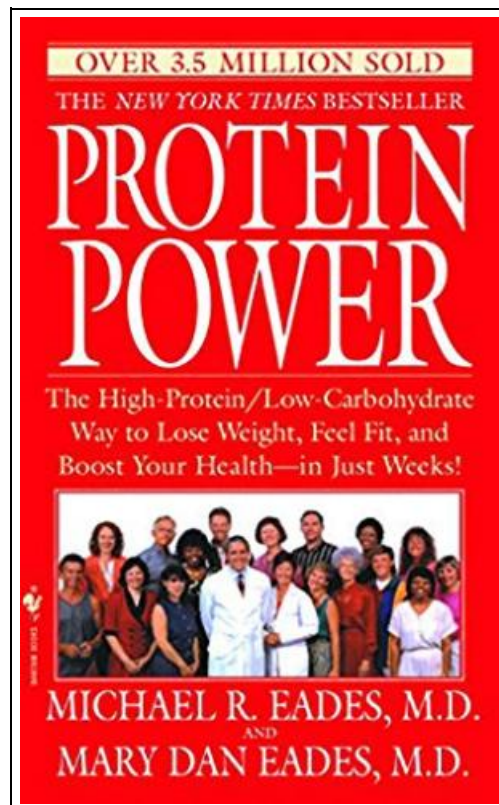


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Bantam Doubleday Dell Publishing Group Inc, United States, 1998. Paperback. Book Condition: New. New edition. 173 x 117 mm. Language: English . Brand New Book. Based on cutting-edge research, this revolutionary, medically sound, deliciously satisfying plan has already helped thousands of patients lose weight and achieve other lifesaving health benefits, including lower cholesterol and blood pressure readings and an improvement or reversal of common disorders such as heart disease, adult-onset diabetes, and gout. Developed by Doctors Michael and Mary Dan Eades, the simple regimen calls for a new way of eating: a protein-rich, moderate-fat, low-carbohydrate diet that will have you feeling better and more energetic within a week, and correct blood sugar levels, high blood pressure, and elevated cholesterol within three weeks. Here, the Eades show you why their plan is so potent: how it works with your body's metabolic biochemistry; how it brings powerful metabolic hormones, including insulin, into balance; and why this balance is necessary to achieve permanent weight loss and free you from reliance on costly and dangerous medications to control blood pressure and cholesterol. Divided into two phases, one for those who need to lose 20 percent of their body weight or more, and the other for those closer to their ideal weight who simply wish to recompose their muscle-fat ratio and embark on a healthier lifestyle, the Eades regimen relies on a tasty, filling, nutritionally complete diet that even allows for the consumption of alcohol - in moderation. Their breakthrough system of counting carbohydrates gives you many more food options than other low-carbohydrate programs. And they accompany their diet with an invaluable program of strength-building exercises and tips for maintaining motivation.

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