



Fad Diet Fiasco (Paperback)

By MR Nishant K Baxi

Createspace, United States, 2015. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Get All The Support And Guidance You Need To Be A Success At Getting A Grip With Fad Diets! Many people have already experienced the amazing results of a fad diet. However, there is a tendency for them to put their weight back on sooner or later because quick weight loss is something that is not healthy for the human body. To put it simply, it can take a serious toll on you. Thus, nothing really beats a sound exercise and nutrition plan because it is the only plan that works effectively in the long run. Table Of Contents Foreword Chapter 1: Introduction Chapter 2: Sugar Busters! Diet Chapter 3: Eat Right for Your Blood Type Diet Chapter 4: The Atkins Diet Chapter 5: Protein Power Diet Chapter 6: The Fast Food Diet Chapter 7: The 3-Day Diet Chapter 8: Cabbage Soup Diet Chapter 9: Starvation Diet Chapter 10: The Disadvantages Of Fad Diets For Long Term Weight Loss Wrapping Up.



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Just no phrases to describe. It typically does not price an excessive amount of. It is extremely difficult to leave it before concluding, once you begin to read the book.

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