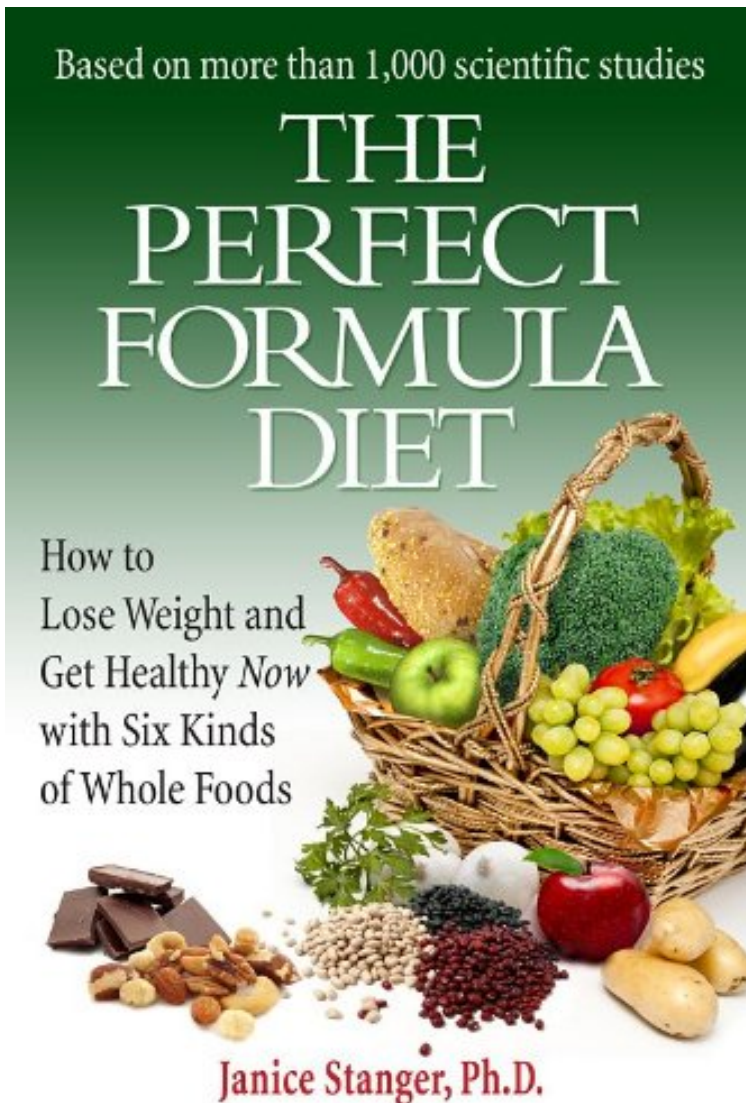


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# The Perfect Formula Diet: How to Lose Weight and Get Healthy Now with Six Kinds of Whole Foods (English Edition)



*Par Janice Stanger*

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## Description :

Prsentation de l'diteurThis simple, science-based, and affordable eating plan is built on six kinds of whole foods. You'll melt stubborn weight permanently, reverse chronic illness, and feel the years melt away with the pounds. You can stay vigorous, healthy, lean, and looking good. Donate your old diet books to a thrift store. Don't they all give you pretty much the same advice? The Perfect Formula Diet, by using the full spectrum of fruits, vegetables, potatoes, beans, whole grains, nuts, seeds, herbs, and spices, gives you a new

option that is fail-proof. Yes, you can enjoy bread, pasta, cereal, and baked potatoes (not to mention some occasional dark chocolate) and still wear size 6 pants. Stop food cravings by giving your body what it needs. Maintain motivation with chapters of practical hints on strengthening commitment, shopping, eating out, lunching at work, and dining with friends. Choose from three options to get started on this eating plan gradually or on the fast track. Forget hunger as you feast on plates and bowls of satisfying foods. No arbitrary portion control, calorie counting, or complicated diet rules. Throw away the tiny microwave meals that leave you famished for real food. When you lose weight on the Perfect Formula Diet, your weight loss is permanent. You will not yo-yo or rebound to your prior weight as long as you follow this eating plan. Enjoy life instead of warming the chair in your doctor's waiting room. Discover the common processes (inflammation, growth factor, oxidation, unbalanced omega-3 and omega-6 fatty acids, hormones in food, toxic molecules from cooking) underlying most chronic illness (diabetes, arthritis, hypertension, headaches, cardiovascular disease, and more). You may reverse these processes through enjoyable food choices. Learn about toxic chemicals in your everyday environment that can make you overweight by disrupting your hormones. Find out how to minimize this danger using both diet and personal care product choices. Based on over 1,000 scientific studies, The Perfect Formula Diet is a jargon-free and fun read. Presentation de l'auteurThis simple, science-based, and affordable eating plan is built on six kinds of whole foods. You'll melt stubborn weight permanently, reverse chronic illness, and feel the years melt away with the pounds. You can stay vigorous, healthy, lean, and looking good. Donate your old diet books to a thrift store. Don't they all give you pretty much the same advice? The Perfect Formula Diet, by using the full spectrum of fruits, vegetables, potatoes, beans, whole grains, nuts, seeds, herbs, and spices, gives you a new option that is fail-proof. Yes, you can enjoy bread, pasta, cereal, and baked potatoes (not to mention some occasional dark chocolate) and still wear size 6 pants. Stop food cravings by giving your body what it needs. Maintain motivation with chapters of practical hints on strengthening commitment, shopping, eating out, lunching at work, and dining with friends. Choose from three options to get started on this eating plan gradually or on the fast track. Forget hunger as you feast on plates and bowls of satisfying foods. No arbitrary portion control, calorie counting, or complicated diet rules. Throw away the tiny microwave meals that leave you famished for real food. When you lose weight on the Perfect Formula Diet, your weight loss is permanent. You will not yo-yo or rebound to your prior weight as long as you follow this eating plan. Enjoy life instead of warming the chair in your doctor's waiting room. Discover the common processes (inflammation, growth factor, oxidation, unbalanced omega-3 and omega-6 fatty acids, hormones in food, toxic molecules from cooking) underlying most chronic illness (diabetes, arthritis, hypertension, headaches, cardiovascular disease, and more). You may reverse these processes through enjoyable food choices. Learn about toxic chemicals in your everyday environment that can make you overweight by disrupting your hormones. Find out how to minimize this danger using both diet and personal care product choices. Based on over 1,000 scientific studies, The Perfect Formula Diet is a jargon-free and fun read. Biographie de l'auteurJanice Stanger has a Ph.D. in Human Development and Aging from University of California, San Francisco. She is certified in plant-based nutrition through the T Colin Campbell Foundation and has an MBA from University of California, Berkeley. She is a frequent blogger, guest blogger, radio show guest, contributor to Veg World Magazine, and in-demand conference presenter. As an adult, the author went through multiple unsuccessful weight loss attempts, binge eating, and numerous chronic illnesses and debilitating pain. Her daughters led the way to health when they decided to stop eating meat at ages 11 and 13. Since following the Perfect Formula Diet the author is now in Perfect Health, at her Perfect Weight, and takes no prescription drugs (with ideal cholesterol, blood pressure, and glucose level).