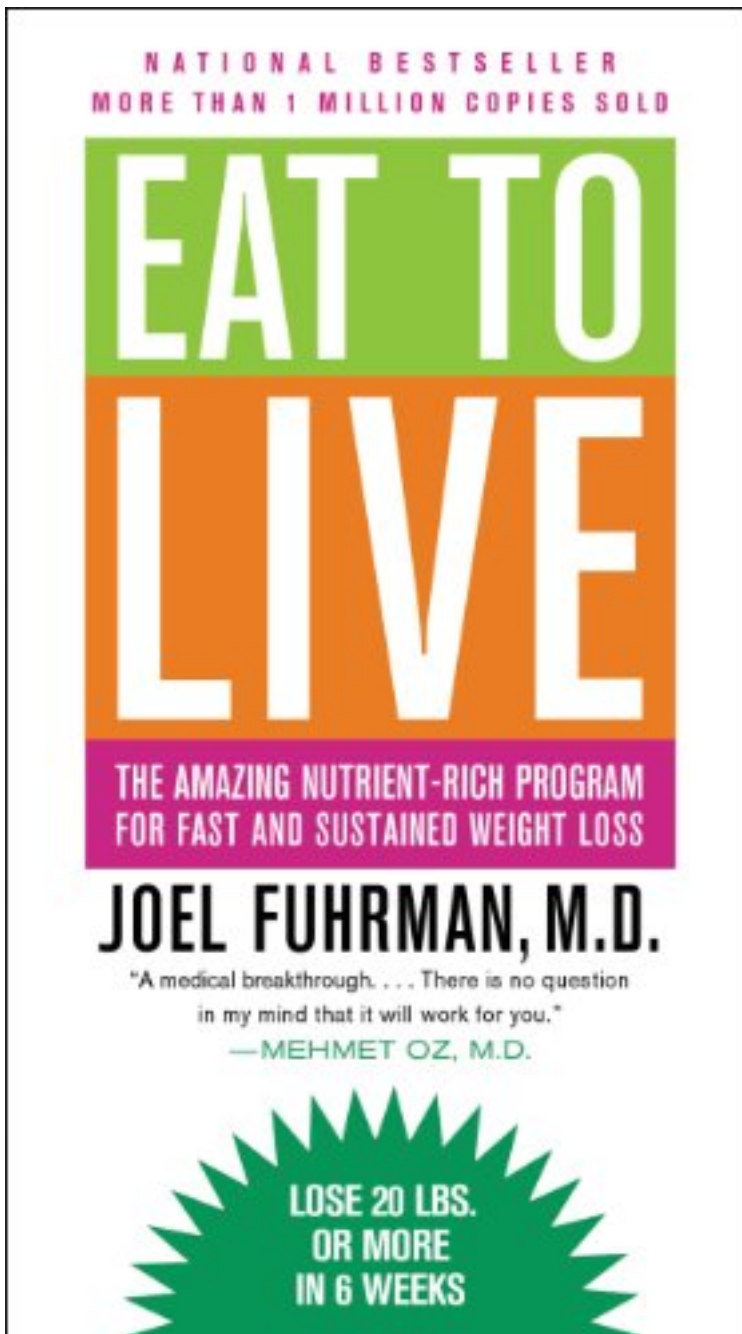


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Eat to Live: The Amazing Nutrient-Rich Program for Fast and Sustained Weight Loss (English Edition)



Par Joel Fuhrman
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[Free pdf] Eat to Live: The Amazing Nutrient-Rich Program for Fast and Sustained Weight Loss (English Edition)

Par Joel Fuhrman : Eat to Live: The Amazing Nutrient-Rich Program for Fast and Sustained Weight Loss (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Eat to Live: The Amazing Nutrient-Rich Program for Fast and Sustained Weight Loss (English Edition):

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Description : Description du produitWhen Mehmet Oz or any of New York's leading doctors has a patient

whose life depends on losing weight, they call on Joel Fuhrman, M.D. In EAT TO LIVE, Dr. Fuhrman offers his healthy, effective, and scientifically proven plan for shedding radical amounts of weight quickly, and keeping it off. Losing weight under Dr. Fuhrman's plan is not about willpower, it is about knowledge.

The key to this revolutionary diet is the idea of nutrient density, as expressed by the simple formula $\text{Health} = \text{Nutrients} / \text{Calories}$. When the ratio of nutrients to calories is high, fat melts away and health is restored. Losing 20 pounds in two to three weeks is just the beginning. The more high-nutrient food Dr. Fuhrman's patients consume, the more they are satisfied with fewer calories, and the less they crave fat and high-calorie foods. Designed for people who must lose 50 pounds or more in a hurry, EAT TO LIVE works for every dieter, even those who want to lose as little as 10 pounds quickly. No willpower required—just knowledge!

Hailed a "medical breakthrough" by Dr. Mehmet Oz, EAT TO LIVE offers a highly effective, scientifically proven way to lose weight quickly. The key to Dr. Joel Fuhrman's revolutionary six-week plan is simple: $\text{health} = \text{nutrients} / \text{calories}$. When the ratio of nutrients to calories in the food you eat is high, you lose weight. The more nutrient-dense food you eat, the less you crave fat, sweets, and high-caloric foods. EAT TO LIVE has been revised to include inspiring success stories from people who have used the program to lose shockingly large amounts of weight and recover from life-threatening illnesses; Dr. Fuhrman's nutrient density index; up-to-date scientific research supporting the principles behind Dr. Fuhrman's plan; new recipes and meal ideas; and much more. This easy-to-follow, nutritionally sound diet can help anyone shed pounds quickly—and keep them off.

Revue de presse "A medical breakthrough. If you give this diet complete commitment, there is no question in my mind that it will work for you." Mehmet Oz, MD "You'll shed pounds pronto." Us Weekly "Dr. Fuhrman's formula is simple, safe, and solid." Body and Soul "No counting calories or eating synthetic diet foods...I lost 10 pounds in four weeks. The plan is flexible enough so that I can eat foods I like without feeling deprived." Diane Williams, Self

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