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—Robert Paul Rood, M.D., F.A.C.E.

YOUR FAT CAN MAKE YOU THIN

Calvin Ezrin, M.D.

Coauthor of The Type 2 Diabetes Diet Book

WITH KRISTEN L. CARON, M.A.

Foreword by ROBERT E. KOWALSKI,
author of The 8-Week Cholesterol Cure

Your Fat Can Make You Thin

JR Anderson



Your Fat Can Make You Thin:

Your Fat Can Make You Thin Calvin Ezrin, Kristen L. Caron, 2001-04-20 While many American s have found temporary success with low carbohydrate dieting few maintain their weight loss Drawing on proven medical research and years of successful clinical use **Your Fat Can Make You Thin** clearly explains how to regulate the body s serotonin levels to maintain energy and health while burning excess fat and keeping it off for good *The Complete Idiot's Guide to Weight Loss* Lucy Beale, Sandy G. Couvillon, Beverly Donnelley, 2002-09 Overall dieting is the best performing topic in the health and fitness category There are many dieting books on the market today many of which contradict one another in their claim to have the one formula for success that will rid readers bodies of unwanted pounds forever This book will appeal to those who feel confused and overwhelmed by all of these other books who mainly need to learn the fundamentals in an easy non intimidating format **The Complete Idiot s Guide RM to Weight Loss** will help readers reach their ideal size by learning what to eat how to exercise and how to avoid common weight loss pitfalls The book will dispel popular weight myths and replace them with confidence boosting knowledge practical advice and inspirations to get them started on the right path right away Also readers will discover what foods are needed for healthy weight loss and how to balance them in a safe and healthy nutritional plan and how to incorporate exercise into their weight loss plan and specifically how to achieve greater muscle tone and stamina **Dietary Interventions in Autism Spectrum Disorders** Kenneth J. Aitken, 2008-10-01 Provides an introduction to the clinical conditions that can cause autistic behaviour and what can be done to significantly improve many of them with an in depth look at the Simple Restriction Diet SRD describing how to implement this approach and how to evaluate its effects **The Delineator** R. S. O'Loughlin, H. F. Montgomery, Charles Dwyer, 1896 **Your Fat Can Make You Thin** Calvin Ezrin, Kristen L. Caron, 2000 Based on proven medical research and years of successful clinical use this low carbohydrate high protein plan by the author of **The Type 2 Diabetes Diet Book** focuses on regulating the body s serotonin level to maintain energy and health while burning excess fat and keeping it off for good **The Complete Idiot's Concise Guide to Healthy Weight Loss** R. Couvillon, 2010-10-05 Losing those extra pounds is at the top of your to do list but you don t want to sacrifice your health in the process Finding a weight loss program that really works and is healthy too seems like an impossible dream Wake up to a new tomorrow This handy guide will help you find the weight loss solution that works best for you and produces lasting results In it you ll find The low down on how proteins fats and carbohydrates contribute to your health and your weight Specific plans for low carb low cal or low fat weight loss Expert advice on getting into the weight loss mindset and staying there **The Ounces Countdown Weight Loss Approach** Patrick Hafner, 2010-04 Hafner helps pave the way for sensible realistic easy and lasting weight control He asserts that by doing half the things listed in this book progress should begin immediately **Mental Health and Growing Up** Ann York, 2004-07 The third edition will contain factsheets on 36 mental health issues Rewritten and now illustrated to be more accessible to the general public they

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