



## Lose Weight Without Mysteries with the Progressive Swing Diet: Dr. DAntonis Progressive Slimming Method

By Michele D'antoni Md

iUniverse.com. Hardcover. Book Condition: New. Hardcover. 168 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. Weight control, weight gain, and dieting rule many peoples lives in todays world. For many, fighting obesity is a constant battle. Italian dietician Dr. Michele DAntoni has found a strategic winning plan to combat obesity. He details this plan in Lose Weight without Mysteries with the Progressive Swing Diet. Modeled after the Mediterranean Diet, DAntonis plan addresses seven main situations of obesity and six fundamental progressive calorie levels. Lose Weight without Mysteries with the Progressive Swing Diet provides the elementary concepts of food science as it relates to weight loss and discusses many aspects of dieting. In this book, DAntoni discusses: The mistakes people make when beginning a slimming diet The use of drugs in diets The computers role in dieting The concept of learning to feed the body instead of only eating The thrust of losing weight easily and eliminating diet addiction The ideal diet and keeping the results permanent With sample menus included, Lose Weight without Mysteries with the Progressive Swing Diet provides a solution to obesity by helping people lose fifteen kilos in sixty days without using drugs or starving yourself. This item ships...



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*Absolutely essential go through publication. I am quite late in start reading this one, but better then never. You will not feel monotony at at any time of the time (that's what catalogues are for regarding if you ask me).*

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