



The New Sugar Busters!(r) (Paperback)

By H Leighton Steward, Morrison Bethea, Sam Andrews

Random House Publishing Group, United States, 2003.
Paperback. Book Condition: New. 175 x 102 mm. Language: English . Brand New Book. WIN THE FIGHT AGAINST FAT-THE SUGAR BUSTERS!(R) WAY When SUGAR BUSTERS! hit the shelves almost five years ago, it quickly became a diet and lifestyle phenomenon. The millions of people across the country on the SUGAR BUSTERS! plan discovered that by simply choosing the correct carbohydrates and lowering their sugar intake, they could shed the pounds they failed to lose with other diets. Now the weight-loss program that swept the nation has been completely revised and updated-incorporating all the newest nutritional findings, health statistics, and scientific studies, and featuring all-new, easy-to-follow recipes and meal plans. Among the wealth of new material in this edition, you ll find amazing testimonials from men and women who are losing weight and feeling fit the SUGAR BUSTERS! way; frequently asked questions and helpful answers; the latest on diabetes-and how SUGAR BUSTERS! can help prevent it; essential facts on women, weight loss, and nutrition; and new tips, updated charts, and practical exercise suggestions. So arm yourself with the facts and get the figure you ve always wanted. When it comes to optimal wellness on...



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