AT LAST! A NEW, EASY, NATURAL WAY TO CONTROL YOUR APPETITE

SATIONAL WEIGHT LOSS







"If you have a sense of smell, you can have the body you want."

 Saf Karchbeimer, Senior Edinor, Prevention Magazine Health Books and author of Tro. Occasio Book or House Kongross II.

ALAN R. HIRSCH, M.D., F.A.C.P.

<u>Scentsational Weight Lob At Last A New Easy Natural</u> <u>Way To Control Your Appetite</u>

Alan R. Hirsch

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Scentsational Weight Loss Alan R. Hirsch, 1998-01-07 Through years of research Dr Alan Hirsch has determined that what we smell can influence what and how much we eat This revolutionary new book teaches them to literally sniff away excess pounds and break their old patterns of eating thereby losing the weight they keep fighting against **Guide to Scentsational Weight Loss** Alan R. Hirsch, 1997 The dismal truth is diets don t work What s more most people don t know that their failure to lose weight and keep it off is not their fault In this revolutionary new book Dr Alan R Hirsch reveals his findings that show why we overeat and how we can break the patterns that lead to excess weight His scentsational discoveries are presented in simple terms everyone can understand and use to help break the patterns of a lifetime BOOK JACKET Title Summary field provided by Blackwell North America Inc All Rights Reserved **Solution** Joe Colella, M.D., 2015-04-21 A weight loss expert offers a new approach to eating which suppresses hunger and empowers readers to control their appetite lose weight and regain health The Appetite Solution is weight loss specialist Dr Joseph J Colella's aggressive six week three phase plan to help you overcome hunger pangs diminish cravings and help you achieve your goal weight breaking free of the carbohydrate addiction that packed on those difficult to shed pounds Dr Colella begins by examining why we feel so hungry and introducing his Appetite Scale a measurement that shows which foods lead to weight gain and cravings He offers advice for avoiding inflammatory foods or mitigating their effects by pairing them with other foods lower on the Appetite Scale He then sets you on a prescribed diet that increases satiety curbs your carbohydrate intake and launches you on a journey that is forever free from an excessive appetite allowing continued weight loss without hitting a plateau or experiencing yo yo weight gain and loss Drawing on his unique understanding of diet and the thresholds that make losing weight increasingly difficult Dr Colella presents an aggressive plan for resetting your appetite bringing your weight under control and keeping you out of the body mass danger zone Curb Your Appetite Naturally for Lasting Weight Loss Hester Y Cheong, 2025-06-07

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