

# THE **nutri/system**<sup>®</sup> FLAVOR SET-POINT<sup>™</sup> WEIGHT-LOSS COOKBOOK



SUSAN S. SCHIFFMAN, PH.D.,  
AND JOAN SCOBIEY  
RECIPES BY ROBIN RIFKIN

# Nutri System Flavor Set Point Weight Loss Cookbook

**earl mindell'a**



## **Nutri System Flavor Set Point Weight Loss Cookbook:**

*The Nutri-System Flavor Set Point Weight Loss Cookbook* Susan S. Schiffman, Joan Scobey, 1992      *The Nutri/System Flavor Set-Point Weight Loss Cookbook* Susan S. Schiffman, Joan Scobey, 1990 Suggests a new approach to weight loss shares a variety of low fat low salt recipes and offers advice on menu planing      **The Nutri/System Flavor Set-Point Weight Loss Cookbook** Outlet Book Company Staff, Rh Value Publishing, Random House Value Publishing Staff, 1994-02-01

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Vitaminele sunt substanțe organice necesare vieii. Ele sunt esențiale pentru funcționarea normală a organelor noastre și cu excepția nu pot fi fabricate sau sintetizate intern. Necesare pentru creșterea vitalității și starea noastră generală bună, ele se găsesc în cantități extrem de mici în toate produsele alimentare naturale. Noi trebuie să obținem vitamine din aceste alimente sau din suplimente alimentare. Ce nu sunt vitaminele? Vitaminele nu sunt pastile energizante și nu au valoare calorică sau energetică proprie. Nu sunt substituite pentru proteine, minerale, lipide, carbohidrați. Nu sunt componente ale structurilor corpului omenesc. Nu poți să ieși vitamine și nu mănânci și te atepți să fii sănătos.

Dr. Earl Mindell este autorul unui mare număr de titluri care s-au bucurat de succes internațional. Este farmacist autorizat, maestru erborist și profesor la Facultatea de Farmacie a Universității Chapman și este membru al comitetului de conducere al Colegiului de Medicină Naturist din California.

**Books in Print**, 1991      **Kirkus Reviews**, 1990. Adult books are categorized by genre: i.e. fiction, mystery, science fiction, nonfiction. Along with bibliographic information, the expected date of publication and the names of literary agents for individual titles are provided. Starred reviews serve several functions. In the adult section, they mark potential bestsellers, major promotions, book club selections, and just very good books. In the children's section, they denote books of very high quality. The unsigned reviews manage to be discerning and sometimes quite critical.

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**The Publishers Weekly**, 1990

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**Library Journal**, 1989      **The Cumulative Book Index**, 1990. A world list of books in the English language.

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