A Cardiologist's Guide To Weight Loss And Nutritional Healing

STEPHENT. SINATRA, MI.D.

Steven A. Schnur

Lose to Win Stephen T. Sinatra,1992 The Experts' Weight Loss Guide Garry Egger, Andrew Binns, 2001 An authoritative guide for experts put together by experts but also accessible for the lay person interested in improving and maintaining his or her good health Author Garry Egger one of Australia's leading experts on obesity and weight loss is the founder of the GutBuster Waist Loss Program The text reviews all the available literature in the field to offer a resource for those dealing professionally or personally with obesity The Reality Diet Steven A. Schnur, 2006

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