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# The Right Bite

*Outsmart 43*

**SCIENTIFICALLY PROVEN FAT TRIGGERS**

*and Beat the Dieter's Curse*

Stephanie Dalvit-McPhillips, Ph.D.

# Right Bite Outsmart 43 Scientifically Proven Fat Triggers

**Stephanie Dalvit-McPhillips**



### **Right Bite Outsmart 43 Scientifically Proven Fat Triggers:**

*The Right Bite* Stephanie Dalvit-McPhillips, 2001      *The Publishers Weekly*, 2001      Bottom Line Year Book, 2003, 2002

**Journal of the American Dietetic Association**, 2001      *The Right Bite* Stephanie Dalvit-McPhillips, 2003 Many

popular diet plans rely on a single gimmick all protein all liquid all fruit no sugar to shed the inches Inevitably the pounds creep back almost as steadily as self esteem is lost But according to her more than two decades worth of personal and scientific research renowned nutritionist Dr Stephanie Dalvit McPhillips reveals that most of these single strategy diet regimens include up to a dozen insidious weight gain triggers She reassures readers that weight problems are not caused by weakness but by damaged metabolisms and biochemical imbalances created by chronic dieting which can be corrected and maintained through nutrition A near fatal victim of a series of eating disorders as a young woman Dr Dalvit McPhillips has maintained her own ideal weight for nearly twenty years with the guidance of her simple program which she shares in this groundbreaking guide      The British National Bibliography Arthur James Wells, 2005      *Subject Guide to Books in Print*, 1991

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