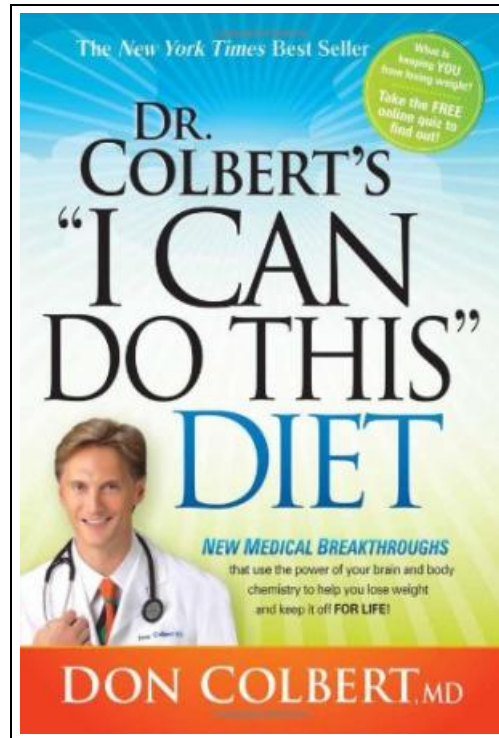


Dr. Colbert's I Can Do This Diet



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Reviews

Extensive information! Its this type of excellent study. I have read and i am sure that i will gonna go through yet again once more down the road. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Aliyah Mayer)

DR. COLBERT S I CAN DO THIS DIET



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Charisma House, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Too many people fight against their own brain and body chemistry when trying to lose weight. This is the reason that up until now, diets have only had a 2 success rate. Tired of saying, I can t do this! when looking at diet programs? Then let Dr. Colbert help you take advantage of the latest medical breakthroughs that show you how to work with your body, rather than against it to lose weight easily and keep it off for life. Forget the old diets that work against you. With Dr. Colbert s diet, you can say, I can do this! As a medical doctor, Don Colbert deals every day with getting verifiable results that prove a patient is on his or her way to long-term health, not just fixing an immediate problem. And that is what this book is about. Far from being a diet, this program offers principles that are meant to last for life, principles that have been proven to work for thousands of individuals for more than a decade and counting. Dr. Colbert helps readers: Learn the top five reasons why diets fail Explore several fundamentals of weight lossOvercome specific roadblocks to weight loss including insulin resistance, neurotransmitter imbalance, hormonal imbalance, and inflammationDesign a program catered just for them, including snacking, cooking, eating out, shopping, supplements, and much more.



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