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The Science of Skinny: Start Understanding Your Body's Chemistry - and Stop Dieting Forever

By Dee McCaffrey

The Perseus Books Group. Paperback. Book Condition: new. BRAND NEW, The Science of Skinny: Start Understanding Your Body's Chemistry - and Stop Dieting Forever, Dee McCaffrey, With scientific research, her own chemistry background, and the traditional diets of our not-so-distant ancestors as her guide, Dee McCaffrey casts new light on an age-old wisdom: Eating foods in their closest-to-natural form is the true path to sustained weight loss and, in fact, the remedy for almost any health problem. We are so far removed from foods in their natural state that we now call them "health foods," a sad admission that we've compromised our health for the sake of convenience. The Science of Skinny aims to create a space for change--to educate and enlighten readers on the value of proper nutrition so that they can find a healthier and more life-affirming relationship with their bodies and the food they eat. Offering serial dieters a healthy and lifelong way to shed pounds--and keep them off-- The Science of Skinny includes: kick-start plans; guidelines for family- and kid-friendly meals; quick and delicious menus and more than 50 recipes; shopping lists and eating-on-the-go tips; easy fitness routines; and more.



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