



Beyond Atkins: A Healthier, More Balanced Approach to a Low Carbohydrate Way of Eating

By Douglas J. Markham

Gallery Books. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 9.1in. x 6.1in. x 0.6in. Its a fact: Not all carbohydrates are bad for you. Unlike Atkins, South Beach, and other diets, Dr. Douglas Markham's breakthrough health plan is a more comprehensive, sustainable, and satisfying program for weight loss and total-body health. Dr. Doug's signature Total Health Plan features the More Balanced Approach to low-carb meal programs, along with his 30-minute Fat Burning Circuit Training Workout. This groundbreaking book will allow you to discover: the safest, most effective way to follow a low-carbohydrate lifestyle how the kind of food you eat affects your body, your energy level, and your quality of life why fat does not make you fat how healthful eating can replace the need for prescription drugs to treat high blood pressure, high cholesterol, and adult-onset diabetes . . . and much more. This empowering resource can help you to both lose pounds and maintain your weight; improve your eating habits; enhance your self-image; and lead a healthy, balanced life. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



READ ONLINE
[4.83 MB]

Reviews

Completely essential read through publication. It normally does not expense excessive. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Morris Cruickshank**

A top quality ebook as well as the typeface used was interesting to see. It usually fails to charge an excessive amount of. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Dr. Isabell Wiza DDS**

See Also



The Wolf Watchers: A Story of Survival (Born Free Wildlife Books)

Templar Publishing, 1998. Paperback. Book Condition: New. Shipped from the UK within 2 business days of order being placed.



Claus Kids Super Sticker Book: A Year-Round Christmas Celebration (Dover Sticker Books) (English and English Edition)

Dover Publications. Book Condition: New. Paperback. Pristine, Unread, Gift Quality. Stored in sealed plastic protection. No pricing stickers. No remainder mark. No previous owner's markings. In the event of a problem we guarantee full refund. 2011. Paperback.



If I Have to Tell You One More Time: the Revolutionary Program That Gets Your Kids to Listen without Nagging, Reminding or Yelling

Tarcher/Putnam,US, United States, 2012. Paperback. Book Condition: New. 206 x 137 mm. Language: English . Brand New Book. The Revolutionary Program That Gets Your Kids To Listen Without Nagging, Reminding, or Yelling Why does it feel sometimes as if our children have...



Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.



Homeschool Your Child for Free: More Than 1,400 Smart, Effective, and Practical Resources for Educating Your Family at Home

Random House USA Inc, United States, 2009. Paperback. Book Condition: New. 2nd. 229 x 185 mm. Language: English . Brand New Book. Provide a solid education at home without breaking the bank. Introduced in 2000, Homeschool Your Child for Free gave countless...



Preventing Childhood Eating Problems : A Practical, Positive Approach to Raising Kids Free of Food and Weight Conflicts

Book Condition: Brand New. Book Condition: Brand New.