



Super Nutrition Fr Women (Rev) (Paperback)

By Ann Louise Gittleman

Bantam Doubleday Dell Publishing Group Inc, United States, 2004. Paperback. Condition: New. Revised edition. Language: English . Brand New Book. Winner of the Excellence in Medical Communications Award, SUPER NUTRITION FOR WOMEN is the first scientifically based nutrition program to take into account women s distinct body chemistry and dietary needs--and reveals the best way to incorporate them into any weight-loss or workout plan. This newly revised edition includes the latest nutritional studies and addresses the unique health and dietary concerns that women are facing today. Whether they re on a vegetarian or a meat-and-potatoes regimen, no matter what their age or lifestyle, SUPER NUTRITION FOR WOMEN will show readers: * How to evaluate which weight-loss plan is best for them--from low carb to low fat--and how to stay healthy and happy while shedding pounds * How to prevent and combat a variety of illnesses, including osteoporosis, breast cancer, heart disease, yeast infections, and allergies * Easy menus, recipes, and Super Female Foods--staples that should be on every woman s shopping list SUPER NUTRITION FOR WOMEN is a revolutionary program that works with today s popular diet and exercise plans--to help every woman look better, feel better, and live longer.



[READ ONLINE](#)
[6.39 MB]

Reviews

It in a of the best book. Yes, it can be perform, nevertheless an amazing and interesting literature. You may like the way the article writer publish this ebook.
-- **Wava Hettinger**

A brand new eBook with a brand new standpoint. It can be rally fascinating throug reading through time. I am happy to let you know that this is the greatest ebook i have go through within my very own daily life and can be he best book for at any time.
-- **Leanne Cremin**