

《Hollywood ' s Healthi》

图书基本信息

书名：《Hollywood ' s Healthiest Diets好来乌健康食谱》

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内容概要

Book Description "Dr. Perrone helped me get in the best shape of my life--from the inside out."-- Denzel Washington
Want to fit into your jeans by Friday? Exercise isn't the answer. . . Hollywood's Healthiest Diets is! Choose the diet that's right for you. Lose body fat and inches every day. Train your metabolism to work like it's on fire. Feel energized from the moment you wake up. Increase you mental clarity. Strengthen your immune system. Handle stress with ease. Achieve hormonal balance. Defy aging. Eat for your unique body chemistry. Take Hollywood's Healthiest Diets and determine which strategy will work best for you!

About the Author
Hollywood's Number #1 Nutritionist , Dr. Tony Perrone has a Ph.D. in Clinical Nutrition. A member of the American Preventative Medical Association , his nutritional strategies have created healthy results for thousands of his clients.

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