



1 to 5 Weight-Loss without Dieting

CR Hornbeck-Kaiser

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This book is absolutely amazing! It clearly presents how to lose overweight and obese pounds without dieting. It then demonstrates how to maintain that weight loss. Best of all these weight loss objectives are achieved while continually feasting on truly delicious foods. As a result hunger is eliminated. The "1 to 5 Weight Loss Without Dieting" book (aptly subtitled: "Guide to the Low-Carb Regimen") is unique in its approach. In simple steps with menus, references and detailed low-carb recipes -- including breads, cheesecakes, crust less quiche and Zuppa Toscana -- this book shows the reader how to achieve the much sought after goal of simply and easily losing weight. Most important of all, the book explains how a properly applied low-carb regimen is a foundation for overcoming insulin resistance, a precursor to adult onset diabetes as well as certain forms of heart disease and cancer. Further, the book demonstrates that a properly adopted low-carb regimen may be the key to overcoming the epidemic of excess weight and obesity that affects two thirds of our nation. You owe it to yourself to read this book!

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