



Hollywood's Healthiest Diets: Healthy Fat-Fighting Diets

By Perrone, Tony

Book Condition: New. Ships From Canada. 284 pages Denzel Washington ""Dr. Perrone helped me get in the best shape of my life--from the inside out. ""--This text refers to the Hardcover edition. 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! 1. Choose the diet that's right for you. 2. Lose body fat and inches every day. 3. Train your metabolism to work like it's on fire. 4. Feel energized from the moment you wake up. 5. Increase you mental clarity. 6. Strengthen your immune system. 7. Handle stress with ease. 8. Achieve hormonal balance. 9. Defy aging. 10. Eat for your unique body chemistry. Take Hollywood's Healthiest Diets and determine which strategy will work best for you! Ingram Hollywood's #1 nutritionist reveals ten proven body-fat reduction plans for shedding inches safely and achieving optimal health. A questionnaire at the b.



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