


Picture Perfect Weight Loss 30 Day

By Shapiro, Howard Dr

MacMillan & Co, 2005. Illustrated Card. Condition: Brand New. 1st. "These amazing photographs brilliantly expose excessive calories and instantly show how to make more healthful food choices." - Marion Nestle, Ph.D., At the heart of Dr. Shapiro's eating plan are 115 new, dramatic food comparisons. Once seen, these demos are never forgotten, so you don't need to memorize numbers or weigh portions. To make things even easier, Dr. Shapiro presents his new Picture-Perfect Weight Loss Food Pyramid for an instant visual guide to better choices. You'll find expert advice and weight-control strategies for kids, teens, and seniors, and you'll even learn what to eat at birthday parties, picnics, and baseball games. Finally, you'll enjoy the "Bite or Burn" comparisons, showing you how many hours of exercise you will need to "burn" off the calories from foods you have chosen to "bite." All of our books are in the shop, and are 'real' books. We try to post the same day as the order. Descriptions are conservative. Postage rates may be lower than ABE estimate, please use Ask Bookseller a Question to confirm availability and postage cost, use [Ask Bookseller a Question] option below to confirm availability and get accurate postage quote for this...

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