



Dr. Gotts No Flour, No Sugar Diet

By Robin Donovan

Wellness Central. Paperback. Book Condition: New. Paperback. 208 pages. Dimensions: 8.8in. x 6.0in. x 0.6in. During his 40 years of medical practice and in his nationally syndicated newspaper column, Dr. Gott's patients and readers have continually asked him for a way to lose weight that is both simple and foolproof. In response, he developed the No Flour, No Sugar diet which has prompted countless weight loss success stories from his patients, thousands of letters from readers of his column raving about their successes, and a New York Times bestselling book. DR. GOTTS NO FLOUR, NO SUGAR DIET is about as easy as it gets. All you need to do is eliminate flour and added sugar from your diet. That means no bread, bagels, cookies, or cakes, but it doesn't mean you can't still enjoy lean meats, rice, low-fat dairy products, vegetables, and fruits. It doesn't call for counting calories or grams of food, it allows you to choose from a wide range of food (once you hit your goal weight, you can even reintroduce some items with flour and sugar back into your diet), and it's totally affordable. In this book, you will learn how to: -Satisfy your sweet tooth without...

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