

Download The Fat Fallacy The French Diet Secrets To Permanent Weight Loss

The Fat Fallacy : The French Diet Secrets to Permanent Weight Loss by Will Clower, published by 2003-04-22 (Three Rivers Press) Buy now from Amazon.com for \$13.95 We have reviewed over 600 diet books. In each review, you will find a list the pros and cons of each diet, a sample meal plan, and professional recommendations. The phenomenon, known as "French paradox", is the relatively low rate of heart disease and obesity despite a high dietary intake of cholesterol and saturated fat in France as compared with other Western countries. Donald P. Nebel Jr., DC, CCST, DAAML P Doctor of Chiropractic Certified Chiropractic Spinal Trauma Diplomate American Academy of Medical Legal Professionals