



The Death of Dieting: Lose Weight, Banish Allergies, and Feed Your Body What It Needs to Thrive! (Paperback)

By Christopher J Kidawski

Influential Health Solutions, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Double Your Weight Loss Efforts Without Feeling Confused Or Overwhelmed! What if changing a few key habits with your daily food choices could accelerate your weight loss and increase your energy levels by 2-3x? Then imagine your surprise if you also understood how to maintain your weight at a healthy level of your choosing finally getting off the diet roller coaster for good! It s all in here and more! Best selling author and weight loss expert Christopher J. Kidawski has spent the last 15 years uncovering the cold hard facts on why diets fail. Spoiler alert!!!! Diets by their very nature are unsustainable and do not address the correct mechanisms responsible for weight gain in the first place. Kidawski s methods have been tested and re-tested in the trenches on Navy SEALs, Professional Football players, Mixed Martial Arts athletes, and your normal every day Mom and Pop. In this book you ll learn: -How our body s structures actually become what you eat. -Why specific fats, especially saturated fat is necessary for proper weight maintenance. -Why you need to eat more cholesterol...



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Reviews

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