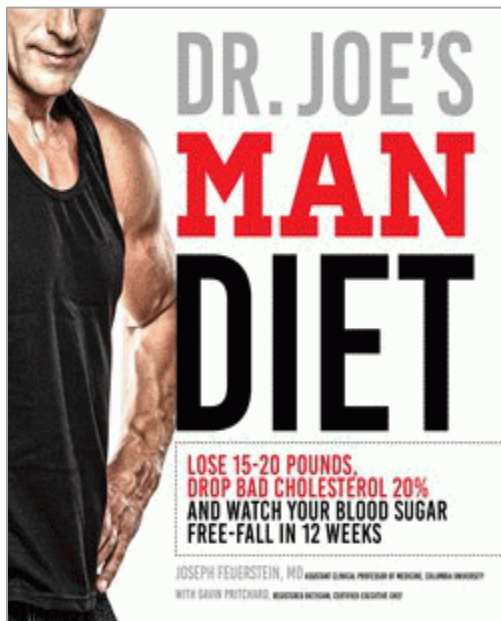

Advance Information

Dr. Joe's Man Diet

Lose 15-20 Pounds, Drop Bad Cholesterol 20% and Watch Your Blood Sugar Free-Fall in 12 Weeks



Author:	Joseph Feuerstein
ISBN:	9781624141799
Imprint:	Page Street Publishing
BIC Category:	Diets & dieting
Dimensions:	228 x 203 x 10
Binding/PP:	Paperback, 192 pp
Rights Countries:	Ireland & United Kingdom
Pub. Date	01 Apr 2016
Price:	GBP15.99

Illustrations: 60 Full Colour Photographs

Selling Points:

Lose weight and drop your blood sugar, cholesterol and blood pressure without medication.

Clinically proven with more than 10,000 patients!

Description:

Without cutting carbs or eliminating fat, Dr. Feuerstein will help readers lose 15-20 pounds in 12 weeks, drop their cholesterol by at least 20% and watch their blood sugar free-fall. Dr. Joseph Feuerstein, Director of Integrative Medicine at Stamford Hospital and an Assistant Professor of Clinical Medicine at Columbia University, has tested Dr. Joe's Man Diet with more than 10,000 of his own patients. This lifestyle and eating plan is proven to help men get their cholesterol, blood sugar and blood pressure under control, lose weight and regain their health—all without medication and all from a leading practitioner of Integrative Medicine. Backed by scientific research, the book offers a medication-free lifestyle makeover, explains common blood tests and hormone readings, details exactly what to eat and when and provides 50 recipes to keep readers on the right path.