



The Gold Coast Cure: The 5-Week Health and Body Makeover (annotated edition)

By Ivy Larson, Andrew Larson

Health Communications. Paperback / softback. Book Condition: new. BRAND NEW, The Gold Coast Cure: The 5-Week Health and Body Makeover (annotated edition), Ivy Larson, Andrew Larson, The Effortless Whole-Foods Cure That Whittles Your Waistline and Fights Disease It's rare when a diet comes along that really makes an impact. The Gold CoastCure is that kind of diet program. It's not just an eating plan that helps you look and feel great in your favorite jeans--it's a way of living that vastly improves your health and prevents disease. That's what it did for coauthor Ivy Larson, whose multiple sclerosis left her unable to walk up a flight of stairs until she and her husband, Andrew Larson, M.D., devised the Gold Coast Cure--an anti-inflammatory nutritional plan consisting of whole foods--which put her MS in remission for the past eight years. Since then, The Gold Coast Cure has helped thousands of people lose weight, tone up, and prevent or reverse health conditions related to poor nutrition, obesity and inflammation, including: heart disease high blood pressure high cholesterol type II diabetes osteoporosis osteoarthritis asthma allergies fibromyalgia multiple sclerosis vascular dementia You will see results immediately and reach your goal in just five weeks. The...



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Reviews

It is fantastic and great. Sure, it is perform, nonetheless an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Conor Grant**

This publication can be really worth a go through, and superior to other. It is amongst the most amazing publication we have go through. You wont feel monotony at anytime of your own time (that's what catalogues are for about when you request me).

-- **Ms. Elda Schaden MD**