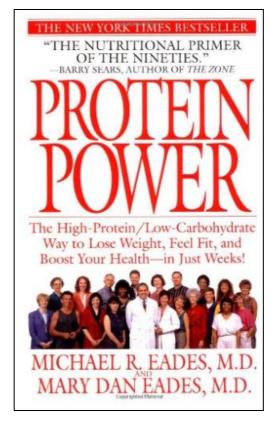
# Protein Power: The High-Protein/Low-Carbohydrate Way to Lose Weight, Feel Fit, and Boost Your Health--In Just Weeks! (Paperback)



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#### Reviews

A high quality book as well as the font applied was fascinating to see. It generally fails to charge excessive. I am just effortlessly could possibly get a enjoyment of studying a composed book.

(Brant Dach)

# PROTEIN POWER: THE HIGH-PROTEIN/LOW-CARBOHYDRATE WAY TO LOSE WEIGHT, FEEL FIT, AND BOOST YOUR HEALTH--IN JUST WEEKS! (PAPERBACK)



Bantam, United States, 1999. Paperback. Condition: New. Reprint. Language: English. Brand New Book. Join the thousands who have experienced dramatic weight loss, lowered cholesterol, and improvement or reversal of the damages of heart disease, adult-onset diabetes, and other major diseases by following this medically proven program. Protein Power will teach you how to use food as a tool for Dramatic and permanent weight loss Resetting your metabolism and boosting your energy levels Lowering your bad cholesterol levels while elevating the good Protecting yourself from The Deadly Diseases of Civilization (including high blood pressure and heart disease) And best of all, Protein Power encourages you to Eat the foods you love, including meats (even steaks, bacon, and burgers), cheeses, and eggs Rethink the current wisdom on fat intake (science has shown that fat does not make you fat!) Stop shocking your body with breads, pastas, and other fat-inducing carbohydrates So prepare yourself for the most dramatic life-enhancing diet program available!

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