



Do You Want to Lose Weight?: The Pocket Handbook on Fast Effective Weight Loss (Paperback)

By Daniel McKenzie

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm.

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*****. This is a short and to the point diet book based on ketogenic weight loss. If done properly, practitioners of this diet are likely to lose an average of 6 pounds in their first week, and maintain steady weight loss thereafter. This book goes against what we all have been taught about mainstream nutrition over the past 60 years, why? Well, for 60 years have been told to cut our fat consumption lest there be a cardiovascular disease epidemic, and even though we cut our fat consumption, cardiovascular disease is the biggest killer in the western world, to say nothing about the rise in obesity, diabetes and cancer. If you, like me, have struggled with weight issues throughout your life, give this a try, what have you got to lose? Hopefully weight.



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