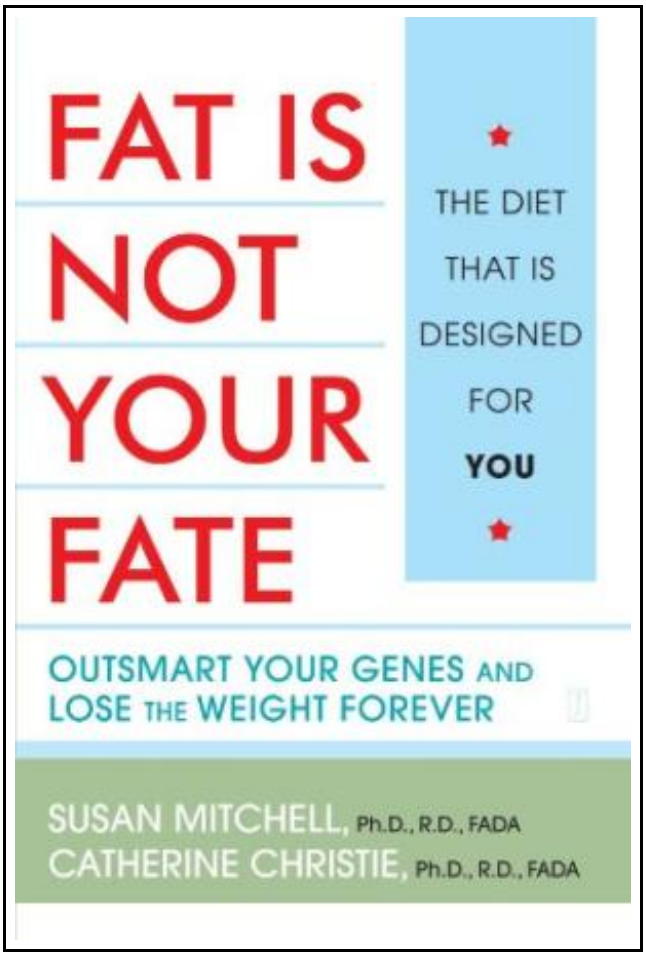
Fat Is Not Your Fate: Outsmart Your Genes and Lose the Weight Forever



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(Roosevelt Rohan)

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Touchstone. Paperback. Book Condition: New. Paperback. 336 pages. Dimensions: 8.3in. x 5.6in. x 1.0in.WHAT TYPE ARE YOU Do you constantly crave foods such as chocolate, overeat them, and feel out of control Does high blood pressure run in your family Do you have a strong family history of heart disease Do you have an apple -- instead of a pear-shaped body Do you find that food calms you down Do you suffer monthly from PMS bloat, have leftover pregnancy pounds, or a menopause tummy Take the Phenotype Quiz and learn how to manage your weight based on your individual gene type! Fat Is Not Your Fate offers a groundbreaking, scientifically proven approach to weight loss -- one that allows you to follow a personalized nutrition plan tailored to your own genetic blueprint. Based on the latest research, this program includes: Personalized easy-to-follow menu plans for your gene type Strategies to control your weight triggers Easy, tasty recipes for your meal plan Your optimum caloric intake and fat-protein-carb balance Tips on exercise and activities to keep the weight off . . . and other suggestions for achieving maximum weight loss, lowering your risk of disease, and satisfying your physical and emotional needs. If youre one of the millions of Americans trying to take and keep the pounds off, let Fat Is Not Your Fate be your first step toward a fit and healthy future. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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