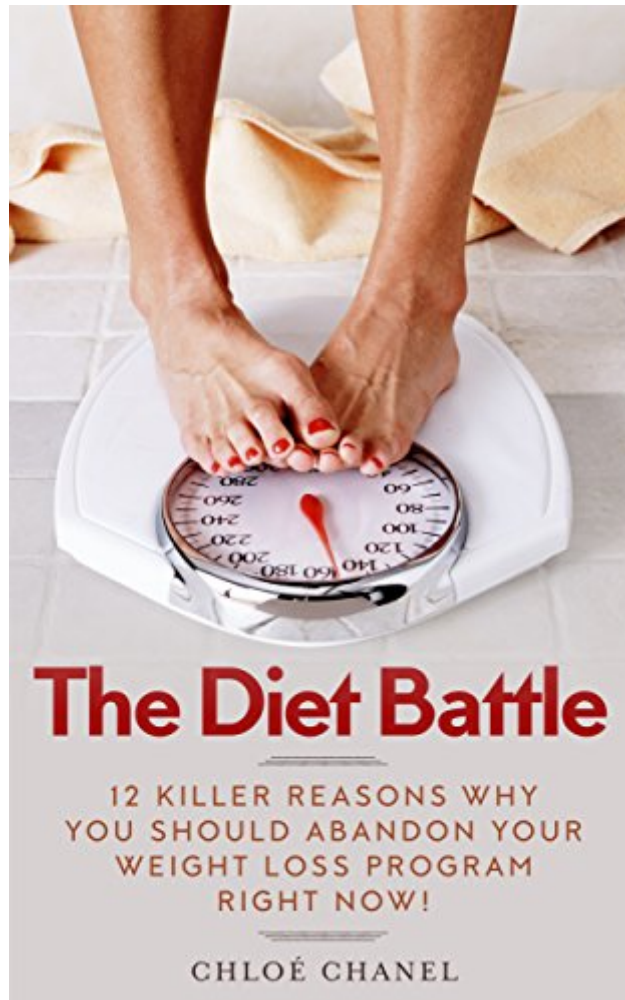


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Synopsis

•Your diet is a bank account. Good food choices are good investments. •THE MOST POPULAR DIETS, UNDER SIEGE, ALL IN ONE PLACE! •Paleo Diet •Atkins Diet •Mediterranean Diet •South Beach Diet •DASH Diet •The Volumetrics Diet •Gluten-Free Diet •The Military Diet •HCG Diet •Super Shred Diet •Zero Belly Diet •Flexible Diet

The information presented is more than what you will find on Google. A lot of in-depth research has gone into producing a comprehensive e-book that caters to the needs of all dieters and answers many of their pressing questions. You will find out the MAIN CHARACTERISTICS OF THE DIETS, WHAT TO EAT and WHAT TO AVOID. You will also discover the advantage each diet has over the others, as well as the overall health benefit plus collateral effects. You will get expert advice from SUCCESSFUL DIETERS who have employed one or more of these diets to achieve their fitness goals. A consideration of their good and bad experiences will help you choose a diet best suited for your body to improve your overall health. Included is all you need to know about OBESITY and WEIGHT LOSS.

THE MOST POPULAR DIETS, ALL IN ONE PLACE! •Your diet is a bank account. Good food choices are good investments. •Bethenny Frankel

A diet is basically described as a pattern of eating and drinking where both the type and amount of food an individual eats are planned out to achieve weight loss or follow a specific lifestyle. Generally there are different types of diets: as a new one arrives, another goes into oblivion. Some diets are for gaining or losing weight, while others are for lowering cholesterol or improving the overall health of an individual. People try out different diets in a bid to lose weight or just to attain a level of fitness. As a result, they tend to spend most of their time trying to find the latest available information on several diets. Most diets, however, are based on dodgy scientific research. Following this type of diet often predisposes one to disease conditions and can even weaken the immune system. We often question the effectiveness and nutritional safety of particular diets, which is why adequate care should be taken when it comes to diet and nutrition. Nutrition is a hotly debated topic that interests people of all ages, and is why a clear understanding of the principle involved in a healthy diet is important. This e-book was written with the goal of providing readers with the latest researched information on the MOST SEARCHED DIET QUESTIONS ON GOOGLE. The book explores issues relating to obesity and diabetes as well as the best answers to several diet-related questions. When it comes to different diets, we want to find out their effectiveness, safety and the risks linked to each; we will consider the pros and cons associated with the diets as well as the scientific concept behind each one. Wheat Belly diet, healthy lifestyle, Wheat Belly diet for beginners, Wheat Belly diet book, how to lose weight, natural weight loss, Wheat Belly recipes, loss weight naturally, Wheat Belly diet for weight loss, Wheat Belly

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