



## The Beer Diet (a Brew Story)

By Evo Terra

Createspace, United States, 2013. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Forget every diet you ve ever considered, because this one is the best one ever! - Shepard Smith, Fox News Anchor My diet can beat up your diet. I m not kidding. After one month of nothing but beer and sausage, I lost 14 pounds and cut my cholesterol in half. I did it without powders or pills, without blending food into sludge, and without getting divorced. I did it by drinking carb-loaded, gluten-filled, and alcohol-containing quality craft beer. I did it by eating fat-filled, chemically-injected, and highly-processed meat tubes of glorious sausage. And all under a doctor s supervision. Why did something that should be bad turn out to be so good? Here s the nasty truth about fad diets: The science behind them is questionable, if not pure crap. But that doesn t stop popular opinion, the news media, or quasi-celebrities from climbing on board the latest trend. As a result, an entire generation has been conditioned to think this food is good for you and that food is bad for you. It may make...



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