



Weight Loss Medical Cookbook Volume 2

By Dr. Jaime Durand M. D.

James Durand MD PA Publishers. Paperback. Condition: New. 242 pages. Dimensions: 10.0in. x 8.0in. x 0.6in. Volume II: Black and white interior printing Obesity is a modern world epidemic. This condition stems from and is supported by social, economic and cultural conditioning that often begins in the earliest years of life. The shocking number of obese children continues to grow, with no long-range plan in sight that could effectively reduce this frightening statistic. We see this trend contributing to soaring healthcare costs, as more people enter adulthood with their health already compromised. In order for obese patients to recover their health, a change in lifestyle centered on getting the right nutrition becomes an indispensable prescription. This, of course, may be a challenge to accomplish without a step-by-step program that includes food preparation and nutritional techniques that support the body. The way we eat and what we eat becomes habitual and easy to live with over time, while change takes a level of commitment and certainly effort. Changes in lifestyle and nutritional regimens require a strong incentive. We have observed that the patients desire to be well becomes a compelling driving force for these changes. However, it is not necessary to become...



[READ ONLINE](#)
[9.27 MB]

Reviews

A must buy book if you need to adding benefit. We have study and so i am sure that i am going to likely to study once again again in the foreseeable future. I realized this book from my i and dad encouraged this ebook to discover.

-- **Duane Fadel**

Great eBook and useful one. We have go through and i also am certain that i am going to likely to read through yet again once more in the foreseeable future. Your lifestyle period will likely be transform once you comprehensive looking over this book.

-- **Carter Haag**