The Cambridge Diet

Cena 9,99 zł

Opis produktu

The Cambridge Diet

Alan Howard

oprawa miękka

stan dobry

wyd.1986

224 str.

"The Cambridge Diet: it`s fast, effective and foolproof-you can lose up to 15 pounds in one week and up to 35 pounds of fat over four weeks with its unique new diet programme without experiencing hunger or fatigue.

Medically tested, the formula for "The Cambridge Diet" was devised by a British team of nutritionists and doctors from Cambridge University. Their revolutionary breakthrough came when they discovered that it was possible to provide a safe and healthy diet which included the proper balance of nutrients, vitamins, minerals and trace elements on an incredibly low daily allowance of only 330 calories.

Dr Alan Howard, the leader of "The Cambridge Diet" researchers, describes in his book how such a successful system of weight-control works and he shows by using the case - histories of Cambridge Dieters how an ideal weight can be safely and enjoyably mainatined with wholly beneficial side-effects.

"The Cambridge Diet" can also be used as a supplement for athletes and for underweight people as its fantastic nutritional balance guarantees extra fitness and vitality.