



The 7-Day Slim Down: Drop Twice the Weight in Half the Time with the Vitamin D Diet

By Bowman, Alisa; Editors of Women's Health

Rodale Books, 2012. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "One of the best kept secrets of the scientific world is out the link between vitamin D and body fat! With delicious recipes, easy-to-follow menus and realistic eating and fitness tips, the Vitamin D Diet make this slimming secret available to all." --Liz Applegate, Ph.D., director of sports nutrition at University of California Davis and Runner's World columnist and editor " The Vitamin D Diet provides a wealth of in-depth information on vitamin D rich foods as well as simple recipes and even guidelines to staying vitamin D rich while eating out. Extremely important, informative, and easy to follow this book is timely." --Jeannette Graf, MD, FAAD, author of Stop Aging, Start Living "This diet is realistic, not just a quick fix. It also has variety so you don't get bored or feel deprived. I love it!" --Mia St. John, International boxing champion, actress and author of The Knock Out Diet "Until recently, we have all taken vitamin D for granted. The Vitamin D Diet offers great lists of foods and simple recipes for those who are trying to shed pounds and feel good..."



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