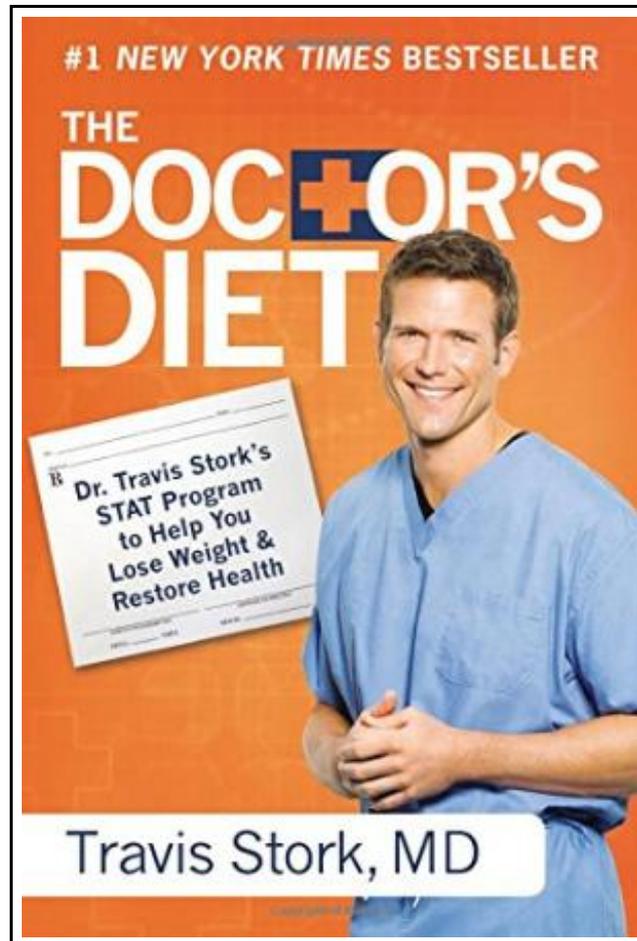


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Grand Central Life Style, United States, 2015. Paperback. Book Condition: New. Reprint. 229 x 150 mm. Language: English . Brand New Book. **THE DOCTOR S DIET** is way more than just an eating plan: It s a blueprint for a longer, healthier, happier life! **THE DOCTOR S DIET** is the solution to unhealthy eating, an American epidemic with a death toll higher than that of car accidents, drug abuse, smoking, and gun violence combined. Here, Dr. Stork offers a flexible and workable diet plan that addresses this health crisis by helping you lose weight, restore your health, and ultimately add years to your life. Because Dr. Stork understands the urgency of this weight crisis, he created a simple 14-day jump-start **STAT** plan so that you can begin losing weight right away. Readers will be inspired by Dr. Stork s encouragement, and will establish healthy new eating habits with great-tasting meals, easy-to-follow recipes, and enough flexibility that anyone can follow along, from vegetarians to meat-eaters and everyone in between! This is a diet that can work for you.

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