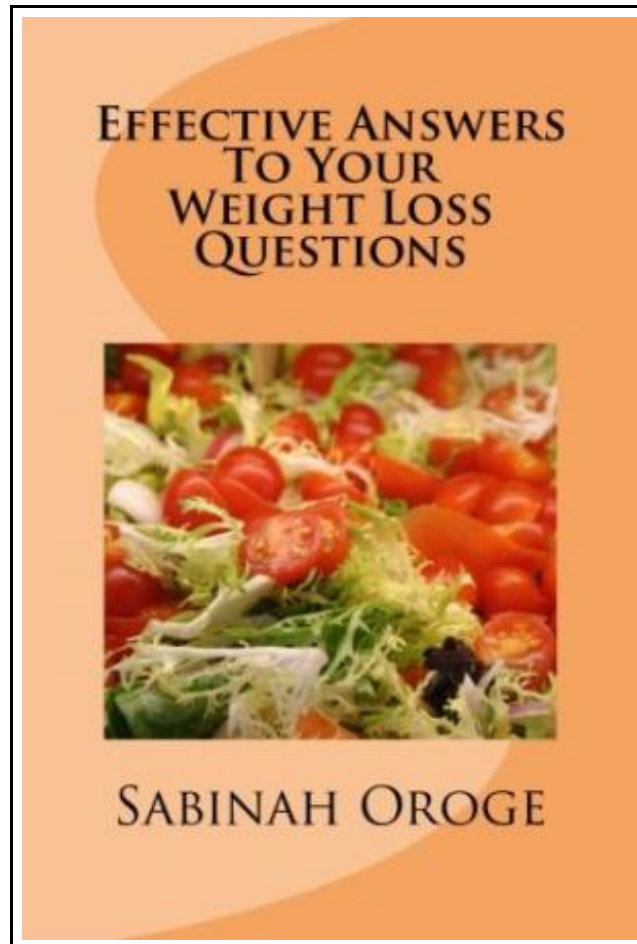


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.If you struggle with weight loss, this book might be just right for you. This book sets out to effectively answer 25 commonly-asked questions about weight loss based on a Survey carried out. Among the questions it gives answers to are: Can I drink alcohol when dieting? (You may be surprised at the answer.) How many calories do I have to burn to lose weight? (To answer this, the term Basal Metabolic Rate (BMR), was explained.) Why does metabolism slow down as we get older? (And what you can do about it.) If I drink a lot of water will it cause weight gain? (The importance of water in your diet was explained.) Can I lose weight when I eat out all of the time? (Several tips to cope with eating out were highlighted.) How many cheat days can I have on my diet? (The impact of cheat days on your body was clarified.) Can I eat at night, or does this work against the diet? (An explanation of the disadvantages of doing this was given.) How effective are supplements for weight loss? (The pros and cons of supplements were discussed.) The book does not champion any particular diet or dietary fad, but gives practical advice on weight loss, which is based on the latest medical thinking about dieting. For example, it shows the latest WHO advice on the maximum amount of sugar that you should consume each day. It also explains that weight loss is affected by the amount you exercise. It recommends combining dieting with exercise to increase the effect of both. Also, the book offers 5-day diet plans using sample menus from the Harcombe, Atkins...



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