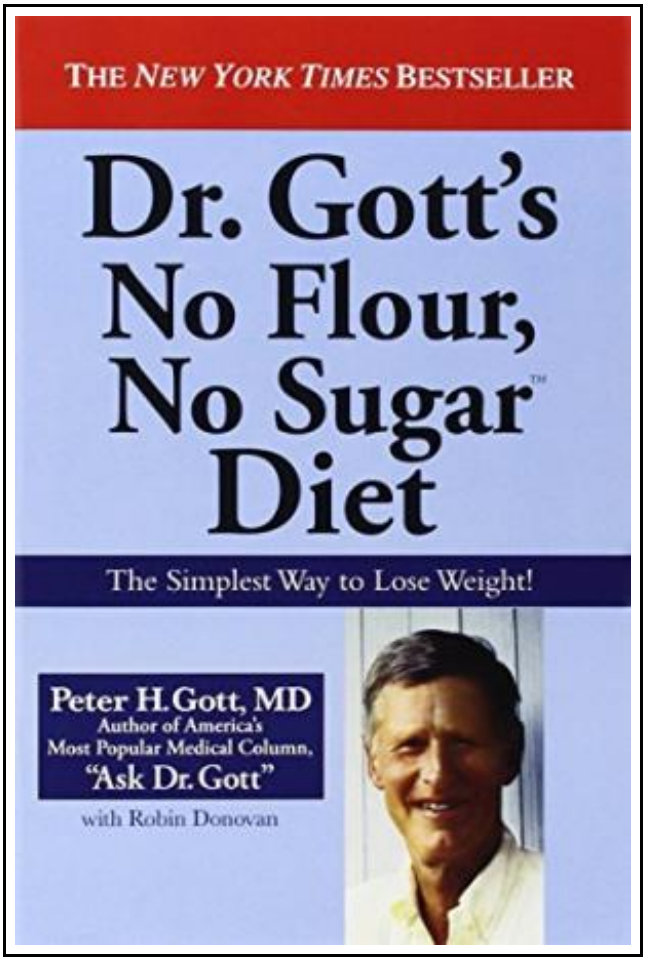
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Wellness Central. Paperback. Book Condition: New. Paperback. 208 pages. Dimensions: 8.8in. x 6.0in. x 0.6in.During his 40 years of medical practice and in his nationally syndicated newspaper column, Dr. Gotts patients and readers have continually asked him for a way to lose weight that is both simple and foolproof. In response, he developed the No Flour, No Sugar diet which has prompted countless weight loss success stories from his patients, thousands of letters from readers of his column raving about their successes, and a New York Times bestselling book. DR. GOTTS NO FLOUR, NO SUGAR DIET is about as easy as it gets. All you need to do is eliminate flour and added sugar from your diet. That means no bread, bagels, cookies, or cakes, but it doesnt mean you cant still enjoy lean meats, rice, low-fat dairy products, vegetables, and fruits. It doesnt call for counting calories or grams of food, it allows you to choose from a wide range of food (once you hit your goal weight, you can even reintroduce some items with flour and sugar back into your diet), and its totally affordable. In this book, you will learn how to: -Satisfy your sweet tooth without sugar-Plan for success and stay on track-Curb your carb cravings without flour-Keep the weight off in the long termThe book also includes firsthand questions and challenges from his readers, and Dr. Gotts informative and helpful responses. Complete with recipes for Breakfast; Soups, Salads, Wraps; Snacks and Appetizers; Entrees; and Desserts; and easy-to-follow meal plans, this is a simple and effective diet that delivers phenomenal, fast results. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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