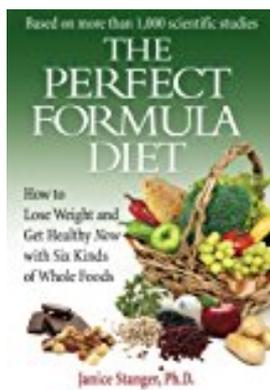


[PDF] The Perfect Formula Diet

Janice Stanger - pdf download free book



Books Details:

Title: The Perfect Formula Diet
Author: Janice Stanger
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Description:

Review A year ago, I decided to try Janice's approach to healthy eating and have lost 40 pounds. Her book is a daily reminder that I can look and feel 100% better, just by eating a sensible plant-based diet. --Marcia Rhoades, Businesswoman, mom, and grandmom

Dr. Stanger makes eating well and regaining lost health easy to understand. --John McDougall, M.D., Founder of The McDougall Program and author The McDougall Program for Women

In The Perfect Formula Diet, you'll find all the information you wanted to know about nutrition but couldn't sort out in scientific journals. Janice puts all this information together in the most perfect

way, giving you a plant-powered formula for taking back your life and health. --Neal Barnard, M.D.,
President, Physicians Committee for Responsible Medicine

It's a great read, both for the public and for the professional. I wholeheartedly endorse it. --T. Colin
Campbell, Ph.D., author of The China Study

Now, in over 520 days of my day to day approach to healthful eating and with over 50 pounds of
weight loss, I feel great. After many years of diets, weight loss and re-gain, I believe I'm now have a
long-term approach to healthful eating. -- Kathy Sternbach, M.Ed., M.B.A., behavioral health
consultant

Processed foods and chemicals may contribute greatly to the ill health of many Americans. "The
Perfect Formula Diet: How to Lose Weight and Get Healthy Now with Six Kinds of Whole Foods" is a
guide for those who want to find a new method of weight loss by embracing whole and natural foods,
which have many nutrients that you just can't get from processed equivalents, some of these
nutrients that combat ailments that many people face. It also warns that some processed foods cause
toxin problems. "The Perfect Formula Diet" is a fine pick for those who want to embrace natural food
and its benefits. --The Midwest Book Review

About the Author Janice Stanger has a Ph.D. in Human Development and Aging from University of
California, San Francisco. As an adult, she went through multiple unsuccessful weight loss attempts,
binge eating, and numerous chronic illnesses and debilitating pain. Since following the Perfect
Formula Diet the author is now in Perfect Health, at her Perfect Weight, and takes no prescription
drugs (with ideal cholesterol, blood pressure, and glucose level) at age 58.

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