

The New Hilton Head Metabolism Diet: Revised for the 1990's and Beyond All New Menu Plans Based On new Foods and New Research

Peter M. Miller

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Despite an increasing interest in health, a growing number of people in this country are overweight. In this updated edition, Dr. Miller incorporates the newest scientific findings to teach readers how to lose weight permanently. Inlcudes all-new menu plans based on new foods and new research.



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