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WITH A PREFACE BY DR. PHILIPPE ROUGER

EAT YOURSELF SLIM

OR
THE SECRETS OF NUTRITION



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Eat Yourself Slim (or The Secrets of Nutrition)

Michel Montignac

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This publication says that it isn't that since you are overweight, you turn into insulin resistant, reason why you're insulin resistant that you just develop into overweight. It is a very fascinating conception and will Eat Yourself Slim (or The Secrets of Nutrition) be simply verified via making use of the feedback of a low glycemic diet. Otherwise, it truly is a wierd book. It was once translated from French to English via somebody who was once no longer Eat Yourself Slim (or The Secrets of Nutrition) thoroughly expert in English so there are every kind of strange expressions and idioms. that does not remove from the booklet - it truly is a laugh and makes you are feeling just like the writer himself is talking. you could virtually pay attention the French accent. Some nutrition it talks approximately should not usually present in the united states - duck fat, frog legs, etc. He doesn't comprehend vegetarianism or vegnism at all. there's a passing reference asserting that being vegetarian for moral purposes is okay so long as you consume dairy and eggs to get your lacking nutrients. a few of his dietary info turns out old-fashioned or simply simple wrong. He refers to an amino acid, cysteine, asserting it may possibly purely be present in animal resources while in reality there are lots of plant resources for it.

Eat Yourself Slim Or The Secrets Of Nutrition

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