



The Diet Doctors Inside and Out: The Full Body Makeover Plan That Gets Results

By Wendy Denning, Vicki Edison

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Diet Doctors Inside and Out: The Full Body Makeover Plan That Gets Results, Wendy Denning, Vicki Edison, The way you look and feel is largely dictated by what you eat. By learning to read your body's signs and making the necessary adjustments to your diet, you'll lose weight, sleep better, live longer and feel amazing. The Diet Doctors Inside and Out contains all the dietary and lifestyle advice you need for life-changing results. It shows you not only how you can diagnose key health problems yourself but how with the correct diet and lifestyle adjustments, you can address them and avoid more serious problems in the future. Written by the presenters of the popular channel five television programme, it's packed with quick-reference picture guides, easy home tests for self-diagnosis and simple, easy-to-swallow diet plans based on what your body needs. The Diet Doctors will make your body beautiful, inside and out.

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