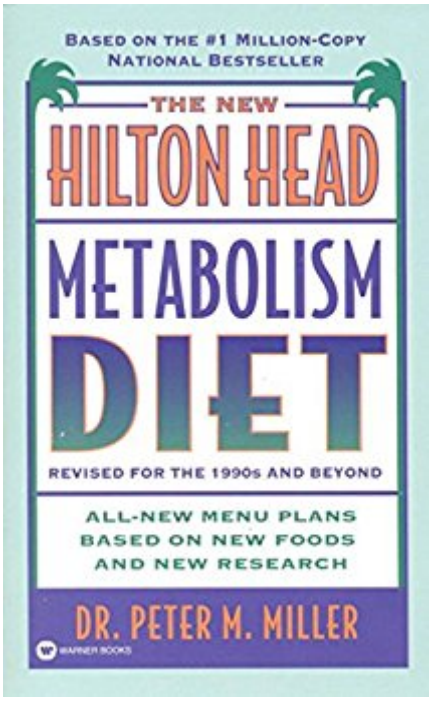
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The New Hilton Head Metabolism Diet: Revised For The 1990's And Beyond



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Synopsis

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.

Book Information

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Customer Reviews

I have to say we didn’t expect much from this book but it has been great!!! We did cheat some, like still having our morning mocha’s and somtimes grabbing a small snack so we don’t have hunger pains but it still has been working out. So with me doing a workout every other day I have loss 13 lbs. in 2 weeks. My wife who comes homes beat from work and doesn’t have time to workout due to her also going to school full time online has lost 7lbs.Also some of the recipes are kind of weird but actually taste great considering what you put in them. And we are going to keep some of those recipes for our regular meals when we leave the diet because they are so good. The lasagna with zuchinni has to be my favorite.I have to say if you are even more dedicated then we are then this diet will work out great for you. We actually have felt great while being on the diet and not starving

like most of the one’s we have seen in the past.Check this one out I don’t think you will be disappointed by it.

I used the Hilton Head diet years ago to good results, so when I suffered an injury that prevented me from working out to keep off the weight, I went back. Fortunately, the author has upgraded the menu which is terrific. I found it hard to believe you could lose weight while eating baked potatoes and spaghetti but if you use the dishes in sequence it triggers the metabolism and the pounds melt away. I even cheated a couple days a week with a bourbon rocks and still lost 15 pounds in five weeks. This works!

The menu choices seemed dated, but it worked for me like NOTHING else. I’m forty, a mother, have hypothyroidism and just couldn’t lose weight. I found this book in a pile of books a friend of mine was getting rid of and thought, "Well here’s one I haven’t tried yet."So glad I did, the first week I lost 2 inches in my waist, usually the LAST place I lose, within 4 months I lost 20 pounds and was in my goal size clothes. This plan does work, you won’t have to buy unfamiliar hard to find foods, but it does take a quite a commitment on your part as far at the eating and exercise plan.

This diet is fantastic. If you follow it correctly, you will definitely lose weight and see the results in a week. It allows you to eat just about everything and still lose.

Lost my copy and was so happy to find this on . I love this book! I followed the information in this book to the letter many years ago and it worked! Needing to redo it due to an autoimmune illness which caused weight gain. Thank you, Dr. Miller.

16 years ago as I prepared for my wedding, I was faced with losing 70 lbs. I had put that weight on in college and thanks to just bad eating habits (eating late at night, eating the wrong foods, beer, etc).My mother gave me this book because a friend of hers had read it and used it to lose weight. With nothing to lose (except fat), I decided to give it my all. Well, within a year, I had lost that 70 lbs and looked great for my wedding. I ate well exercized and changed my behaviors.I kept that weight off for over 12 years, and only recently, thanks to my slowing metabolism, have gained weight back. And you know what, I am buying this book again and starting over. This book makes buying food simple (and the food won’t put you in the poor house) and makes doing what you need to simple, in order to jump start your metabolism to lose weight.I intend to lose 50 lbs and keep it off!Good luck to

you!

I have been looking for this book for a while. I tried this diet 20 years ago and it works. My husband wanted to try it again to loose a few pounds. Now we can start it again. Book was in great condition.

This is not a fad. This is biologically and mathematically sound information. Not only is there a balanced diet laid out but all the reasons for the method explained.

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Diet: A Guide For Using The Thyroid Diet to Manage Thyroid Symptoms, Increase Metabolism and Lose Weight (dieting, weight loss, thyroid, hyperthyroidism, ... hyperthyroidism diet, thyroid diet plan,) The 10 Day Ketogenic Cleanse: The Metabolism Booster Your Body Needs To Burn Fats (keto diet, high fat diet, ketogenic diet for weight loss, fat loss, ketogenic, ketogenic, ketogenic diet) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic

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