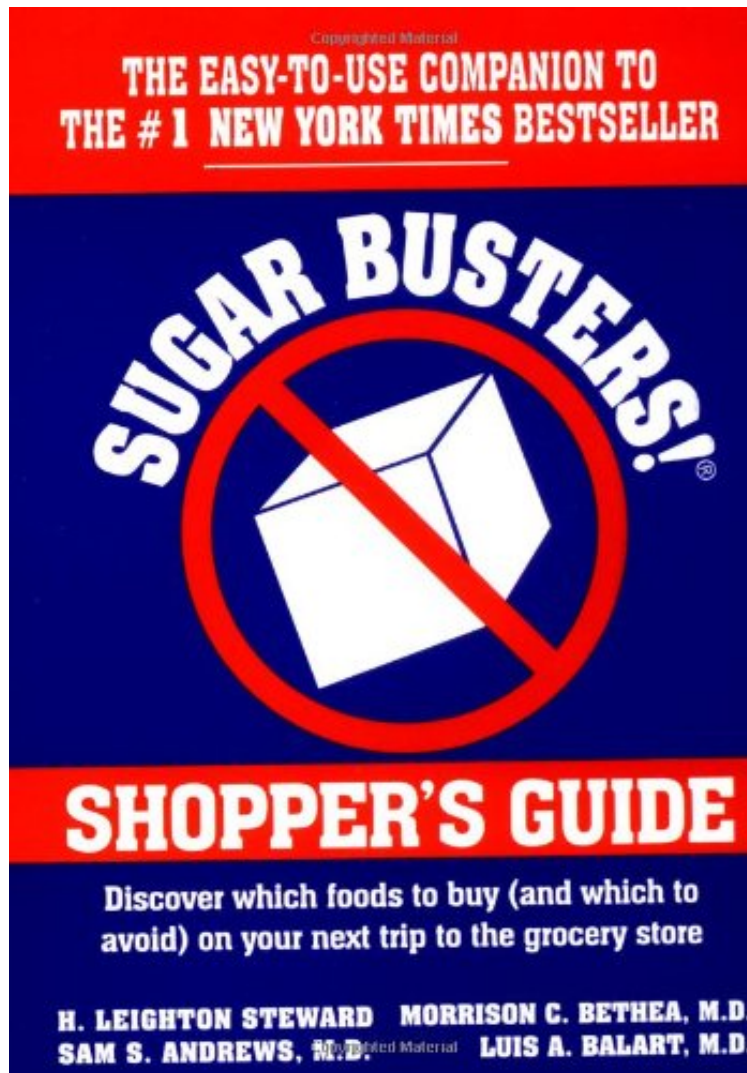


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Sugar Busters! Shopper's Guide

H. Leighton Steward, Morrison Bethea M.D., Sam Andrews M.D., Luis Balart M.D.
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H. Leighton Steward, Morrison Bethea M.D., Sam Andrews M.D., Luis Balart M.D. : Sugar Busters! Shopper's Guide before purchasing it in order to gauge whether or not it would be worth my time, and all praised Sugar Busters! Shopper's Guide:

2 of 2 people found the following review helpful. Five Stars By minablefound I can lose weight just by following this book's guide lines. 0 of 0 people found the following review helpful. Easy to follow By Kaykay Easy to follow, convenient in paperback form to keep with you for quick reference, great price, and this diet works for me without making me feel deprived. 1 of 1 people found the following review helpful. A simple dietary guideline that actually works. By Joe Calder Even without working out, this diet and set of simple guidelines is really easy to follow, and

helped me finally break through with weight loss. I'm a 34-year-old guy, and now weigh less than I have in 10 years. I don't work out much either, as I'm sure I'd see much more dramatic results if I did. Try it out....it _works_.

Sugar Busters!--the groundbreaking # 1 New York Times bestseller--forever changed the way Americans eat, blowing the lid off the real culprit behind weight gain and offering a delicious new approach to diet and health. Now, with this revolutionary shopping guide, the Sugar Busters program can easily become part of your busy life. Forget measuring, weighing, and counting fat grams and calories. Throw those charts and graphs out the door! This handy book takes you aisle by aisle through the grocery store, pointing out exactly what you can and cannot eat, including: - fruits and vegetables- fish, meat, and poultry- dairy- breads and grains- sweets- brand-names and frozen foodsand more!Just place the items in your shopping cart and be on your way to preparing the tasty, healthy meals that have made Sugar Busters! a phenomenal success.

From the Inside FlapSugar Busters!--the groundbreaking # 1 New York Times bestseller--forever changed the way Americans eat, blowing the lid off the real culprit behind weight gain and offering a delicious new approach to diet and health. Now, with this revolutionary shopping guide, the Sugar Busters program can easily become part of your busy life. Forget measuring, weighing, and counting fat grams and calories. Throw those charts and graphs out the door! This handy book takes you aisle by aisle through the grocery store, pointing out exactly what you can and cannot eat, including: - fruits and vegetables- fish, meat, and poultry- dairy- breads and grains- sweets- brand-names and frozen foodsand more!Just place the items in your shopping cart and be on your way to preparing the tasty, healthy meals that have made Sugar Busters! a phenomenal success.About the AuthorH. Leighton Steward has a master of science degree from Southern Methodist University and became CEO of a Fortune 500 energy company. He is on the board of Tulane University and is chairman of the board of trustees at the Institute for the Study of Earth and Man (anthropology, geology, and statistics). His own success with this way of eating and a family history of diabetes motivated him to write SUGAR BUSTERS! Morrison C. Bethea, M.D., is a graduate of Davidson College and Tulane University School of Medicine. Currently he practices thoracic, cardiac, and vascular surgery in New Orleans. Dr. Bethea is a diplomate of the American Board of Thoracic Surgery, a clinical professor of surgery at Tulane Medical Center, and an author of many publications in the field of cardiovascular disease.Samuel S. Andrews, M.D., is a graduate of Louisiana State University School of Medicine. He is a recognized expert in the treatment of obesity, and practices endocrinology with the Audubon Internal Medicine Group. He is a fellow in the American College of Physicians and the American College of Endocrinology. He is a clinical associate professor of medicine at the Louisiana State University Medical School in New Orleans.Luis A. Balart, M.D., is a graduate of Louisiana State University School of Medicine. Dr. Balart is the chief of gastroenterology at the LSU School of Medicine in New Orleans and is Medical Director of Liver Transplantation at Memorial Medical Center. He is actively involved in ongoing clinical trials in the treatment of chronic viral hepatitis and chronic liver disorders. He is the author of many publications in these areas.