How the Rich Get Thin: Park Avenues Top Diet Doctor Reveals the Secrets to Losing Weight and Feeling Great
by Jana Klauer

HOW THE RICH GET THIN
PARK AVENUE'S TOP DIET DOCTOR REVEALS THE SECRETS TO LOSING WEIGHT AND FEELING GREAT

JANA KLAUER, M.D.

20Lbs Gone

You’ve seen them in the movies, on television, in magazines...You know the ones: Hermès handbag on the arm. Hair just so. Sleek and groomed as greyhounds. The Park Avenue Weight-Loss Plan, from one of New York’s premier weight control doctors, reveals the secrets of how the successful and rich get and stay thin. With a two-week quick-start program that the dieter later builds on to keep losing weight and eventually to maintain their shape, The Park Avenue Weight-Loss Plan includes:

- Meal plans high in protein, omega-3 fats and complex carbohydrates
- Calcium, through food rather than supplements, in the maximum amount the body can absorb at a time
- A morning exercise program as an adjunct to eating
- The Stop! Watch! method to curb food cravings:
any craving can be stopped within just 15 minutes

How to eat at fabulous restaurants, for business or pleasure, and keep losing weight. The Park Avenue Weight-Loss Plan features recipes including the fabulous low-cal dessert le Socialite, tricks of the nutritionist’s trade, and simple strategies to keep dieters on track and focused on their goals. Dr. Klauer has made a study of what makes the rich stick with weight loss. She discloses - the Park Avenue mindset, which includes secret weapons such as how to order at a business dinner, what food to carry on a private plane flight, and how the rich reward themselves while dieting. From The Park Avenue Weight-Loss Plan: The Park Avenue Weight-Loss Plan teaches you how to be healthy, vibrant, sexy and slim in an efficient format that is based on science. If you are looking for a quick-fix or magic bullet, you won’t find it here. The plan is for life. Follow it and you will look and feel like you just won a million bucks! Non-negotiables: 1. Daily exercise. You must schedule it into your routine. 2. Protein in a high quality form is vital for the functioning of your body. Include protein at every meal. 3. Calcium is essential for increasing metabolism levels. 4. Food cravings can, and must, be managed. 5. Eliminate all processed food.

Personal Review: How the Rich Get Thin: Park Avenues Top Diet Doctor Reveals the Secrets to Losing Weight and Feeling Great by Jana Klauer

I am a personal trainer and get asked all sorts of questions every single day from clients who just don’t have the time to read books like this one. That is why I buy and read every diet/nutrition book there is, so that I can learn from it, recommend them to others, or tell them not to waste their time and money. This book, however, is a MUST READ for every single one of my clients!!! Thank you Dr. Klauer

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