



Dr. Joe's Man Diet: Lose 15-20 Pounds, Drop Bad Cholesterol 20% and Watch Your Blood Sugar Free-Fall in 12 Weeks

By Joseph Feuerstein

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Dr. Joe's Man Diet: Lose 15-20 Pounds, Drop Bad Cholesterol 20% and Watch Your Blood Sugar Free-Fall in 12 Weeks By Joseph Feuerstein

Clinically proven with more than 10,000 patients!

Without cutting carbs or eliminating fat, Dr. Feuerstein will help readers lose 15-20 pounds in 12 weeks, drop their cholesterol by at least 20% and watch their blood sugar free-fall.

Dr. Joseph Feuerstein, Director of Integrative Medicine at Stamford Hospital and an Assistant Professor of Clinical Medicine at Columbia University, has tested *Dr. Joe's Man Diet* with more than 10,000 of his own patients.

This lifestyle and eating plan is proven to help men get their cholesterol, blood sugar and blood pressure under control, lose weight and regain their health—all without medication and all from a leading practitioner of Integrative Medicine. Backed by scientific research, the book offers a medication-free lifestyle makeover, explains common blood tests and hormone readings, details exactly what to eat and when and provides 50 recipes to keep readers on the right path.

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Editorial Review

Review

"When considering a healthy weight-loss diet, the first words that come front and center are: tasteless; fiber; broccoli; and don't forget to run 3 miles before 5 am. How can physicians recommend such a regime to their obese patients much less to themselves? The answer is we need not. The solution is in the recently published book, *Dr. Joe's Man Diet*." - Michael M. Deren, MD, Connecticut Medicine Book Review

About the Author

Joseph Feuerstein, MD is Director of Integrative Medicine at Stamford Hospital in Stamford, Connecticut and Assistant Professor of Clinical Medicine at Columbia University College of Physicians and Surgeons. The *Man Diet* lifestyle and diet plan was published in 2011 in a peer-reviewed journal, *Current Nutrition and Food Science*, and presented in 2012 at the International Research Congress on Integrative Medicine. On *The MD Minute* (<http://www.drfeuerstein.com>), Dr. Feuerstein's weekly video blog, he presents the latest research on lifestyle, nutrition and weight loss. Dr. Feuerstein lives in Stamford, Connecticut. Gavin Pritchard is a Registered Dietician and a professional chef. He lives in New York City.

Users Review

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Jenna Springer:

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Janelle Coe:

Dr. Joe's Man Diet: Lose 15-20 Pounds, Drop Bad Cholesterol 20% and Watch Your Blood Sugar Free-Fall in 12 Weeks can be one of your basic books that are good idea. We all recommend that straight away because this e-book has good vocabulary which could increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The author giving his/her effort to place every word into satisfaction arrangement in writing Dr. Joe's Man Diet: Lose 15-20 Pounds, Drop Bad Cholesterol 20% and Watch Your Blood Sugar Free-Fall in 12 Weeks although doesn't forget the main place, giving the reader the hottest and based confirm resource facts that maybe you can be among it. This great information can certainly drawn you into fresh stage of crucial pondering.

Joy Carlson:

Your reading sixth sense will not betray anyone, why because this Dr. Joe's Man Diet: Lose 15-20 Pounds, Drop Bad Cholesterol 20% and Watch Your Blood Sugar Free-Fall in 12 Weeks book written by well-known writer we are excited for well how to make book that may be understand by anyone who else read the book. Written inside good manner for you, leaking every ideas and publishing skill only for eliminate your current hunger then you still question Dr. Joe's Man Diet: Lose 15-20 Pounds, Drop Bad Cholesterol 20% and Watch Your Blood Sugar Free-Fall in 12 Weeks as good book not just by the cover but also by the content. This is one e-book that can break don't assess book by its include, so do you still needing a different sixth sense to pick this specific!? Oh come on your studying sixth sense already said so why you have to listening to yet another sixth sense.

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