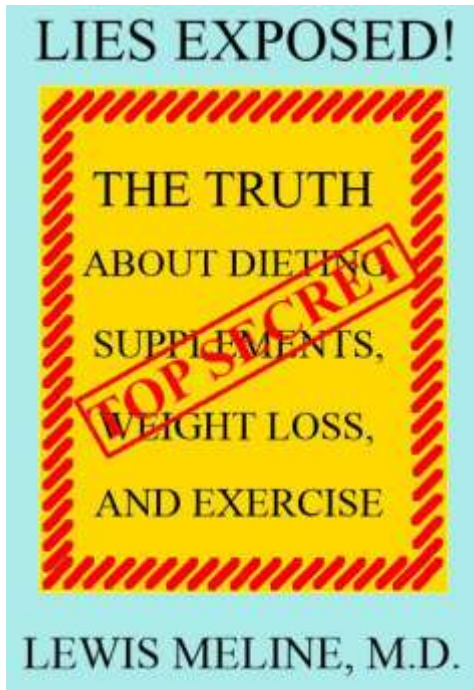


LIES EXPOSED!

The Truth about Dieting, Supplements, Weight Loss, and Exercise

By Lewis Meline, M. D.



Numerous weight-loss schemes, exercise programs, diets, and supplements have been developed to help people lose weight. Yet the obesity problem continues to get worse. Why doesn't everyone who embraces the new products and programs look like the well-conditioned models in the advertisements? Why are people unable to control their weight? How do you go about losing weight and being healthy without medicine or supplements or diet programs? This book exposes the lies promoted by the diet and supplement industries. It will give you the information you need to achieve your desired weight and be healthy without any special diet, supplement, or weight-loss program. If you are serious about losing weight and being healthy, you must read this book.

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