



The 18 Solution: Lose 18 Percent of Your Weight in 18 Weeks

By Harry Weisman

iUniverse. Paperback. Book Condition: New. Paperback. 142 pages. Dimensions: 8.8in. x 5.9in. x 0.3in. Have you ever struggled to lose weight? Are you a binge-eater? The innovative diet guide *The 18 Solution: Lose 18 Percent of Your Weight in 18 Weeks* shows how those who have struggled unsuccessfully with diets can now control their weight and build self-esteem while binging on healthy foods like fruits and vegetables. Author Harry Weisman, M. D. , never intended to become a diet doctor. But like many middle-aged men, he became terribly overweight. He felt that his weight undermined his authority with his patients—many of whom he told to lose weight to help manage their conditions. It was obvious to him that something had to change. Dr. Weisman developed a diet, detailed in *The 18 Solution*, to help himself and his many diabetic patients gain control over their weight, their health, and their lives. By following these clearly outlined steps, you too can lose weight and manage your diabetes, hypertension and cholesterol, allowing you to decrease the amount of medication you take and feel noticeably more energized. Hundreds of Dr. Weisman's patients have lost hundreds of pounds using his diet plan as a guideline. Let...



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