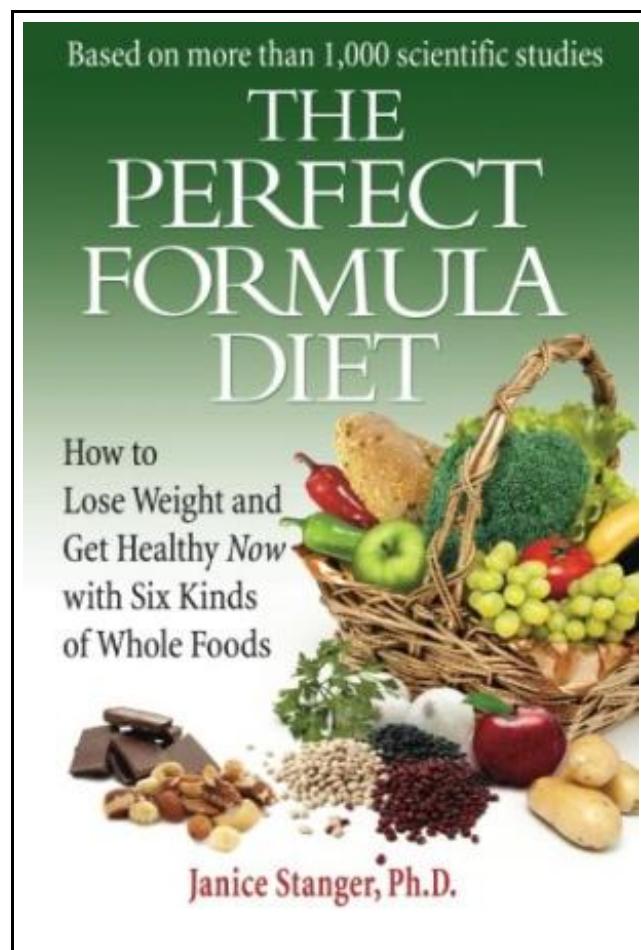


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REVIEWS
Kathy Sternbach, M. Ed. , M. B. A. , behavioral health consultant: Now, in over 520 days of my day to day approach to healthful eating and with over 50 pounds of weight loss, I feel great. After many years of diets, weight loss and re-gain, I believe Im now have a long-term approach to healthful eating. T. Colin Campbell, Ph. D. , author The China Study: Its a great read, both for the public and for the professional. I wholeheartedly endorse it. Neal Barnard, M. D. , President, Physicians Committee for Responsible Medicine: In The Perfect Formula Diet, youll find all the information you wanted to know about nutrition but couldnt sort out in scientific journals. Janice puts all this information together in the most perfect way, giving you a plant-powered formula for taking back your life and health. Joel Fuhrman, M. D. , Co-founder of Eat Right America and author Eat to Live: One that gets it right John McDougall, M. D. , Founder of The McDougall Program and author The McDougall Program for Women: Dr. Stanger makes eating well and regaining lost health easy to understand. Marcia Rhoades, Businesswoman, mom, and grandmom: A year ago, I decided to try Janices approach to healthy eating and have lost 40 pounds. Her book is a daily reminder that I can look and feel 100 better, just by eating a sensible plant-based diet.
PRODUCT DESCRIPTION
SIX KINDS OF WHOLE FOODS MAKE WEIGHT LOSS EASY, PERMANENT, AND HUNGER-FREE This simple, science-based, and affordable eating plan is built on six kinds of whole foods. Youll melt stubborn weight permanently, reverse chronic illness, and feel the years melt away with the pounds on a whole foods, plant-based...

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