



# **The False Fat Diet: The Revolutionary 21-Day Program for Losing the Weight You Think Is Fat**

*Elson Md Haas, Cameron Stauth*

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It's a fact: not all weight is really fat. Much of being overweight is caused by allergy-like food reactions. This "false fat" is easy to put on, but it can be hard to take off. Now you can do it--this week--with the revolutionary False Fat Diet. In just a few days, you can lose 5-10 pounds--and 10-20 pounds within two or three weeks. This healthy, practical 21-day nutritional program includes

- Identifying which foods you react to--and replacing them with the right foods for your body chemistry
- False Fat Week--the amazing 7-day period when your swelling and puffiness subside, as you lose ten pounds
- The Balance Program--a personally customized diet that returns your metabolism to normal, and takes pounds off steadily as you reach your ideal weight
- Delicious, easy-to-prepare, reaction-free recipes, created with popular, health-conscious chefs, that don't drastically cut calories the way other diets do

This scientific, no-hunger, individualized regimen is the only diet that can work for everyone.

*From the Paperback edition.*

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#### **Hazel Mercado:**

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