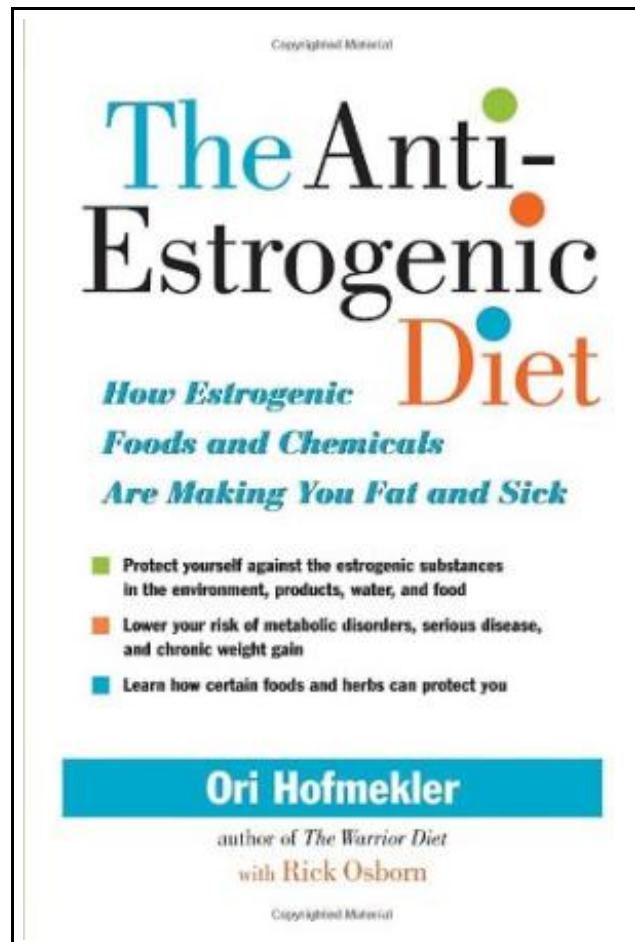


The Anti-estrogenic Diet: How Estrogenic Foods and Chemicals are Making You Fat and Sick



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(Felicia Heidenreich)

THE ANTI-ESTROGENIC DIET: HOW ESTROGENIC FOODS AND CHEMICALS ARE MAKING YOU FAT AND SICK



North Atlantic Books,U.S. Paperback. Book Condition: new. BRAND NEW, The Anti-estrogenic Diet: How Estrogenic Foods and Chemicals are Making You Fat and Sick, Ori Hofmekler, Rick Osborn, Forget every dieting rule you know - "The Anti-Estrogenic Diet" lets you eat fat, carbs, and your largest meal at night, as you finally win the fight against stubborn belly fat, fatigue, and unmanageable menstrual symptoms. Whether you are a man or a woman, the female hormone estrogen is to blame. Estrogenic chemicals commonly found in the environment, meats, produce, and herbs have harmful effects on our health. "The Anti-Estrogenic Diet" helps women overcome stubborn fat around the hips, upper thighs, and belly, relieve irregular menstrual cycles and bloating, and helps men become more virile and lose belly fat. There are three basic phases to the simple, three-week diet. The first allows you to detox the estrogen in your system, the second allows you to eat a high fat diet to compensate for the problems caused by eating too much estrogen, and the third reintroduces your favorite foods, little by little, to better understand your body's reactions. These phases are incredibly easy to follow, because the recipes included in the book are categorized to fit each phase, and a sample daily diet is provided for each. Hofmekler also includes a chapter on how to avoid a fat-gain rebound, a helpful glossary, and an appendix full of scientific overviews that make the book a valuable resource.



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