



## The Pritikin Weight Loss Breakthrough: 5 Easy Steps to Outsmart Your Fat Instinct

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Here are five simple steps to lose weight easily. Five Simple Weight Loss Tips. 1. Stay Away from White Stuff. Whenever the level of insulin goes down, fat gets out more easily and body start to burn fats. There is another benefit of reducing insulin level because your kidney removes excess salt and water from the body which reducing bloating and excess water weight. Final thoughts. Removing carbs and sugar from the diet will reduce your insulin levels, reduce your appetite and will help you lose the weight without feeling hungry. 2. Weight Loss Tips – Portion Control. Often we have no control on how much we eat. By Pritikin, Robert Dutton Adult. Hardcover. Book Condition: New. 0525943307 Brand new hard cover may show light shelf wear from warehouse storage and handling. Read online [ 5.12 mb ]. Reviews This publication may be worth purchasing. it was actually writtern quite flawlessly and valuable. I am just happy to tell you that this is actually the very best book i actually have study inside my personal life and can be he best ebook for actually. - - Frank Nienow This is the greatest book we have study right up until now. This can be for all those who statte that there was not a worth reading. Your "Breakthrough" contains a new rationale for the Pritikin program called the "fat instinct". Pritikin explains what that concept means, then shows how his theory explains why the modern (western) diet causes illnesses which people who eat "traditional" diets do not have, why other weight-loss plans fail, and why the Pritikin program works. Pritikin then spends some time defending his position on carbohydrates. The practical result of all this is a chapter on behaviors which can be used to "outsmart the fat instinct". This is followed by a too-short explanation of how to follow the Pritikin prog In this breakthrough book, Pritikin explains how the fat instinct develops, the unique behaviors it triggers, and how it defeats our efforts to lose weight and promote healthy eating habits by making us crave the wrong kinds of food. In order to bypass this genetic code and learn the behaviors that allow us to eat a naturally low-fat, high-fiber diet, Robert Pritikin has developed a proven step-by-step program to outsmart our "fat instinct." ...more. Get A Copy. Amazon. The Pritikin Weight Loss Breakthrough: Five Easy Steps to Outsmart Your Fat Instinct. ISBN. 0525943307 (ISBN13: 9780525943303).