



The 7 Principles of Fat Burning: Get Healthy, Lose Weight and Keep It Off!

By Eric Berg D.C.

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The 7 Principles of Fat Burning is the handbook to the sensational Berg Diet that has empowered thousands of people to get healthy, lose weight and keep it off. It shows how to activate your fat-burning hormones with a tailor-made eating and exercise plan for your body type. The 7 Principles is a highly practical book that provides clear explanations-aided by dozens of charts and illustrations-of the principles of healthy weight loss. Easy-to-understand health and nutrition information and simple tests to determine your correct body type are the keys to its success. Knowledge is power and The 7 Principles of Fat Burning gives dieters the power to take command by eating the healthy diet that activates the fat-burning hormones for their body type. For years people have been told to lose weight to be healthy.

The truth is, you need to get healthy to lose weight. The Seven Principles of Fat Burning shows you how. Dr. Berg thoroughly educates readers and puts them right where they should be: in charge of their own weight.

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Editorial Review

About the Author

Dr. Berg is a nutritionist, researcher and chiropractic doctor specializing in weight loss, with an alternative healthcare practice helping thousands of people to achieve permanent weight loss and enjoy healthier, more energetic lives. A nutritionist, inventor, lecturer, teacher and broadcaster, he has trained more than 1,000 healthcare practitioners worldwide. He lives with his wife and children near Washington DC.

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