



The Rosedale Diet: Turn off Your Hunger Switch (New edition)

By Ron Rosedale, Carol Colman

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, The Rosedale Diet: Turn off Your Hunger Switch (New edition), Ron Rosedale, Carol Colman, Finally-the ultimate diet for fast, safe weight loss, lifelong health, and longer life, based on more than twenty years of research and the latest findings on appetite and weight. Metabolic specialist Ron Rosedale, M.D., has designed the Rosedale Diet to regulate the powerful hormone leptin, which controls appetite and weight loss by telling the brain when to eat, how much to eat-and when to stop. New research shows that leptin may be one of the body's most important hunger control mechanisms. Control leptin, and you control your weight. Most people's leptin levels are out of control, causing them to overeat and to store fat rather than burn it. The only way to flip the "hunger switch" back to normal is through a diet high in healthy fats and low in carbohydrates, saturated fat, and trans-fatty acids often found in processed food-plus just 15 minutes of daily exercise. Dr. Rosedale's 21-day diet plan is simple: Just select from the many foods on his "A" list, including "healthy-fat" foods such as avocados, nuts, olives, lobster, crab, shrimp, goat cheese,...



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