



The Nashville Diet: The 3-Step Plan to Lose Weight, Nutraplenish Your Body, and Achieve Vibrant Health (Hardback)

By Marilyn D. Tucker

Regnery Publishing Inc, United States, 2003. Hardback. Condition: New. Language: English . Brand New Book. We are a population growing fatter by the year, says Tucker, The reason we are overeating is we are all actually starving . Tucker knows what she is talking about. Nearly incapacitated by chronic fatigue syndrome and fibromyalgia five years ago, Tucker, a pharmacist herself, developed a 3-step dietary program to restore her health and strength. What she didn't anticipate was that the program would also normalise her appetite, eliminate uncontrollable cravings, improve her digestion, and help her drop five sizes. Now Marilyn Tucker is taking the diet world by storm. The heart of Tucker's program is a concept she calls nutrient packing . Identify and consume the proper nutrients, clean out the toxins, and your body will naturally restore itself to its optimum health and weight. The plan combines multivitamins with antioxidants, and offers a variety of programs that are tailored to different body types. This book features individualised eating plans, a revolutionary body detox plan, and a comprehensive Maintenance Management System.



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