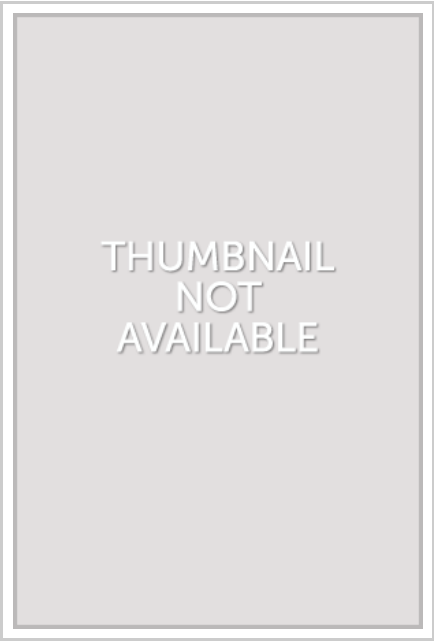


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Weight Management (Paperback)

By Gilbert B Bradham

Booksurge Publishing, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.How is it that with thousands of diet books on bookstore shelves, America remains not only its heaviest in history but among the most obese nations in the world? Perhaps it s because we turn to fads and quick fixes when what we need is a doctor s touch and guidance to help us get healthy. Esteemed medical university professor of surgery Dr. Gilbert Bradham has found that metabolic research and treatment have provided a unique method for weight loss and proven successful for thousands of patients from all walks of life. Where today s diets fail, Dr. Bradham s unique combination of appetite suppressants, meal replacements, and ready access to expertise helps patients lose weight easily and maintain good health for life. What Dr. Bradham has shared with a generation of patients, and now reveals in this book, is that the building blocks to health are simple. Carbs, fat, and protein all play a part in maintaining a healthy body. But too much or too little of any component can result in not just obesity but...

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