



Orangutan Butt-Burn Diet: Simple Eating, Health, and Exercise for Life (Paperback)

By R Manolakas MD

Robert Manolakas, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This short, practical, healthcare-driven guide-offered by a medical expert insider-is nearly everyone s exercise and nutrition blueprint to optimize the length and quality of life. A major fitness machine manufacturer has produced a device that matches some of this book s recommendations. This book focuses on middle aged men and women who are twenty-five to sixty pounds overweight and are not necessarily athletes. They merely desire a healthy life with maximum vitality-and to look better naturally. Surprisingly comprehensive and fast reading-with a dab of spicy humor-essential details of lasting and cost-effectove weight control and emotional pitfalls are clearly delineated, along with some vital facts to assist the reader in coping with the maze of modern healthcare. A plan to help dodge common but potentially lethal diseases related to obesity is offered. The incline walking at steep angles and the simple vegetable diet are the mainstays of this simple approach. The joke of the title is derived from the author marveling at the strange variety of titles in the health book market--he wanted to make his even more catchy and ridiculous. After all,...

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