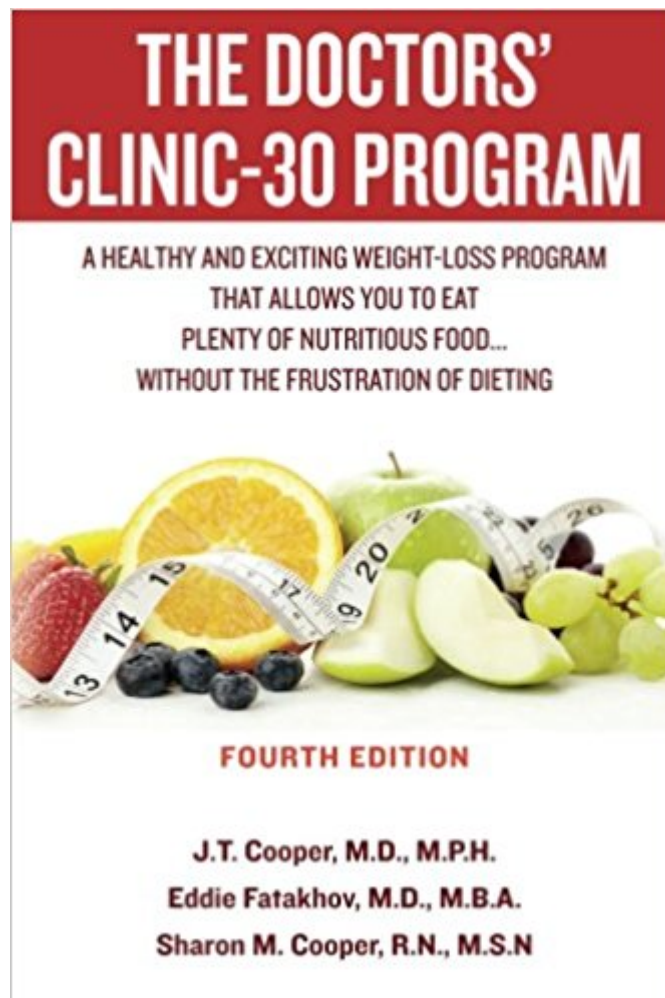




The book was found

The Doctors' Clinic 30 Program: A Sensible Approach To Losing Weight And Keeping It Off



Synopsis

The Doctors' Clinic-30 Program is based on sound principles, research, and, testimonials from previous patients. This is a practical way to eat healthy and lose weight. Instead of providing another diet plan, this program is based on change and lifestyle modification. It follows the food group principles and portion control. This program will provide you all the tools you need to lose weight and keep it off without having to keep a diary, purchase an expensive gym membership, or even spend a lot of money at the grocery store.

Book Information

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Customer Reviews

20 years ago, I spent \$15.95 & mail ordered this book out of the Sunday Parade on a whim. Figured I had wasted \$15.95 on worse things. It worked & I lost 15 lbs, I was already trim, so it wasn't a huge issue to use maintenance. 20 years later I need to lose 50 lbs. I am using this with intermittent fasting. No food from 7 pm until noon the next day. Google it. Then I follow the Clinic 30 program. This is working great for me as I can still have bread. My favorite lunch is 2 mini bagels toasted = 2 breads with a slice of cheddar split between them = 1 meat. Or I have 2 pieces of rye bread toasted with a .5 teaspoon of butter, & fruit for snack later. I feel like I am in heaven. As you can tell I have a LOT of portions left for supper. Tonight I am having sushi & if I want a dessert, I have yogurt from my dairy portions. I hate planning little meals all day. Don't want the prep or have tiny portions that make me feel deprived. Weird thing was as soon as I started the Intermittent Fasting, IF, I stopped snoring. I have snored for years & my husband jokes about how bad it can be sometimes. I also

have less heartburn too with IF. Fasting gives your entire system downtime to repair & heal. It also shrinks your stomach so you feel full quicker. This week I wore a pair of pants that were uncomfortable 2 weeks ago, so it is working. I hope this helps someone else. I have tried it all & frankly I think it made me fat when I wasn't fat before. Zone diet, adkins, 10 Day Smoothie diet, juicing, plates with the divided out portions, beachbody, sommersizing, Metopolic Research Center diet MRC, gluten free,.....This works, it has in the past, it is now. Listen to your body, if you hate what you are doing, you won't do it. I can easily skip breakfast, I did from the time I was little until I was 35. Guess what, I started gaining weight after eating breakfast & then I started waking up hungry. I have retrained myself to ignore the hunger, drink a big glass of water & it is gone. I also found I was eating with the clock. On my way to work I would grab breakfast because skipping breakfast is BBAADDD. 11 o'clock it's time for lunch. Now I stop & think "am I hungry." Most of the time it is No, no I'm not hungry, I think it is time to eat so yes I will eat but hungry no. Even with the IF, I look so forward to my toast at 12 so I can eat. But I'm not always hungry. I hope this helps someone else who is lost in this world of how to lose weight. Nothing works for all people. Find what works for you.

If you have tried to lose weight only to be left frustrated and disappointed, the Doctors' f'ÄçÄ â ¬Ä â„ç Clinic - 30 Program is for you. This is not just another book that talks about losing weight, this is an easy to follow and leading-edge program designed to not only create weight loss success, but optimal health as well. ItÄfÄçÄ â ¬Ä â„çs all done for you! You will learn how to manage food, what are the best foods to lose weight, how to survive the grocery store and survive restaurants, kick hunger and cravings to the curb and much more. You will also learn to shift your mindset (your foundational key) to weight loss success. I highly recommend the Doctors' f'ÄçÄ â ¬Ä â„ç Clinic-30 Program for you or your loved ones. Get ready for a new and slimmer you that exudes optimal health and never look back!

Great read. Really drives the point home that your goal should not be to adopt a diet, but a lifestyle of eating that lasts long term. Gives great examples and tips to make this idea a reality. Also touches on the mental aspect of eating and how to overcome some of the pitfalls that our mind uses to sabotage our goals.

Not that current

It is straight forward

Great book! Very helpful and interesting! Thank you! ÆfÂ Æ Å,Ã â ^Ã Â•

Good book. I learned a lot.

There aren't many reviews that I will ever write where I can say with integrity that a book changed my life, but this is one of them. I purchased the original Clinic 30 Program in 1994, when I was 16 years old. I weighed 235 pounds in high school and was at a point in my life when all of my friends were dating and I wasn't. It was a lonely place to be. I was determined to lose weight but I didn't understand the fundamentals of how to get there. I knew all about calories, but not in a meaningful way and certainly never tied them to real nutrition. If you are ready to lose weight and need a healthy framework to get there, this is the book for you. It's not very complicated. The mantra that I learned---and it is a healthy one---is everything in moderation. I think that's why I was successful with my weight loss long term. I lost almost 100 pounds with this program and I've kept off 70+ pounds for 21 years despite sports injuries, emotional setbacks (job loss) and the birth of 4 children. I just opened the book again to help me lose the last 20 pounds after the recent birth of our daughter. So I lost 100 pounds. I started dating. I established a healthier relationship with food. I met my husband and we have four beautiful kids. I'm a lucky lady. Thank you, Dr. Cooper. You changed my life!

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