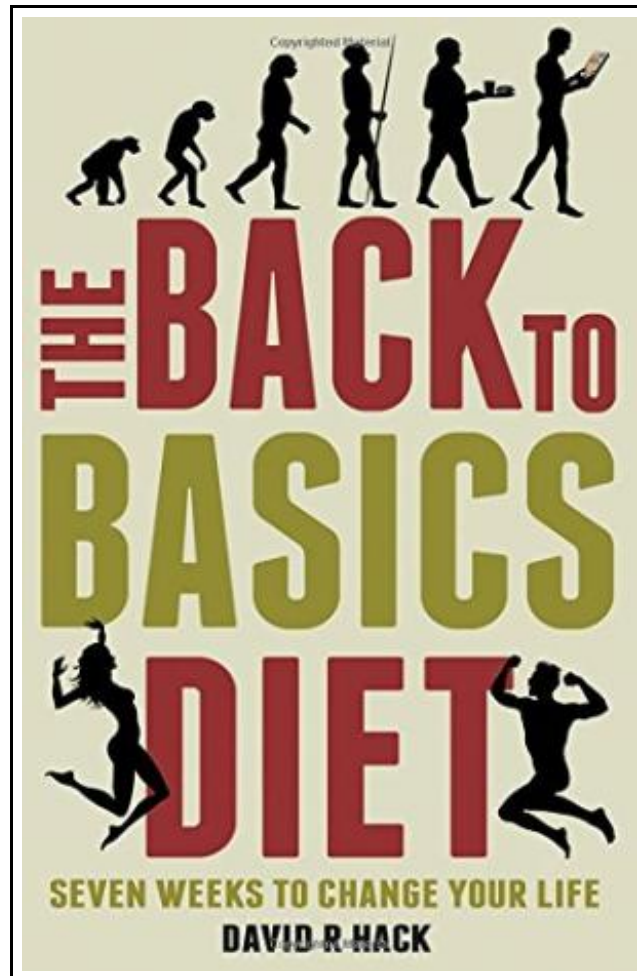


## The Back to Basics Diet: Seven Weeks to Change Your Life



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Troubador Publishing. Paperback. Book Condition: new. BRAND NEW, The Back to Basics Diet: Seven Weeks to Change Your Life, David R Hack, The remarkable, groundbreaking guide to safe, effective weight loss based on modern science and the fascinating story of human evolution. Fed up with being fat and worried about your health? Frustrated by conflicting advice on how to lose the flab? Think your excess weight is somehow your fault? This groundbreaking new book promises to yield real results with minimum fuss and change your life for the better, once and for all! In his revolutionary guide to health and safe, effective weight loss, author David R Hack makes it clear that becoming 'too big' is most definitely not your fault! Dismissing the advice to "eat less and move more" as well-meaning but misguided, he cuts through the hype and confusion of so many diets to get right back to basics in terms of what we should be eating - our original, natural diet. David leads the reader on a fascinating journey through human evolution, the science of food and the workings of the human body, before revealing the astonishing truth about why we all get so fat on our modern diet. Perhaps most exciting of all, we are shown that simple changes to our diet and lifestyle can hold the key to a longer, more youthful and healthier life for us all! The Back to Basics programme works because it is simple, straightforward and based on cutting edge science. An initial seven-week weight loss programme helps you adapt to a new, healthy lifestyle (that will have the pounds melting away in no time), followed by a method that ensures you keep on the straight and narrow for life! With recipes, motivational tips and tricks and some good old-fashioned common...



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