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[Diet Book Reviews - Weight Loss, Nutrition & Diet Reviews](#)

Diet Book Reviews Medically reviewed by Anthony Dugarte M.D. For dieters who can't get close to celebrity authors and fitness experts who offer weight-loss support, diet books are the next best thing.

[Book Review: How Not To Die by Dr Greger - The Health ...](#)

How Not to Die is an excellent book that should be read by those wishing to learn how to incorporate more plants into their diet to reduce disease risk. However, every human has different genetics and metabolises food differently. For example, research demonstrates that some people may be able to metabolise dietary cholesterol efficiently, while those with the ApoE4 gene mutation should

[Weighty Matters: Diet Book Review: The Fast Diet](#)

[Diet Book Review: The Fast Diet \[Full disclosure: I was given a copy of the book by the publisher\]](#) The question everyone seems to be asking today is whether or not intermittent fasting (meaning an occasional fasting period of up to a day not a lengthy fast/cleanse) is a viable weight loss strategy.

[5 Best Keto Diet Books - Feb. 2019 - BestReviews](#)

Keto diet books will accommodate whichever variation of the diet you decide on, save for the dirty keto diet as these materials tend to focus on natural, nutritious foods. This being said, there are a handful of books out there designed just for a dirty or lazy keto diet.

[Amazon.ca:Customer reviews: The Keto Diet: The Complete ...](#)

A wealth of information for women trying to start a ketogenic diet. Having a hoard of diet books in my arsenal, this is the first that really taught me to be kind with myself and my body, and that if the diet isn't working, it's not necessarily your fault.

[The 20/20 Diet: Turn Your Weight Loss Vision into Reality ...](#)

The 20/20 diet book by Dr. Phil is a brief but easy to follow motivational and eating/exercise plan with the goal of health and weight loss. Although the diet is surprisingly restrictive (just 20 foods), it is smartly tailored to be easy to follow and with a small time commitment. As befitting a book by a psychologist and not a dietician or doctor, the wording is accessible, down-to-earth, and

[Top 10 Weight Loss Books 2019 - Reviews, Costs & Features](#)

The Truth About Abs is the fitness and weight loss book from Mike Geary, the founder of busymanfitness.com. The

Truth About Abs is the most-read abs and weight-loss e-book in the world and provides dieters with a range of tips and tricks that are intended to improve abdominal muscles, diet and overall health.

12 Diet Books Worth Reading - Best Weight Loss Books ...

This diet book is a one-stop guide to going keto, with easy-to-understand explanations of the ketogenic principles and a 14-day meal plan that gets you started. Buy It Now 12.

Weighty Matters: Diet Book Review: Wheat Belly

As with all of my diet book reviews I calculated the calories the first day provides. Based on the ranges of servings Dr. Davis suggests would be appropriate Day 1 would provide a minimum of 2,156 calories and a maximum of 2,996 calories.

The Latest Diets and Diet Plan Reviews - WebMD

Wheat Belly is a best-selling diet book, but is it the right diet for you? WebMD explains what you can eat and what you can expect from this plan. WW Freestyle: Review for New Weight

The Plan Diet Book Review - Effectiveness, Side Effects ...

The Plan diet book, written by Lyn Genet, was a New York Times bestseller, and was written to educate people on why they actually are gaining weight.

The Keto Diet - Indigo Chapters

Leanne Vogel, the voice behind the highly acclaimed website Healthful Pursuit, brings an entirely new approach to achieving health, healing, weight loss, and happiness through a keto-adapted lifestyle with The Keto Diet: The Complete Guide to a High-Fat Diet.

Amazon.ca: Atkins Diet: Books

Online shopping for Atkins Diet from a great selection at Books Store.

Amazon.com: Customer reviews: Dr. Gundry's Diet Evolution ...

Find helpful customer reviews and review ratings for Dr. Gundry's Diet Evolution: Turn Off the Genes That Are Killing You--And Your Waistline--And Drop the Weight for Good at Amazon.com. Read honest and unbiased product reviews from our users.