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Protein Power: The High-Protein/Low Carbohydrate Way to Lose Weight, Feel Fit, and Boost Your Health-in Just Weeks!

Michael R. Eades, Mary Dan Eades

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An effective, medically sound diet that lets you eat bacon, eggs, steak, even cheese?

It's true! Lose fat. Feel fit. Stop craving. Without counting fat grams and without giving up the foods you love.

Based on cutting-edge research, this revolutionary and deliciously satisfying plan has already helped thousands of patients lose weight and achieve other lifesaving health benefits, including lower cholesterol and blood pressure readings and an improvement or reversal of common disorders such as heart disease, adult-onset diabetes, and gout. Developed by Doctors Michael and Mary Dan Eades, the simple regimen calls for a new way of eating: a protein-rich, moderate-fat, low-carbohydrate diet that will have you feeling better and more energetic within a week, and help correct blood sugar levels, high blood pressure, and elevated cholesterol within three weeks. So if you've been living the low-fat, no-fat way and still haven't lost weight, stop blaming yourself! Instead, turn to the breakthrough metabolic program that replaces lifelong dieting with lifelong health.

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