



## The Perfect Formula Diet

By Janice Stanger

Perfect Planet Solutions. Paperback. Book Condition: New. Paperback. 278 pages. Dimensions: 8.8in. x 5.9in. x 0.7in. REVIEWS Kathy Sternbach, M. Ed. , M. B. A. , behavioral health consultant: Now, in over 520 days of my day to day approach to healthful eating and with over 50 pounds of weight loss, I feel great. After many years of diets, weight loss and re-gain, I believe I now have a long-term approach to healthful eating. T. Colin Campbell, Ph. D. , author The China Study: Its a great read, both for the public and for the professional. I wholeheartedly endorse it. Neal Barnard, M. D. , President, Physicians Committee for Responsible Medicine: In The Perfect Formula Diet, youll find all the information you wanted to know about nutrition but couldnt sort out in scientific journals. Janice puts all this information together in the most perfect way, giving you a plant-powered formula for taking back your life and health. Joel Fuhrman, M. D. , Co-founder of Eat Right America and author Eat to Live: One that gets it right John McDougall, M. D. , Founder of The McDougall Program and author The McDougall Program for Women: Dr. Stanger makes eating well and regaining...



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