



The Cardiologist's Wife's Chocolate Too! Diet: No Sugar, No Fat & Luscious

Joyce Schneider, Robert G. Schneider

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Unsweetened cocoa is a blockbuster drug, THE most powerful antioxidant, and *required* in this stunning new diet designed by noted cardiologist Dr. Robert Schneider and his wife Joyce, an inventive Heart Smart cook. With 29 times more antioxidants than broccoli, unsweetened cocoa can: hyper-boost your antioxidant levels; slow the aging process; lower your blood pressure; help prevent cancer, strokes, heart attacks, diabetes, and complications of diabetes...AND produce that endorphinny good feeling (relaxing artery walls, increasing a sense of optimism like a mood altering drug) that helps you stick to a diet, lose the weight which overwhelmingly causes those diseases. But how to put cocoa and Healthy New Food products together? Cook, bake, and prepare ALL food in a whole new way? This diet will show you how. Give you inventive "hybrid recipes" that are fun as well as healthy. (Luscious Pumpkin Pie with No sugar, No fat, No Cholesterol; brownies -- the same! -- with more nutrients than most meals.) You will learn new ways to prepare food that will get you thin and healthy permanently, with greater ease and delight than you ever dreamed possible. And surprise: even with this diet's delicious meals -- shrimp scampi, chicken stroganoff, Tex Mex, no-yolks quiche & gorgeous pasta, for example -- you may start seeing the meal as the cover act and dessert as the headliner!

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Jim Moffett:

The knowledge that you get from The Cardiologist's Wife's Chocolate Too! Diet: No Sugar, No Fat & Luscious is the more deep you searching the information that hide in the words the more you get considering reading it. It does not mean that this book is hard to comprehend but The Cardiologist's Wife's Chocolate Too! Diet: No Sugar, No Fat & Luscious giving you excitement feeling of reading. The article writer conveys their point in selected way that can be understood by means of anyone who read the idea because the author of this publication is well-known enough. This kind of book also makes your current vocabulary increase well. That makes it easy to understand then can go along with you, both in printed or e-book style are available. We highly recommend you for having this particular The Cardiologist's Wife's Chocolate Too! Diet: No Sugar, No Fat & Luscious instantly.

Louise Rosenbaum:

A lot of people always spent their own free time to vacation or go to the outside with them loved ones or their friend. Do you know? Many a lot of people spent they will free time just watching TV, or perhaps playing video games all day long. In order to try to find a new activity here is look different you can read any book. It is really fun in your case. If you enjoy the book which you read you can spent all day long to reading a reserve. The book The Cardiologist's Wife's Chocolate Too! Diet: No Sugar, No Fat & Luscious it is quite good to read. There are a lot of people who recommended this book. These people were enjoying reading this book. Should you did not have enough space to bring this book you can buy often the e-book. You can m0ore very easily to read this book through your smart phone. The price is not to fund but this book has high quality.

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