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The Smoke Free Diet: Waist Away and Kick Those Butts! (Paperback)

By Bradley Burnam

Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Fear of weight gain drives many smokers away from quitting. Moreover, according to the American Cancer Society and the National Cancer Institute, the fear is not unfounded: Four of every five individuals who quit smoking gain weight during and/or after quitting. Until now, no quitting program or technique has addressed weight gain, let alone provided the ability to achieve weight loss during smoking cessation. The Smoke Free Diet does not fit within a niche; it creates an entirely new one. Utilizing a scientifically-validated and proven dietary approach originally intended solely for weight loss, The Smoke Free Diet liberates potential quitters from this fear, but takes it one step further: Followers of the prescribed dietary regimen will lose weight at unprecedented levels, lower cholesterol, blood pressure, and triglyceride levels, all the while eating in unrestricted quantities and freeing themselves of both chemical and psychological withdrawal symptoms. Furthermore, the dietary strategy is, already, one of the most widely successful, researched, and popular approaches to weight loss in history. The Smoke Free Diet, however, capitalizes upon a previously unrecognized synergy between the biochemical and psychological...



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