



# The Schwarzbein Principle, The Program: Losing Weight the Healthy Way

*Diana Schwarzbein*

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**The Schwarzbein Principle, The Program: Losing Weight the Healthy Way** Diana Schwarzbein

**Lose Weight • Slow the Aging Process • Feel Great.** . . and never count calories again!

If you are following a popular diet -- whether it is low-carb, low-fat, food combining or limited calories -- it is killing you. It is breaking down every component of your body, causing destruction of your healthy muscle tissue and aging everything from your brain cells to the skin on your face.

But there is an alternative. You can have the body you want without dangerous diets, unproven supplements and punishing workouts. Dr. Schwarzbein's revolutionary program uses the body's metabolic system to help you postpone or reverse the degenerative effects of aging and lose weight for life by:

- Balancing carbohydrates and fat - without eliminating food groups or counting calories
- Managing stress and getting a great night's sleep
- Tapering off and reversing cravings such as tobacco, alcohol, caffeine and sugar
- Switching from strenuous cardio exercise to moderate resistance training and stretching
- Balancing your hormones with the right kind of hormone replacement therapy

This is the book Dr. Schwarzbein's hundreds of thousands of fans have been waiting for -- a simple straightforward program that will finally break the cycle and give you longer life, permanent weight loss and increased energy . . . the healthy way.

"In the sea of diet/lifestyle books, The Schwarzbein Principle is one of the most balanced, sensible and effective programs . . . I applaud Dr. Schwarzbein's revolutionary yet realistic approach to food."

- Christiane Northrup, M.D., author of The Wisdom of Menopause

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