

Diet Of The Future

Diet of the Future is a new fast weight loss diet that is ten times easier than the South Beach Diet and is low fat, so it's nothing like the Atkins' Diet. It's the best diet book that's compatible with the latest findings that a virus and certain bacteria are keeping American's addicted to the wrong foods and is the perfect diet to go along with the first FDA diet pill released named "alli" (yes, it's spelled all in lower case).

Diet of the Future has finally merged cutting-edge mental and biological principles together to create the perfect diet. The diet is easy to start, since you can eat all the allowed foods you want for weeks to prevent hunger; the number one failure of many diets!

Alarming statistics show:

- * 70,000,000 people in the U.S. are obese (50 pounds or more overweight).
- * This number will climb to 120,000,000 in the next five years.
- * There are another 70,000,000 who are one to 49 pounds over their desired weight.
- * 8,000,000 are morbidly obese (100 pounds or more overweight).
- * And, there are nine million overweight children, ages six to sixteen.

With two-thirds of Americans overweight, it's obvious that fad diets don't work. I know ... I tried many of them and failed. In fact, I gained more weight. I then wrote a better, smarter diet and successfully lost the weight. Dr. Fox's Diet Of The Future:

- * Is low in fat, sodium and preservatives that anyone can use.
- * Doesn't involve costly meals and complicated recipes.
- * Allows you to eat all you want from a list of foods in the beginning to prevent hunger; the #1 failure of most diets!
- * No exercise (if you wish), but the diet gives many ways to increase metabolism without formal gym exercise. Although, formal exercise is highly recommended after a certain amount of weight has been lost.
- * Barriers to weight loss have finally been sorted out.
- * Secrets are finally given to why 140 million Americans are addicted to the wrong foods.

The secrets to fast weight loss by eating regular food, even at **restaurants** have finally been discovered. Nutrition conscious people will also benefit from this information packed book.

Women lose 2-3 pounds per week and men lose 4-5 pounds per week. Lose weight fast while Dr. Fox tells all from his perspective of losing weight (70 pounds in 5 months) on his own diet and how he overcame barriers and has learned how to keep the fat off for years.

BestDietForMe.com states the next hit diet book must allow overweight people to control what happens to their bodies while on a diet. Fad diets will be replaced in the future by blending the body and mind in interesting ways. **My book does just that!**

My background is in nutrition, biochemistry, physiology and pharmacology. I have also received a world-renowned award in birth defects research.

All the best,

Dr. Donald Fox