

Download The Flex Diet Design Your Own Weight Loss Plan

The Flex Diet: Design-Your-Own Weight Loss Plan [James Beckerman M.D.] on Amazon.com. *FREE* shipping on qualifying offers. Rather than teaching you just one way to lose ten or twenty or even fifty pounds, The Flex Diet shows you how to lose a single pound--in 200 different ways. A medically proven approach to weight loss from WebMD's heart expertThe Flex Diet: 200 Ways to Lose 20 Pounds Today, Everyday, Your Way. Start TODAY to lose five pounds: The Flex Diet begins with a two-week phase called "Today," when you begin to make small changes to your diet and lifestyle that will help you lose weight right now and create a blueprint to a new you.Design your own weight-loss plan with the 'Flex Diet'. But the Flex Diet is the first integrated weight loss program that lets you decide how you are going to do it. People are not paradigms People are by nature impatient. And there are a lot of diet books in recycling bins and landfills that will attest to that.Design your own diet plan with this flexible diet. Instead of teaching you one way to lose a large amount of weight, you have hundreds of ways to lose a small amount of weight. You can choose how you lose the weight in a way that will work best for you. The Flex Diet offers you a way to truly design your weight loss plan and includes several nutritious meals and ways to boost your energy.