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## The Pancreatic Oath Nutrition and Lifestyle Journal (Paperback)

By Candice P Rosen

Candice Rosen Health Counseling LLC, United States, 2011. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Tired of yo-yo dieting? Do prescription medications empty your wallet and complicate your life? Is your calendar filled with doctors appointments? How many times have you heard your physician tell you that you need to diet and exercise. .without giving you a clue as to where or how to begin? With mountains of information about nutrition and fitness out there, how do you attempt to hike when you're already confused about how to take the first step? So you don't! By using The Pancreatic Oath Nutrition and Lifestyle Journal as a companion to The Pancreatic Oath, you begin to see how subtle nutrition and lifestyle changes can transform your life. Improving your health requires an honest look at your current diet and lifestyle habits. Keeping a journal keeps you honest. By following the Pancreatic Nutritional Program (PNP) outlined in The Pancreatic Oath, you are prescribing to a common sense, yet data-driven diet that will lead you to improved health and sustainable weight loss. It is a revolutionary approach to personalized Self-Health. There is no calorie counting or...



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