



DUKAN DIET: The Essential Dukan Diet Guide: Dukan Diet Plan And Dukan Diet Recipes To Lose 15 Pounds In 2 Weeks, Detox Your Body, Lower Cholesterol And ... Diet, Diet Books, Diet Recipes, Diet Cook)

Dr. Eric Masterson, Dr. Michael Ericsson

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Dukan Diet: The Essential Dukan Diet Guide - Dukan Diet Plan And Dukan Diet Recipes To Lose 15 Pounds In 2 Weeks, Detox Your Body, Lower Cholesterol And Increase Vitality

Today only, get Dukan Diet: The Essential Dukan Diet Guide - Dukan Diet Plan And Dukan Diet Recipes To Lose 15 Pounds In 2 Weeks, Detox Your Body, Lower Cholesterol And Increase Vitality only for \$0.99. Regular price is \$4.99!

This book contains proven steps and strategies on how to lose weight in two weeks which is not a short-term victory by following the four phases of the Dukan Diet program formulated by Dr. Pierre Dukan. This book also contains information on how you can eliminate at least fifteen pounds while not being deprived of the amount of food intake you are accustomed to. Furthermore, this includes recipes to aid your dieting and tips on how to maintain weight after the program. While it is a short book, it provides everything you need to know about the Dukan Diet: its history, phases, recipes available, benefits, and how it can pave the way for a healthier you.

For more than thirty years, the Dukan Diet helped people with their weight problems. This time, you can be the next person who can benefit from the program which will start by reading and following the guidelines provided in this book.

Here Is A Preview Of What You'll Learn

- History of the Dukan Diet
- What You Need to Know About Dukan Diet
- Phases of Dukan Diet in Detail
- Dukan Diet Benefits
- Dukan Diet Recipes *A Step-by-step Guide to Start the Dukan Diet*
- Much, much more!

History of the Dukan Diet

There are many weight loss diets that can be seen in the television, internet, magazines, and books. The question is do they really work? Some may work but others don't. The problem with many weight loss regimens is they offer quick weight loss but after the weight loss process, they fail to maintain such weight and eventually the excess pounds come again. The Dukan Diet however begs to differ. This book talks about a proven weight loss diet—the Dukan Diet. The Dukan Diet is not new because it has been there for over thirty years but it only became popular and available outside France recently after the publication of Pierre Dukan's book The Dukan Diet. It is a fact that the success of the book is not due to marketing or advertising but because readers who found the diet effective passed it on through word-of-mouth.

The founder of the Dukan diet, Dr. Pierre Dukan, is a medical doctor from France. He has a 40 year experience in relation with clinical nutrition and worked with at least 40,000 patients who have weight problems. As a young doctor in Montparnasse area, he was exposed to people with weight problems. With the idea of losing weight by eating food with low calories that he learned from medical school, he began his journey of developing a weight loss program. As he saw it, there are many low-calorie diets which do not work; this is the reason why he developed a weight loss program.

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TAGS: dukan diet, healthy lifestyle, dukan diet for beginners, dukan diet book, how to lose weight, natural weight loss, dukan recipes, loss weight naturally, dukan diet for weight loss, dukan diet guide, dukan diet recipes, healthy living, dukan, how to lose weight fast, weight loss diet, lose weight, lose weight fast, lose weight in 1 week, lose weight naturally fast, lose weight for women, lose weight in one week, lose weight naturally, how to lose weight, how to lose belly fat, weight loss motivation, weight loss books, weight loss for women, free diet and weight loss, diet books, paleo diet, diet pills, diet cookbooks, diet recipes, diet books for kindle, health and fitness, healthcare, wellness, fitness, healthy eating, healthy food, healthy living, healthy recipes, healthy cookbooks

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David Miller:

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