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# LOW BURNER

# LAURA LIPPMAN

NEW YORK TIMES BESTSELLING AUTHOR

## Slow Burner

**Ann Louise Gittleman**

## **Slow Burner:**

*Your Body Knows Best* Ann Louise Gittleman, 1997-02-01 Discover the remarkable truth your body knows best You've tried the low fat high carbohydrate diets and failed You've religiously adhered to very low calorie regimens and watched your weight skyrocket as soon as you resumed former eating habits The truth is no one size fits all diet plan works for everyone But there is a personalized diet that is perfect for you It's time to tune in to your ultimate diet guru yourself because with *Your Body Knows Best* you can custom tailor a diet that meets your body's special needs Ann Louise Gittleman author of the famed Fat Flush Plan and Fat Flush for Life shows you how in this groundbreaking individualized approach to weight loss Yes you can reach and sustain your optimal weight and energy level by eating the foods your body needs Your customized diet is determined by your ancestry and genetic heritage your blood type and your metabolism *Your Body Knows Best* was the first book to uncover the possibility of the blood type connection to weight gain

*Super Nutrition for Men* Ann Louise Gittleman, 1999 This simple and complete guide full of practical advice to help men reduce their risks for succumbing to such ailments as heart disease cancer hypertension and stroke is now available in the convenient mass market size Author Ann Louise Gittleman one of the foremost nutritionists working today has written *Super Nutrition for Men* to concentrate on male specific health problems She devotes chapters to special nutrition for prostate health heart health hair loss and substance abuse By following the simple programs outlined in this clear authoritative guide a man can become stronger and healthier than he ever thought possible Included are straight answers on male menopause and impotence the 40 30 30 plan plus the secrets of living longer and better

**Acid-Base Balancing** Dale Carlin, **Fire Alive!** John Steiner, 2013-07-29 Fire The light by which we tell our stories and mythic tales It kept the night at bay for hundreds of thousands of years It guided humanity's migrations across the globe and became mankind's first weapon of mass destruction What if fire developed a mind of its own Firefighting is already a tough job even in 2026 Captain Duane Longhand Longhurst and probationary firefighter Malcolm O'Connell of Salt Lake City's Station 8 discover it's going to get much harder A phenomenon of particle physics called Self Propagating Organized Thermotroph or S P O T emerges to burn whatever they can to ingest the heat that fuels their semi living existence Breaking in a new enigmatic probie and struggling with memories of past fire calls Captain Longhurst has to now take on the blazing entities *The Proclaimers Lyrics* Craig Reid, Charles Reid, 2014-12-01 Their songs feature at weddings funerals and everything in between and there is one song an early celebration of falling head over heels in love that is known the world over and has become a staggering global anthem There are many others that have gained great popularity in different parts of the planet and then there is a wide cross section of sublime songs embraced by a multitude that has kept up with The Proclaimers nine studio albums and compilation collections released between 1987 and 2013 Their words read elegantly as prose and this book presents all the lyrics of the 124 songs recorded in this period with a forward by the esteemed screenwriter Richard Curtis and original introduction sleeve notes from 2 more uber fans on their

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