



Greenwich Diet: Lose Fat While Gaining New Health and Wellness

Carlton M. Colker M.D.

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With all the hype about low-carbohydrate, high protein diets, The Greenwich Diet is the solution. While incorporating limited carbohydrates and a high quality protein backbone, the diet picks up where others leave off. In particular, The Greenwich Diet corrects the weaknesses of other low-carbohydrate, high protein diets while providing the added power of health enhancement in conjunction with low-saturated fat intake and a healthy daily dose of calcium and fiber.

The Greenwich Diet gives all the fat burning benefits of other low carbohydrate, high protein diets with an easy-to-follow, healthy eating plan for people who want to lose weight. Dr. Colker will teach you how eating the right foods frequently throughout the day will actually promote losing weight and burning fat off your body for good!

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