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The Smarter Science of Slim Jonathan Bailor, 2012 Jonathan Bailor spent the past decade collaborating with top doctors and researchers to analyze more than 10 000 pages of academic research related to diet exercise and weight loss The end result is this very straightforward simple and easy to read book where Bailor bridges the gap between the academic world and the everyday world to dispel the myths lies and corporate sales hype that have fueled the current obesity epidemic More than any other author in this new century Bailor has separated scientific fact from weight loss fiction to deliver a proven permanent and easy to implement fat loss solution Based on clinically proven research not trendy opinions Bailor uses biology and common sense to bring reason to the topic of diet exercise and weight loss Endorsements Proven and practical Dr Theodoros Kelesidis Harvard UCLA Medical Schools The latest and best scientific research Dr John J Ratey Harvard Medical School An important piece of work Dr Anthony Accurso Johns Hopkins Smart and health promoting Dr JoAnn E Manson Harvard Medical School The last diet book you will ever need to buy Dr Larry Dossey Medical City Dallas Hospital Revolutionary surprising and scientifically sound Dr Jan Friden University of Gothenburg Compelling simple and practical Dr Steve Yeaman Newcastle University Stimulating and provocative Dr Soren Toubro University of Copenhagen Amazing and important research Dr Wayne Westcott Quincy College Brilliant Will end your confusion once and for all Dr William Davis Fellowship of the American College of Cardiology author of Wheat Belly Bailor s work stands alone Maik Wiedenbach World

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