

# [PDF] The Fiber35 Diet: Nature's Weight Loss Secret

**Brenda Watson C.N.C., Leonard Smith M.D. - pdf download free book**

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## **Books Details:**

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## **Description:**

**About the Author Brenda Watson, C.N.C.,** is a bestselling author and one of the foremost dietary authorities in America today. She has gained national recognition with her televised PBS special, *Brenda Watson's H.O.P.E. Formula: The Ultimate Health Secret*. Ms. Watson has two grown children and currently lives in Florida with her husband, Stan, and their dogs.

**Leonard Smith, M.D.**, is a renowned general gastrointestinal and vascular surgeon as well as an expert in nutrition and natural supplementation. Dr. Smith is a board-certified general surgeon and is currently a member of the volunteer faculty at the University of Miami Department of Surgery. Dr. Smith has been a surgeon in Florida for twenty-five years and currently resides there with his wife and two grown daughters.

**From** Reading her well-researched weight-loss lesson, Brenda Watson sounds charmingly Southern, earnest, and committed to making every word and every idea come out right. Shes a well-rounded healthcare expert, so in addition to the principal recommendation that we eat 35 grams of fiber with other high-bulk, low-calorie foods, she offers numerous additional lessons on such things as toxic cleansing, exercise, rest and stress, vitamins and supplements, and blood-sugar management. She sounds comfortable with the details and is persuasive without sounding pedantic or overzealous. With so much information, some readable and printable lists would have been helpful for people attempting such an important lifestyle change. T.W. © AudioFile 2007, Portland, Maine-- *Copyright* © *AudioFile, Portland, Maine* --This text refers to an out of print or unavailable edition of this title.

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