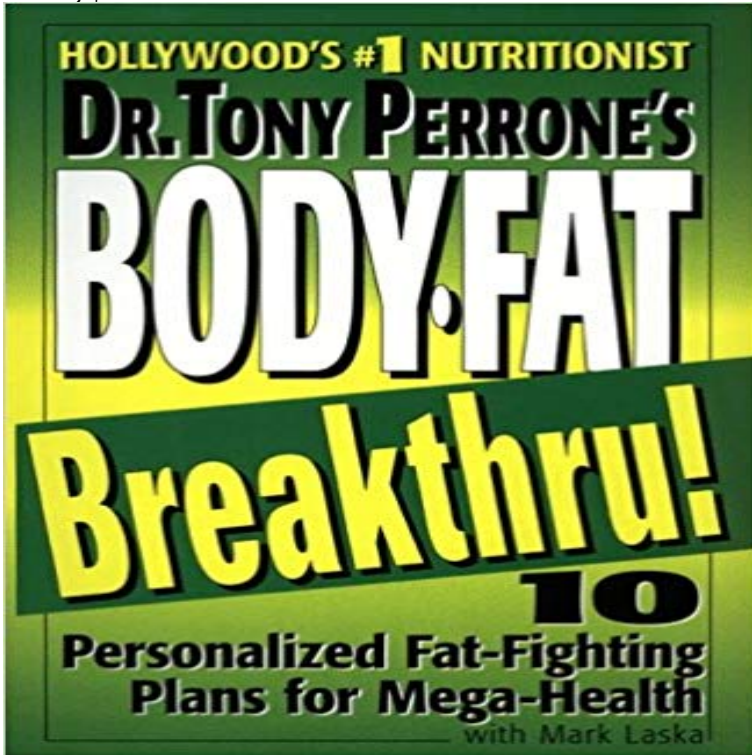


## Dr. Tony Perrones Body-Fat Breakthru: 10 Personalized Plans for Mega-Health



Dr. Tony Perrone, Hollywood's body-fat expert and nutritionist to the stars, presents 10 revolutionary plans for mega-health-and or losing body-fat, weight, and inches-that have transformed the bodies of his superstar clients, including Demi Moore, Paula Abdul, Angela Bassett, Bruce Willis, and Denzel Washington, as well as models, athletes, and thousands of others. Have you wondered why--even though you don't overeat--you continue to gain weight? Have you been frustrated by the perpetual diet cycle? Why is it that you exercise like crazy without seeing a significant change in your appearance? Do you have severe drops in energy levels at certain times of the day? All of these problems--and many others--are caused by not meeting the nutritional requirements of your metabolism. **Body-Fat Reduction Versus Weight Loss** You want to safely reduce your body-fat and achieve mega-health. However, weighing yourself on the scale is the misleading manner by which we gauge how far we are. What you must instead focus on is How much of my body is fat? and How can I reduce that amount of fat? This book is truly a Body-Fat Breakthru. A compilation of 10 nutritional programs that encompasses the needs of all types of metabolisms, Dr. Tony Perrone's programs will turn your unique body chemistry from a disadvantage to an advantage. You'll learn not only how poor digestion may be making you fat and tired, but you'll discover what supplements work best with your particular metabolism. You'll understand, too, why exercise is not the key to body-fat loss. In these pages you will find the nutritional program perfect for our metabolism. Dr. Perrone's innovative health plans will rejuvenate your system and help you attain the health-filled, energized lifestyle you desire. You will: Train your metabolism to work like its on fire! Be energized from the moment you wake up until bedtime! Handle stress with

ease! Increase your mental clarity!  
Bolster your immune system! Counting calories and constantly weighting ourselves on the scale has made us the fattest nation on the planet. With Body-Fat Breakthru!, Dr. Perrone will guide you to the body youve always wanted!

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