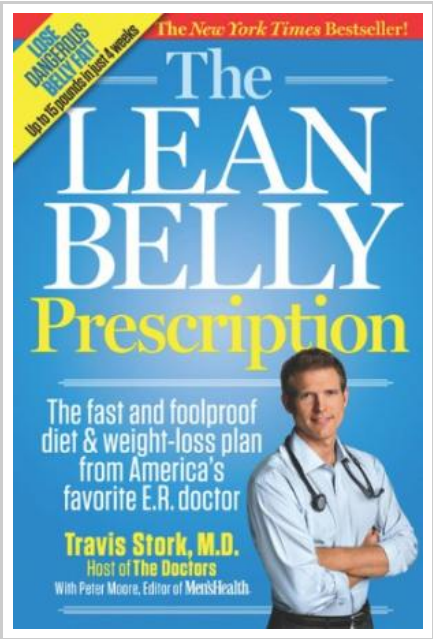


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The Lean Belly Prescription: The Fast and Foolproof Diet & Weight-loss Plan from America's Top Urgent Care Doctor

By Travis Stork, Peter Moore

Rodale Incorporated. Paperback. Book Condition: new. BRAND NEW, The Lean Belly Prescription: The Fast and Foolproof Diet & Weight-loss Plan from America's Top Urgent Care Doctor, Travis Stork, Peter Moore, Dr. Travis Stork, co-host of "The Doctors", cares about the state of your abdomen. Why? Because when he's not on TV, he works in the E.R. at Vanderbilt Medical Centre. And his years of training and experience have told him that the one of the very first vital signs to check - one of the most important determining factors in whether a patient will recover from illness and injury, or face a future of disease, pain, and disability - is how much belly fat they're carrying. In fact, visceral fat - the kind that clings to your waistline and infiltrates your internal organs - is not only unsightly, it also sets you up for a host of health woes, including diabetes, heart disease, and cancer. So fighting belly fat is the same thing as fighting for your life!.

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