



The Pritikin Weight Loss Breakthrough: 5 Easy Steps to Outsmart Your Fat Instinct

Robert Pritikin

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For over 20 years, THE PRITIKIN PROGRAM FOR DIET AND EXERCISE by Nathan Pritikin has set the standard for people wanting to eat healthier, citing the healthy intake of grains, vegetables, and fruits, while avoiding foods full of fat and cholesterol. Now, through research at the Pritikin Longevity Center, his son Robert Pritikin has discovered the genetic key that unlocks the secret to why people crave the "wrong" kinds of food. With THE PRITIKIN WEIGHT LOSS BREAKTHROUGH, Robert Pritikin demonstrates how people can live longer, healthier lives, without the fat.

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