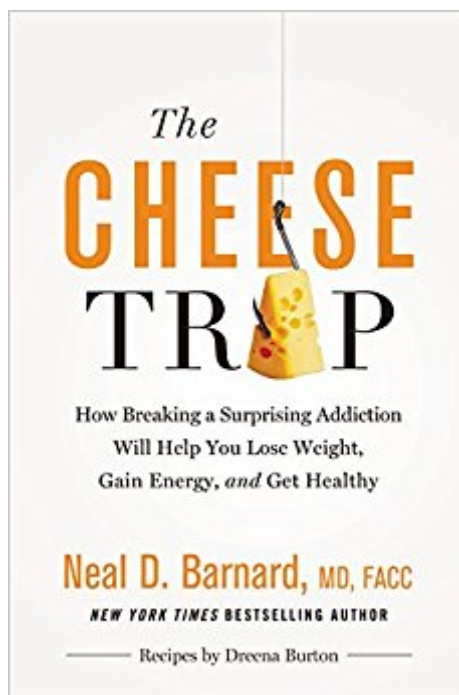




The book was found

The Cheese Trap: How Breaking A Surprising Addiction Will Help You Lose Weight, Gain Energy, And Get Healthy



Synopsis

New York Times bestselling author Dr. Neal Barnard reveals the shocking truth about cheese-the dangerous addiction that is harming your health-and presents a radical program to lose weight and feel great. We've been told that dairy does a body good, but the truth is that cheese can be dangerous. Loaded with calories, fat, and cholesterol, cheese can make you gain weight and leads to a host of health problems like high blood pressure and arthritis. Worse, it contains mild opiates that make it addictive, triggering the same brain receptors as heroin and morphine. In THE CHEESE TRAP, Dr. Neal Barnard presents a comprehensive program to help readers break free of their cheese addiction so they can lose weight, boost energy, and improve their overall health. This easy-to-follow diet features a treasury of healthy recipes that will tame even the toughest cravings-from pizza, to lasagna, to ice cream and cheesecake.

Customer Reviews

"If you want to know where medicine will be ten years from now, read Dr. Neal Barnard's writings today." •Dean Ornish, MD, New York Times bestselling author of The Spectrum and Dr. Dean Ornish's Program for Reversing Heart Disease "Our love-affair with cheese is killing us. Learning the truth about cheese may save your life." •Joel Fuhrman, MD, New York Times bestselling author of The End of Heart Disease and The End of Diabetes, among others

Neal Barnard, MD, is a clinical researcher, author, and health advocate. He is an Adjunct Associate Professor of Medicine at the George Washington University School of Medicine and Health Sciences and president of the nonprofit Physician's Committee for Responsible Medicine. He is the author of several books and a frequent lecturer.

[Download to continue reading...](#)

The Cheese Trap: How Breaking a Surprising Addiction Will Help You Lose Weight, Gain Energy, and Get Healthy
Homemade Cheese: Step-by-Step Techniques for Making Best Organic Cheese: (Homemade Cheese, Cheese Making Techniques, Cheese Recipes) (Cheese Making, Homemade Cheese)
Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean
Book 4) Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) Master Book On Addiction: How To Overcome Drug Addiction-Alcohol Addiction-Smoking Addiction-Gambling Addiction-Internet Addiction-Overeating Walking: Weight Loss Motivation: Lose Weight, Burn Fat &

Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Happy Gut: The Cleansing Program to Help You Lose Weight, Gain Energy, and Eliminate Pain 14-day Zero Sugar detox diet: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight. Addiction and Recovery: How to Overcome Alcohol, Gambling, Drug, Sex, Food, and Technology Addictions (Addiction, Substance Abuse, Addiction and Recovery, Alcohol Addiction) Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) The Nicotine Addiction Cure - How to Avoid Triggers, Manage Withdrawal Symptoms, and Quit Nicotine & Smoking for Life (tobacco addiction, nicotine addiction, ... recovery, smoking addiction, stop smoking,) Porn Addiction: How to Quit Porn, Porn Addiction, Step-by-Step Easy Guide to Control Your Porn Addiction, Stop Watching Porn in 7 Days! (Porn Addiction, Improve Your Relations, Live Happier Life) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Weight Watchers Program: Beginners Weight Watcher Diet Plan Guaranteed To Help You Lose Weight and Stay Healthy CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers,Sugar free detox,Healthy ... Eating Cookbook,Loss weight Fast,Eat thin) Ketogenic Diet For Beginners: The Step By Step Guide and 25 Recipes to Help You Get Healthy and Lose Weight Fast (Cookbook, Easy Recipes, Keto Diet, Ketosis, Weight Loss,) Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Wor) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)