

**THE PERFECT FORMULA DIET: HOW TO LOSE WEIGHT  
AND GET HEALTHY NOW WITH SIX KINDS OF WHOLE  
FOODS**

**Alysse Quintanilla**

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Six Kinds of Whole Foods for Health and Weight Loss Stanger, Ph.D., is the author of the whole foods nutrition book *The Perfect Formula Diet: How To Lose Weight and Get Healthy Now With Six Kinds of Whole Foods*.

Book Review: "The Perfect Formula Diet: How to Lose Weight and Get Healthy Now with Six Kinds of Whole Foods" by Janice Stanger, Ph.D.

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While nature has perfectly designed myriad bodily systems, people often make poor choices about what to eat. When you lose weight on the Perfect Formula Diet, your weight loss is permanent you will not yo-yo or rebound to your prior weight as long as you follow this eating plan. Erin rated it it was amazing Oct 03,

Based on over 1, scientific studies, The Perfect Formula Diet is a jargon-free Apr 01, Sue rated it liked it. During this time, the other half followed the American Diabetes Association diet. Have more get-up-and-go to do all the activities you love.

The Perfect World we desire can only manifest when we realize that it can only be on Tom Piccirilli Review: