



Die Banting-oplossing: Jou laekoolhidraat-gids tot permanente gewigsverlies (Afrikaans Edition)

Bernadine Douglas, Bridgette Allan

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DIE BANTING-BOEK WAAROP ALMAL GEWAG HET! Uiteindelik! 'n Allesomvattende boek wat al jou vrae oor die Banting-leefstyl beantwoord EN 'n oplossing bied vir permanente gewigsverlies. Die Banting-oplossing verduidelik nie net wat Banting behels nie, dit: verskaf antwoorde op Banters se dringendste vrae; skiet die mites wat rondom Banting ontstaan het, aan flarde; bevat handige maaltydplanne en Banting-vriendelike voedsellessies; verskaf wenke oor wat om te doen wanneer gewigsverlies tot stilstand kom; help jou om voedsel-etikette te verstaan; en wys jou hoe om te Bant sonder om die bank te breek, en dat almal dié leefstyl kan volg. Maar die heel belangrikste – die boek leer ons hoe om ontslae te raak van daardie ekstra kilogramme en hoe om hulle vir ewig weg te hou! Resultate van in-diepte navorsing word ondersteun deur gevallestudies en voor-en-na foto's. Lesers het nou toegang tot alle inligting oor Banting in een boek.

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