

If you have picked up this book, you probably already know something about the consequences of being overweight. Most likely, you, or someone you care about, is carrying more than a few excess pounds and wants to do something to break the cycle. Know that you are not alone--more than 100 million Americans are overweight. Two in five African American women and two in ten African American men weigh so much they can be considered clinically obese. But in this book you will find hope. You will find inspiration. And you will find an all-new Menu for Life. Based on the groundbreaking Obesity Project at Howard University's General Clinic Research Center, husband and wife team Dr. Otelio Randall and Donna Randall have developed a program that considers the many lifestyle and physiological factors that contribute to obesity. By helping people balance the Energy In/ Energy Out equation through learning how to eat properly and healthfully while increasing activity, the Randall Program utilizes cutting-edge research on obesity to provide a lifestyle solution that boosts health and brings vital life-changing results. A thorough discussion of how and why people gain weight is followed by the facts about the serious health implications of obesity, such as diabetes, hypertension, and high cholesterol, and the tremendous health benefits that even modest weight loss can bring. This knowledge provides the foundation for making life changes--small adjustments that will lead to major improvements. Advice for beginning to exercise, rethinking your priorities, shopping better, and cooking healthy foods for your family make this a complete program, first, for stopping weight gain, and then for losing weight while gaining health--pound by pound. You will find a wonderful meal planner and a scrumptious selection of recipes, designed to taste extraordinary enough to serve to company. Every page contains upbeat advice for overcoming obstacles that may have gotten in the way of weight loss before. And with the success stories from many of the program participants throughout the book, inspiration is always close at hand. Finally, a book that is not a recipe for failure but a true Menu for Life.

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