

The Whitaker Wellness Weight Loss Program

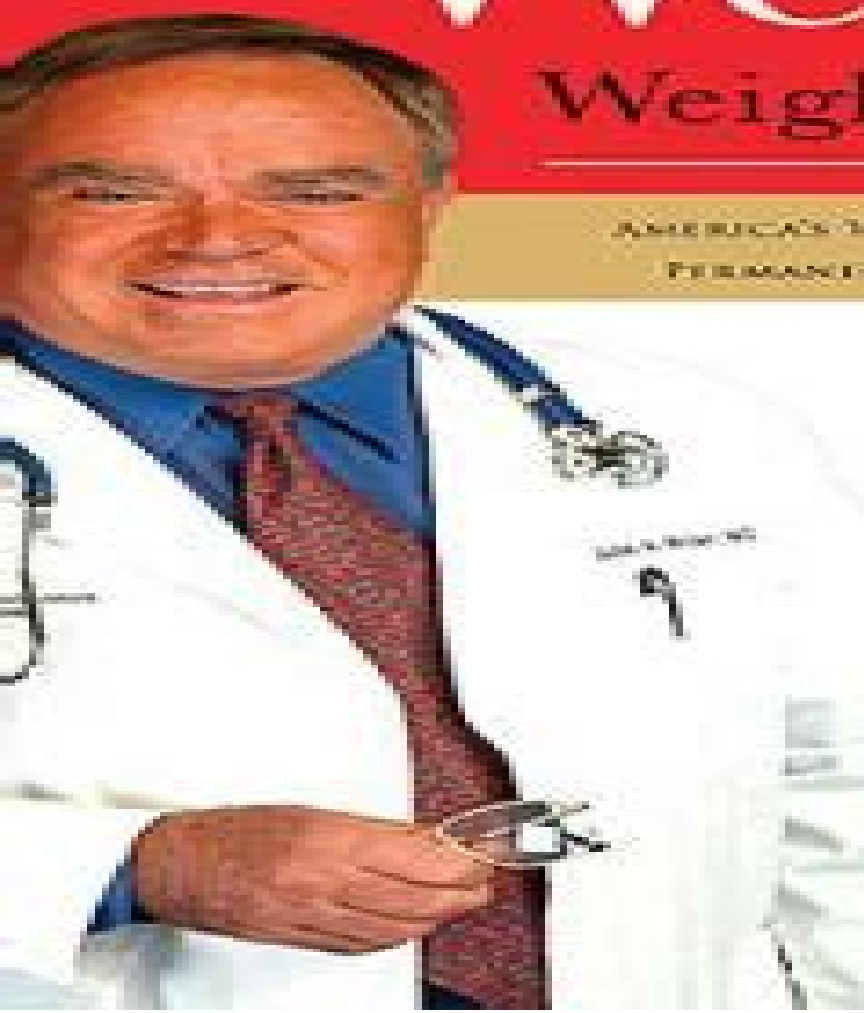
AMERICA'S WELLNESS DOCTOR SHARES HIS SECRETS TO
PERMANENT WEIGHT LOSS AND LIFELONG HEALTH

Stop storing fat and start burning it

Boost your metabolism and
lose weight faster

Learn instant discipline
for permanent weight control

**JULIAN
WHITAKER M.D.**



The Whitaker Wellness Weight Loss Program

Jack Challem



The Whitaker Wellness Weight Loss Program:

The Whitaker Wellness Weight Loss Program Julian Whitaker, 2006-04-16 This physician designed diet and wellness plan revs up your metabolism resulting in permanent weight loss and overall improvement in health and well being Dr Whitaker's proven holistic approach focuses on improving your health with weight loss as the inevitable result **The Mini-Fast Diet** Julian Whitaker, 2013-06-25 The author of the best selling Reverse Heart Disease Now shares a daily mini fast plan strategically designed to promote weight loss heal metabolisms and lower insulin levels and blood pressure providing a two week sample meal plan and advice on safe exercise habits **Orange Coast Magazine**, 1988-01 Orange Coast Magazine is the oldest continuously published lifestyle magazine in the region bringing together Orange County's most affluent coastal communities through smart fun and timely editorial content as well as compelling photographs and design Each issue features an award winning blend of celebrity and newsmaker profiles service journalism and authoritative articles on dining fashion home design and travel As Orange County's only paid subscription lifestyle magazine with circulation figures guaranteed by the Audit Bureau of Circulation Orange Coast is the definitive guidebook into the county's luxe lifestyle

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