



The HawaiiDiet

Terry Shintani

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Finally, an all-you-can-eat weight loss program that really works. (And there's no calorie counting!) The phenomenal new weight loss program that has swept the Hawaiian Islands is now available to you! Created by a medical doctor and used by the state's governor and other community leaders, this unique program combines the ancient wisdom and health secrets of the Islands with the latest nutritional breakthroughs. The result is an all-you-can-eat program that produces steady, lasting weight loss and dramatic health benefits. Here are just some of the elements that make the HawaiiDiet incredibly effective: No calorie counting or portion restriction Foods that actually promote weight loss Up to a thirty-pound reduction in twenty-one days Lowered cholesterol and triglycerides Lowered blood pressure A boosted energy level (you'll want to take on the world!) A fresh perspective that will help you stay healthy for a lifetime Dozens of exceptionally delicious recipes that will make mealtimes an unprecedented delight.

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Henry Rodriguez:

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