



The Contrarian Diet: Lose Weight Eating Ice Cream, Pizza, & Candy

Joe King

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What if everything you thought you knew about dieting was wrong? What if the so-called experts have been lying to you all these years? What if veggies and exercising were really just making you fat?

There is a growing body of obesity research that suggests weight loss is counterintuitive. The Contrarian Diet turns dieting on its head by focusing on a diet rich in sugar, carbs, sodium, and fat.

The low-fat, low-carb, and calorie counting diets born in the 60's and 70's are 40 to 50 years out of date. While disco music and bell bottom pants went out of style, somehow these wacky ideas about nutrition have stuck around. It's time for the modern diet. It's time for The Contrarian Diet.

Lose weight eating ice cream, pizza, and candy. You have nothing to lose, but your waistline.

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From reader reviews:

Ellen Jones:

Have you spare time for the day? What do you do when you have considerably more or little spare time? Yep, you can choose the suitable activity intended for spend your time. Any person spent all their spare time to take a stroll, shopping, or went to typically the Mall. How about open or perhaps read a book called The Contrarian Diet: Lose Weight Eating Ice Cream, Pizza, & Candy? Maybe it is for being best activity for you. You understand beside you can spend your time using your favorite's book, you can wiser than before. Do you agree with its opinion or you have different opinion?

Michael Scott:

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