



Foods That Cause You to Lose Weight: The Negative Calorie Effect

Neal Barnard

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No more counting calories—discover the foods that take the weight off and keep it off!

Did you know that certain foods have an incredible *negative calorie* effect that actually melts fat? This revolutionary approach, outlined by Neal Barnard, M.D., and proven effective by thousands of men and women who have tried it, can bring about the permanent weight control every diet promises but seldom delivers.

Find out how, by following the negative calorie plan, you can:

- Boost your metabolic rate
- Burn calories more effectively
- Lower dangerous cholesterol levels
- Enjoy better health—and protect your heart
- Eat the delicious foods you love—in the quantities you want
- Watch the pounds disappear—without stressful dieting or the temptation to binge

Delicious negative calorie recipes included

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