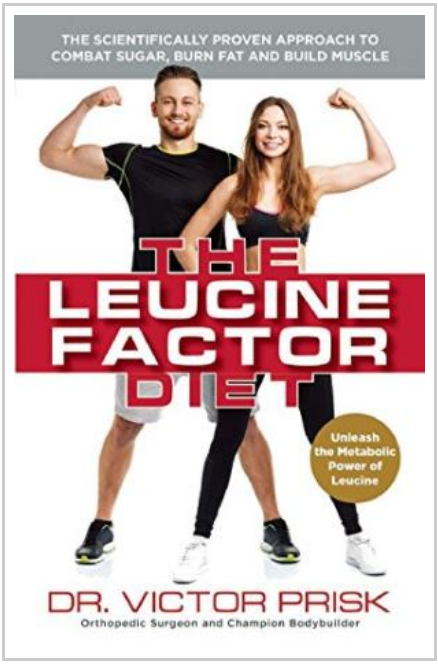


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The Leucine Factor Diet: The Scientifically-Proven Approach to Combat Sugar, Burn Fat and Build Muscle

By Victor Prisk

Ulysses Press. Paperback. Book Condition: new. BRAND NEW, The Leucine Factor Diet: The Scientifically-Proven Approach to Combat Sugar, Burn Fat and Build Muscle, Victor Prisk, The ultimate guide to the powerful amino acid that supercharges your metabolism Exciting new research shows that the amino acid leucine is vital for regulating your blood sugar levels (less food related mood swings), burning the deepest layers of visceral fat (the hardest to exercise away) and rapidly building muscle (without extra time in the gym). In this book, the first guide to leucine's impressive benefits, Dr. Victor Prisk incorporates the latest findings into a proven plan for healthy living through increasing leucine intake, while gradually lessening the foods that undermine its benefits, like wheat and sugar. Far from being a restrictive fat-free diet, this way of eating embraces a wide variety of foods guaranteed to satisfy. With a collection of tasty, convenient to prepare recipes, it's never been easier for you to eat healthy. The author also includes vital information about how to safely incorporate leucine supplements into your diet to guarantee you get the necessary amount of this essential nutrient.

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