



The New American Diet: How secret "obesogens" are making us fat, and the 6-week plan that will flatten your belly for good!

Stephen Perrine, Heather Hurlock

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EVERYTHING YOU'VE BEEN TAUGHT ABOUT WEIGHT-LOSS IS WRONG.
DISCOVER THE REVOLUTIONARY NEW PLAN THAT WILL STRIP AWAY POUNDS FROM YOUR BELLY FIRST-AND CHANGE THE WAY YOU LOOK, FEEL & LIVE!

A hamburger that fights heart disease and depression?

An apple that can make you fat?

Pork chops that help take off the pounds?

Salad dressing that makes you crave dessert?

Water that causes weight gain?

Unbelievable, impossible-but true! Based on the latest nutritional and environmental science, The New American Diet will turn modern weight-loss thinking on its head, and the NEW AMERICAN DIET Superfoods will change the way you eat, look and live-for good!

In this groundbreaking new 6-week weight-loss plan, based on the latest research and test-driven by 400 people-men and women who lost an average of 15 pounds in just 6 weeks!-authors Stephen Perrine and Heather Hurlock expose the truth about scores of recently discovered obesity-causing chemicals lurking in the American diet, chemicals so hazardous to our weight that researchers have coined a new phrase for them: "Obesogens."

The New American Diet unveils the first diet plan to reverse "the obesogen effect" and strip off 10, 20, 30 pounds or more! Discover why your weight isn't your fault, and why calories eaten and calories burned are only the beginning of the story. Learn how to lose weight while eating all your favorite foods-steak, pasta, ice cream and even chocolate-by breaking free of these "Old American Diet" myths that are keeping us fat:

OLD AMERICAN DIET: It's always better to order the fish instead of the steak.

NEW AMERICAN DIET: Some fish can make you fatter and may even contribute to heart disease. Learn why steak is often the better choice in Chapter Four.

OLD AMERICAN DIET: A fruit salad is a great way to lose weight.

NEW AMERICAN DIET: Many fruits (and vegetables!) contain chemicals that cause your body to gain fat, shed muscle and even diminish your sex drive. But you can rid your body of 80 percent of these "obesogens" in just five days (see Chapter Three!).

OLD AMERICAN DIET: Ice cream and chocolate are sinful.

NEW AMERICAN DIET: Learn why both are among the NEW AMERICAN DIET Superfoods, and how they can help fight weight gain and disease.

OLD AMERICAN DIET: Weight loss is about eating low-fat, low-carb, low-cal.

NEW AMERICAN DIET: Wrong! Eating low anything is bad for you. The New American Diet isn't low in anything-it's just high in nutrition and flavor.

OLD AMERICAN DIET: What you feed your body is what counts in dieting.

NEW AMERICAN DIET: Eating for your emotional health has been proven to help strip away pounds.

We'll show you how eating to boost your mood and bolster your brainpower will help you lose weight faster.

(Discover the nutrients that demolish depression in Chapter Six!)

OLD AMERICAN DIET: Boneless, skinless chicken breasts are always a smart, lean-body choice.

NEW AMERICAN DIET: Today's skinless chicken breasts contain 223% more fat than they did just 30 years ago-but a simple swap can have you eating chicken, beef and pork that will actually trigger weight loss.

Based on hundreds of studies and interviews with the leading experts in the fields of nutrition, endocrinology and environmental studies, the authors reveal how dozens of "healthy" foods in your pantry right now may have unexpected fat-promoting properties; how "obesogens" may be changing your body and undermining your family's physical, emotional and sexual health; how the Old American Diet has stripped nutrients from our meals (and how you can obliterate depression and mental fatigue by adding them back); and why many of the foods we crave, like bacon, peanut butter and even chocolate can (and should!) be part of an easy-to-stick-to weight-loss plan.

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