



# Las Dietas Engordan Comer Adelgaza

*By Rafael Bolio Bermudez*

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## **Las Dietas Engordan Comer Adelgaza** By Rafael Bolio Bermudez

Obesity has been incorrectly treated for centuries for it is caused by under nutrition/ malnutrition and not by overeating. This theory led the author to create a diet that complies with all criteria of the American Heart Association except for one, since the reader is urged to eat as much as he can and forget about counting calories. Myths surrounding the causes of obesity are analyzed and the real culprits explained. One major myth not supported by current investigation is that excess weight is proportional to calories ingested. The book has broken all sales records in Mexico and displaced renowned international diet authors such as Atkins and Sears.

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## **Las Dietas Engordan Comer Adelgaza By Rafael Bolio Bermudez Bibliography**

- Sales Rank: #2190971 in Books
- Published on: 2003-03
- Ingredients: Example Ingredients
- Number of items: 1
- Binding: Paperback
- 160 pages

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## **Editorial Review**

### **About the Author**

Dr. Bolio developed his program within Latin America's largest health institution. He is well known and respected by government officials as well as internationally renowned authorities in the field of nutrition. His philosophy is currently applied in the government's major medical centers to obese patients. He served as advisor to the Pan American/World Health Organization personnel in relationship to weight loss, and was invited to participate in the elaboration of Official Norm for Obesity Treatment in Mexico

## **Users Review**

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#### **Brenda Gregg:**

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