

# Diet Book Focuses on Balanced Eating

*The Stubborn Fat Fix: Eat Right to Lose Weight and Cure Metabolic Burnout Without Hunger or Exercise* by Keith Berkowitz, MD, and Valerie Goldstein-Berkowitz, MS, RD, gets the body's metabolism to run economically for weight loss: up to 10 lbs in two weeks and 10 lbs each month thereafter.

Based on the results of quizzes that uncover an individual's particular imbalances, readers choose between two eating plans that prescribe the ideal nutrient ratios needed to heal disordered metabolisms and turn off faulty hunger signals. Readers with less damaged metabolisms, including those who have already made metabolic repairs using the basic plan, incorporate "luxury" foods to stay on track without feeling deprived. A tailored supplement program, carefully controlled exercise, and stress-reduction techniques complete the metabolic cure.

*The Stubborn Fat Fix* aims to help readers not only permanently drop pounds but improve their cholesterol, blood pressure, blood sugar, and energy levels for better overall health.

For more information, visit [www.rodale.com](http://www.rodale.com).

