



Eat This Lose That!

Kota J. Reddy MD

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Eat This Lose That! Kota J. Reddy MD

Well-known cardiologist Dr. Kota Reddy brings you an easy-to-understand guide explaining how the body works and how the foods we eat affect us. Eat This, Lose That explains what foods you should and should not eat to help reverse diabetes and heart disease, as well as help you get your weight under control. With Dr. Reddy's help, you can control your health through your diet, stop being sick and stop depending on pharmaceuticals to feel well. You should know that this book is not intended to make your life harder. The book will not make you feel bad about your health. Rather, after reading this well-reviewed book, you'll feel inspired to change your diet and your life.

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