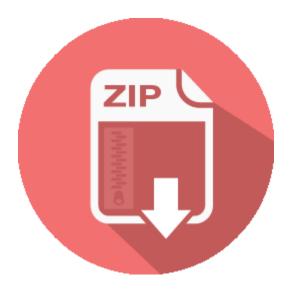
EAT TO WIN BOOK



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Eat To Win was written by Dr. Robert Haas, a world-renowned health expert who counseled world-champion athletes including Ivan Lendl and Martina Navratilova. The author was one of the first to succinctly describe the importance of analyzing blood profiles to produce better health results through an appropriate diet and lifestyle changes.

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This was a great, inspirational, and practical dietary guide, which I used to lose all my excess fat, and stay that way for decades. At 6'2" I went all down to 160 lbs fasted, then settled to 170/175 eating as suggested. It made sense and certainly worked for me, which is the ultimate personal validation.

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