

Carbohydrate Addict's Fat Counter By Dr. Rachael F. Heller;Dr. Richard F. Heller



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Rachael F. Heller, M.A., M.Ph., Ph.D., is a research and health psychologist, and professor at both the Mount Sinai School of Medicine and in the Department of

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The authors whose carbohydrate addicts program created a national stir after recent "Oprah" appearances release the first completely new approach to fat gram counting

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Rachael F. Heller, M.A., Richard and Rachael Heller live in Florida. To visit their web page go to: The Carbohydrate Addict s Gram Counter.

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