

Weider Total Bodyworks 5000 Workout Guide

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The 4-Hour Body - Timothy Ferriss 2010-12-14

#1 NEW YORK TIMES BESTSELLER • The game-changing author of Tribe of Mentors teaches you how to reach your peak physical potential with minimum effort. “A practical crash course in how to reinvent yourself.”—Kevin Kelly, Wired Is it possible to reach your genetic potential in 6 months? Sleep 2 hours per day and perform better than on 8 hours? Lose more fat than a marathoner by bingeing? Indeed, and much more. The 4-Hour Body is the result of an obsessive quest, spanning more than a decade, to hack the human body using data science. It contains the collective wisdom of hundreds of elite athletes, dozens of MDs, and thousands of hours of jaw-dropping personal experimentation. From Olympic training centers to black-market laboratories, from Silicon Valley to South Africa, Tim Ferriss fixated on one life-changing question: For all things physical, what are the tiniest changes that produce the biggest results? Thousands of tests later, this book contains the answers for both men and women. It’s the wisdom Tim used to gain 34 pounds of muscle in 28 days, without steroids, and in four hours of total gym time. From the gym to the bedroom, it’s all here, and it all works. You will learn (in less than 30 minutes each): • How to lose those last 5-10 pounds (or 100+ pounds) with odd combinations of food and safe chemical cocktails • How to prevent fat gain while bingeing over the weekend or the holidays • How to sleep 2 hours per day and feel fully rested • How to produce 15-minute female orgasms • How to triple testosterone and double sperm count • How to go from running 5 kilometers to 50 kilometers in 12 weeks • How to reverse “permanent” injuries • How to pay for a beach vacation with one hospital visit And that's just the tip of the iceberg. There are more than 50 topics covered, all with real-world experiments, many including more than 200 test subjects. You don't need better genetics or more exercise. You need immediate results that compel you to continue. That’s exactly what The 4-Hour Body delivers.

The Perfect Jump Dick Schaap 1976

Injury Epidemiology: Fourth Edition Lenn S. Robertson, Ph.D. 2015

Research on injuries is a high priority to inform public policy that reduces deaths, hospitalizations and associated costs. Principles for research design and analysis of injury incidence and severity are emphasized. Review of extant surveillance data reveals numerous flaws that must be changed to increase usefulness of the data. Research designs of studies of injury causation and evaluation of countermeasures are often inappropriate and mislead analytic and injury control efforts. Appendices to chapters illustrate research projects that influenced public policy affecting the reduction of motor vehicle fatalities per population by half in the U.S. The principles illustrated by these studies can be applied to other types of injury.

News Media Directory - 2007-11

Imminent Reaping - Kente Bates 2016-12-21

A young man is between two worlds. Will his mistakes doom him or will he be able to turn his life around?

Digital Persuasion: Sell Smarter in the Modern Marketplace - Erin Gargan 2017-11-20

Today's buyer fields an average of three hundred digital messages every single day. In just seconds, recipients decide whether to answer or ignore your outreach online. With digital communication now a requisite to earning those critical in-person interactions, how can you attract attention, increase influence,

and sell smarter in the modern marketplace? Welcome to the art of Digital Persuasion. Erin Gargan's sales messaging formula has been leveraged by some of the world's biggest brands to open more opportunities, ignite profitable relationships, and inspire action from behind the screen. Learn how to - Persuade prospects to engage with you in just 2.5 seconds - Understand the psychology behind "must-answer" digital messaging - Craft the perfect personal, useful, and brief sales message every time - Translate your offline personality to be more effective in the online space - Differentiate yourself with language that triggers an emotional response - Leverage social and digital platforms for maximum impact Standing out from behind the screen isn't easy, but with a more strategically persuasive approach you can inspire action every time you touch your keyboard. Demolish your assumptions about social media, and start selling smarter in the modern marketplace. Are you ready to master the art of Digital Persuasion?

500 400-Calorie Recipes - Dick Logue 2011-06-01

For people looking to shed pounds and live more healthfully, eating meals in the 400-calorie range is your secret weapon to weight loss success. Not only do these meals fuel your energy, rev metabolism, and keep you feeling full longer, but they also help you stick to a daily caloric range of 1200 to 1500 total calories, which is ideal for tipping the scales in your favor. Whether you're on a weight loss plan already, or looking to begin anew, 500 400-Calorie Recipes is your one-stop shop for healthy, deliciously comforting meals that won't bust your fitness goals, but rather boost you to them! The book works by expertly focusing on nutrient-dense, low-calorie ingredients that you can eat in abundance—such as leafy greens, artichokes, and berries—and combining them with smaller portions of equally filling foods like whole grains, beans, eggs, and poultry. The result? Four hundred mega-satisfying meals that cover your every craving and desire, from wholesomely hearty breakfasts to decadent treats that won't break the (calorie) bank. Start losing weight—by filling your plate!—with 500 400-Calorie Recipes.

The Men's Health Big Book of 15-Minute Workouts - Selene Yeager 2011-10-25

Men love shortcuts. If there's a way to accomplish a job quicker and more efficiently, they're all for it. That goes for work and working out. Now, new research shows that as little as 15 minutes of resistance training is just as effective in spiking a man's metabolism—his fat-burning furnace—as a workout lasting more than twice as long. All it takes is 15 minutes to achieve lifelong results—and men are more likely to stick to an exercise plan if it's chopped down to those 15 minutes. The Men's Health Big Book of 15-Minute Workouts contains fast-paced circuit training and interval workouts that boost calorie burn, build muscle, and fry belly fat in half the time of regular workouts. Readers can choose from at-home, body-weight-only workouts and total-body barbell programs to exercises that target major muscle groups—the chest, arms, legs, and back—and sport-specific workouts. Other highlights include: - a special section of 15-minute core workouts to build a rock-hard six-pack - an eating plan with delicious meals that take 15 minutes or less to prepare - workouts for the office or when you're traveling and can't make it to the gym - hundreds of tips from America's best trainers, nutritionists, and exercise scientists

Turn Fat Into Muscle - 2007

Mastering the Art of Chinese Cooking - Eileen Yin-Fei Lo 2012-05-18

This new masterwork of Chinese cuisine showcases acclaimed chef Eileen Yin-Fei Lo's decades of culinary virtuosity. A series of lessons build skill, knowledge, and confidence as Lo guides the home cook step by

step through the techniques, ingredients, and equipment that define Chinese cuisine. With more than 100 classic recipes and technique illustrations throughout, *Mastering the Art of Chinese Cooking* makes the glories of this ancient cuisine utterly accessible. Stunning color photography reveals the treasures of old and new China, from the zigzagging alleys of historical Guangzhou to the bustle of city centers and faraway Chinatowns, as well as wonderful ingredients and gorgeous finished dishes. Step-by-step brush drawings illustrate Chinese cooking techniques. This lavish volume takes its place as the Chinese cookbook of choice in the cook's library.

Acht ung- Panzer!- Heinz Guderian 1995

This is one of the most significant military books of the twentieth century. By an outstanding soldier of independent mind, it pushed forward the evolution of land warfare and was directly responsible for German armoured supremacy in the early years of the Second World War. Published in 1937, the result of 15 years of careful study since his days on the German General Staff in the First World War, Guderian's book argued, quite clearly, how vital the proper use of tanks and supporting armoured vehicles would be in the conduct of a future war. When that war came, just two years later, he proved it, leading his Panzers with distinction in the Polish, French and Russian campaigns. Panzer warfare had come of age, exactly as he had forecast. This first English translation of Heinz Guderian's classic book - used as a textbook by Panzer officers in the war - has an introduction and extensive background notes by the modern English historian Paul Harris.

Bruce Lee: The Art of Expressing the Human Body - Bruce Lee 1998-11-15

Learn the secrets to obtaining Bruce Lee's astounding physique with this insightful martial arts training book. *The Art of Expressing the Human Body*, a title coined by Bruce Lee himself to describe his approach to martial arts, documents the techniques he used so effectively to perfect his body for superior health and muscularity. Beyond his martial arts and acting abilities, Lee's physical appearance and strength were truly astounding. He achieved this through an intensive and ever-evolving conditioning regime that is being revealed for the first time in this book. Drawing on Lee's notes, letters, diaries and training logs, Bruce Lee historian John Little presents the full extent of Lee's unique training methods including nutrition, aerobics, isometrics, stretching and weight training. In addition to serving as a record of Bruce Lee's training, *The Art of Expressing the Human Body*, with its easy-to-understand and simple-to-follow training routines, is a valuable source book for those who seek dramatic improvement in their health, conditioning, physical fitness, and appearance. This Bruce Lee Book is part of the Bruce Lee Library which also features: Bruce Lee: Striking Thoughts Bruce Lee: The Celebrated Life of the Golden Dragon Bruce Lee: The Tao of Gung Fu Bruce Lee: Artist of Life Bruce Lee: Letters of the Dragon Bruce Lee: Jeet Kune Do

Constructi on Mēchani c 1 & United States. Bureau of Naval Personnel 1970

The New Encyclopedia of Modern Bodybuilding - Arnold Schwarzenegger 2012-07-03

From elite bodybuilding competitors to gymnasts, from golfers to fitness gurus, anyone who works out with weights must own this book -- a book that only Arnold Schwarzenegger could write, a book that has earned its reputation as "the bible of bodybuilding." Inside, Arnold covers the very latest advances in both weight training and bodybuilding competition, with new sections on diet and nutrition, sports psychology, the treatment and prevention of injuries, and methods of training, each illustrated with detailed photos of some of bodybuilding's newest stars. Plus, all the features that have made this book a classic are here: Arnold's tried-and-true tips for sculpting, strengthening, and defining each and every muscle to create the ultimate buff physique The most effective methods of strength training to stilt your needs, whether you're an amateur athlete or a pro bodybuilder preparing for a competition Comprehensive information on health, nutrition, and dietary supplements to help you build muscle, lose fat, and maintain optimum energy Expert advice on the prevention and treatment of sports-related injuries Strategies and tactics for competitive bodybuilders from selecting poses to handling publicity The fascinating history and growth of bodybuilding as a sport, with a photographic "Bodybuilding Hall of Fame" And, of course, Arnold's individual brand of inspiration and motivation throughout Covering every level of expertise and experience, *The New Encyclopedia of Modern Bodybuilding* will help you achieve your personal best. With his unique perspective as a seven-time winner of the Mr. Olympia title and all international film star, Arnold shares his secrets to

dedication, training, and commitment, and shows you how to take control of your body and realize your own potential for greatness.

How I Got My Wiggle Back - Anthony Field 2011-10-01

Anthony Field -- aka the Blue Wiggle -- shares his dramatic personal story and reveals the health and fitness regimen that has been his saviour. the dramatic personal story of Anthony Field, founder and co-star of the world's most popular children's musical group, the Wiggles. Now, for the first time, Anthony tells his inspiring, behind-the-scenes story of how he overcame depression, life-threatening illness and chronic pain to get his life back. Part memoir, part fitness and health manual, in *How I Got My Wiggle Back* Anthony candidly reveals his personal struggles as well as outlining the unique health and fitness regimen that has been his saviour. the exercises in the book are all supported by photographs of Anthony demonstrating the routines, and the treatment options, dietary advice and strengthening programs have been developed in conjunction with acclaimed chiropractors. Offering fresh hope for people suffering with chronic pain, *How I Got My Wiggle Back* contains practical steps that will help relieve pain and achieve peak fitness, no matter what your age. 'today I am almost pain free, and certainly happier, healthier and fitter than I have ever been' Anthony Field

The Weider Body Book - Betty Weider 1984

Suggests weight lifting routines designed to improve women's legs, calves, backs, arms, and stomachs, and discusses nutrition, advanced training techniques, and preparation for competitions

Peri odi c Tal es Hugh Aldersey-Williams 2012-05

The phenomenal Sunday Times bestseller *Periodic Tales* by Hugh Aldersey-Williams, packed with fascinating stories and unexpected information about the building blocks of our universe. Everything in the universe is made of them, including you. Like you, the elements have personalities, attitudes, talents, shortcomings, stories rich with meaning. Here you'll meet iron that rains from the heavens and noble gases that light the way to vice. You'll learn how lead can tell your future while zinc may one day line your coffin. You'll discover what connects the bones in your body with the Whitehouse in Washington, the glow of a streetlamp with the salt on your dinner table. Unlocking their astonishing secrets and colourful pasts, *Periodic Tales* is a voyage of wonder and discovery, showing that their stories are our stories, and their lives are inextricable from our own. 'Science writing at its best. A fascinating and beautiful literary anthology, bringing them to life as personalities. If only chemistry had been like this at school. A rich compilation of delicious tales' Matt Ridley, *Prospect* 'A love letter to the chemical elements. Aldersey-Williams is full of good stories and he knows how to tell them well' Sunday Telegraph 'Great fun to read and an endless fund of unlikely and improbable anecdotes' Financial Times 'The history, science, art, literature and everyday applications of all the elements from aluminium to zinc' The Times Hugh Aldersey-Williams studied natural sciences at Cambridge. He is the author of several books exploring science, design and architecture and has curated exhibitions at the Victoria and Albert Museum and the Wellcome Collection. He lives in Norfolk with his wife and son.

Ernie Frantz's Ten Commandments of Powerlifting Second Edition - Ernie Frantz 2014-01-01

This book covers it all for beginning and advanced powerlifters, bodybuilders, casual weightlifters, and those interested in the correct form of the big three lifts. It contains most of what Frantz learned in over 50 years of powerlifting. The book stresses the basics because so many lifters forget them in clutch situations. People are not machines. The only way in which a human can master a set of instructions is to do them and do them and do them. This book covers everything from the proper method of performing the big three (squat, bench press, and deadlift), the Frantz routine, supplements, diet, rest and relaxation, spotting, selecting training partners, injuries and rehabilitation, women in powerlifting, and common physical and psychological complaints. It also covers powerlifting myths, common official competition rules, and includes interviews with some of the sport's greats. If you have spent decades in the sport or are just considering a start for improving yourself in your sport or general health, this book is for you.

Bruce Lee - Matthew Polly 2019-06-04

"The first noteworthy treatment of its subject—and a definitive one at that...Fascinating narrative threads proliferate" (The New York Times Book Review). The most authoritative biography—featuring dozens of rarely seen photographs—of film legend Bruce Lee, who made martial arts a global phenomenon, bridged

the divide between Eastern and Western cultures, and smashed long-held stereotypes of Asians and Asian-Americans. Forty-five years after Bruce Lee's sudden death at age thirty-two, journalist and bestselling author Matthew Polly has written the definitive account of Lee's life. It's also one of the only accounts; incredibly, there has never been an authoritative biography of Lee. Following a decade of research that included conducting more than one hundred interviews with Lee's family, friends, business associates, and even the actress in whose bed Lee died, Polly has constructed a complex, humane portrait of the icon. Polly explores Lee's early years as a child star in Hong Kong cinema; his actor father's struggles with opium addiction and how that turned Bruce into a troublemaking teenager who was kicked out of high school and eventually sent to America to shape up; his beginnings as a martial arts teacher, eventually becoming personal instructor to movie stars like James Coburn and Steve McQueen; his struggles as an Asian-American actor in Hollywood and frustration seeing role after role he auditioned for go to a white actors in eye makeup; his eventual triumph as a leading man; his challenges juggling a sky-rocketing career with his duties as a father and husband; and his shocking end that to this day is still shrouded in mystery. Polly breaks down the myths surrounding Bruce Lee and argues that, contrary to popular belief, he was an ambitious actor who was obsessed with the martial arts—not a kung-fu guru who just so happened to make a couple of movies. This is an honest, revealing look at an impressive yet imperfect man whose personal story was even more entertaining and inspiring than any fictional role he played onscreen.

Threads of Enlightenment - Ken Primus 2006-04-06

Searching for a way to change your life? Look no further than Threads of Enlightenment, a groundbreaking self-help manual to help you achieve happiness and fulfillment. Turn to your higher power to begin making the necessary adjustments in your life. Authors Ken Primus and Radhe Schiff draw on their experiences with teaching God's principles to give you the guidance you need. With an easy-to-understand philosophy, Threads of Enlightenment will empower you to begin anew through several key concepts, including the following: Self-love Solitude Forgiving others Attitudes for success Giving of yourself Threads of Enlightenment challenges you from beginning to end. Delve deep into your heart and mind to make your life changes today!

Building The Classic Physique - Steve Reeves 1995-12-01

Strategies for Profiting with Japanese Candlestick Charts - Steve Nison 2012-10-15

From the introductory concepts through sophisticated applications—the most thorough, authoritative guide to harnessing the power of Japanese candlesticks The book that introduced traders everywhere how to unleash the awesome power of Japanese Candlestick is now better than ever! Written by the visionary who introduced candlesticks to traders in the West, this new edition of the international bestseller has been fully updated and revised for today's more competitive and fickle markets. Your complete guide to all things candlesticks, it fills you in on what they are and where they come from, how to read and interpret them and how to use them to anticipate and capitalize on price moves and market changes with a degree of accuracy you never imagined was possible! A rare opportunity to learn about this powerful charting technique from the man who introduced candlesticks to the West and the world's premiere expert Covers the most important candle patterns and breaks each down into its component parts with crystal clear explanations of what each part indicates Details strategies for combining candlesticks with other technical tools to spot big moves and find optimal exits Delivers expert advice and guidance on how to avoid costly candlestick mistakes that even seasoned traders can make Shares proven strategies for using candlesticks for hedging and managing investment risk, along with techniques for making candlesticks a valued tool for swing and day trading

Medical and Health Care Books and Serials in Print - 1988

The Power of Home Numbers - Jesse Kalsi 2014-10-22

THE POWER OF HOME NUMBERS "Jesse Kalsi has appeared as a guest on my radio program, Seeing Beyond, many times. His unique method of combining numerology and astrology to help people is always intriguing. Jesse's professional and compassionate nature is always welcome on my radio." --Bonnie Coleen Host/Producer Seeing Beyond Talk Radio "He was a most enjoyable guest and I highly recommend him for

radio and television programs." --Christine Craft KGO AM 810 Radio San Francisco, California "The Power of Home Numbers is a must-read for all who seek a deeper understanding of the meaning of numbers and our everyday connection to them." --Lisa K. Crosato Actress and Producer

How to Build Up to 50 Pounds of Muscle the Natural Way - Stuart McRobert 2012

Presents a modernized version of a decades-old training routine, featuring a series of exercise techniques and training schedules.

Assault on Lake Casitas - Brad Alan Lewis 2011-04-01

Brad Alan Lewis' determination to win an Olympic medal had taken over his life by 1984. He would be too old for the 1988 Games and his spot on the 1980 team had been lost to world politics. Only 1984 remained. But Lewis had a problem. Emotionally crushed after losing a guaranteed spot on the team by nine-tenths of a second in the single scull trials, Lewis went to the dreaded Olympic selection camp, where he hoped to earn a place in a national team boat. Again he failed. Lewis refused to be denied. He teamed up with Paul Enquist, who had been cut from the camp, and began training to challenge the national boat. It would be their last chance to compete in the Los Angeles Olympic Games. Using innovative psychological and physical training techniques developed by Lewis, they defeated the national entry at the double scull trials, three weeks after being considered failures by the system. In an event dominated by the Europeans, they won the first United States gold medal in rowing since 1964 and the first in the double scull since 1932. Lewis' story is more than a book about a man winning a gold medal in a sport that offers little more than personal rewards. It is about challenging convention, overcoming defeat and working outside of an established system. Assault on Lake Casitas is a compelling tale of competition at the highest possible level and the emotions that fuel obsession.

Men's Health Best: Weight-Free Workout - Joe Kita 2005-09-17

A concise exercise manual explains how men can put together an effective workout program containing all the exercises needed to promote whole-body fitness and maximum flexibility. Original. 15,000 first printing.

American Ways - Gary Althen 1988

In clear language and with numerous examples, this book describes the basic characteristics of American culture: values, style of communication, patterns of thinking, customary behaviours, and underlines how they are different from the ways of other cultures. It then shows how these characteristics are reflected in the many aspects of American life which the foreigner encounters (including politics, social relations, personal hygiene, public behaviour, studying and business). The book also offers concrete suggestions on how to learn more about American culture and how to respond most effectively to the Americans one meets.

The Therapeutic Community - George De Leon, PhD 2000-04-15

This volume provides a comprehensive review of the essentials of the Therapeutic Community (TC) theory and its practical "whole person" approach to the treatment of substance abuse disorders and related problems. Part I outlines the perspective of the traditional views of the substance abuse disorder, the substance abuser, and the basic components of this approach. Part II explains the organizational structure of the TC, its work components, and the role of residents and staff. The chapters in Part III describe the essential activities of TC life that relate most directly to the recovery process and the goals of rehabilitation. The final part outlines how individuals change in the TC behaviorally, cognitively, and emotionally. This is an invaluable resource for all addiction professionals and students.

Prison Papers - David Sheehy 1888

Hardcore Bodybuilding - Frederick Hatfield 2014-11-04

Dr. Fred Hatfield, bodybuilding guru and bestselling author, brings together the latest advances in bodybuilding science in this comprehensive guide to achieving optimum gains in muscle mass and power through personalized nutrition and training programs. Based on the premise that strength is the foundation upon which you can build the ultimate physique, Hatfield presents an innovative training system, using his state-of-the-art "ABC workouts" (muscle-specific, targeted-set, and holistic-set workouts). Add the most up-to-date information available on nutrition and exercise technique to this highly personalized training system and you have a breakthrough program that guarantees explosive growth and strength--achieved naturally,

without the use of drugs. Loaded with photos, training logs and charts, psychological strategies for staying motivated, tips on contest preparation, and solutions to common problems bodybuilders face, Hardcore Bodybuilding also presents methods for determining body-fat percentage and metabolic rate and reveals the truth behind many bodybuilding myths--making it a must for anyone interested in serious weight training. Frederick C. Hatfield, PhD, has written more than 50 books and hundreds of articles on sports training, fitness, bodybuilding, and nutrition, including *Bodybuilding: A Scientific Approach*, *Power: A Scientific Approach*, and *Ultimate Sports Nutrition: A Scientific Approach to Peak Athletic Performance*.
The Washi ngtonian - 1978-10

Big Beyond Belief - Leo Costa 1994

The 4-Hour Work Week - Timothy Ferriss 2007

Offers techniques and strategies for increasing income while cutting work time in half, and includes advice for leading a more fulfilling life.

Joe Weider's Ultimate Bodybuilding - Joe Weider 1999

The Podcast, Blog & New Media Producer's Legal Survival Guide (Paperback) - Gordon Firemark
2017-06-23

The Podcast, Blog & New Media Producers' Legal Survival Guide is the first comprehensive explanation of the legal principles, issues and claims that can arise for producers of internet-based media. Written by veteran entertainment and media lawyer, Gordon Firemark, this 114-page guide is designed to help those who write blogs, host & produce podcasts, or distribute video or other media via the Internet avoid the most common mistakes that lead to threats, recriminations and lawsuits. Also included are several free bonus reports, sample letters and checklists! Forewarned is forearmed. The information in The Podcast,

Blog & New Media Producers' Legal Survival Guide can save you tens- or hundreds- of thousands of dollars in legal fees, months or even years of litigation, and countless sleepless nights. Don't Wait! GET this book right now, and Learn what you need to know to stay out of legal trouble with your podcast, blog or new media content. e-book version at <http://podcastlawbook.com>

The Australian Official Journal of Trademarks - 1906

Sport and technology - Roslyn Kerr 2016-06-21

This electronic version has been made available under a Creative Commons (BY-NC) open access license. How do new technologies come to be used in sport? This book moves beyond the idea of functionality to explore the many other important factors that athletes and sporting bodies consider throughout the process of adoption. Few would question the difficulty of producing an elite athletic performance. The high level of training, combined with intense competition and pressure from media and sponsors, can be challenging for athletes and sporting bodies to negotiate. This book explores how these factors affect the use of technology in sport, while simultaneously demonstrating the influence of new technologies on sporting practice. Using actor-network theory - an approach common in studies of science and management but seldom applied in this field - it offers readers an inside view into elite sport and the part that technology plays in training, competition and broadcasting. Sport and technology offers theoretical insights relevant to students and scholars of sport and sociology. It will also be fascinating reading for anyone interested in elite sporting practice in the twenty-first century.

Underground Body Opus - Daniel Duchaine 1996

"...learn what the world's top bodybuilders do to get lean and ripped--from thermogenic aids, thyroid hormone, and anti-catabolics to protein selection and macronutrient ratios...includes the top 50 drugs for dieting and a special section on diuretics for bodybuilding competitions"-- Back cover.

Consumer Health - Stephen Barrett 2002