



The Gold Coast Cure: The 5-Week Health and Body Makeover A Lifestyle Plan to Shed Pounds, Gain Health and Reverse 10 Diseases

Andrew Larson, Ivy Larson

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The Effortless Whole-Foods Cure That Whittles Your Waistline and Fights Disease

It's rare when a diet comes along that really makes an impact. *The Gold CoastCure* is that kind of diet program. It's not just an eating plan that helps you look and feel great in your favorite jeans--it's a way of living that vastly improves your health and prevents disease. That's what it did for coauthor Ivy Larson, whose multiple sclerosis left her unable to walk up a flight of stairs until she and her husband, Andrew Larson, M.D., devised the Gold Coast Cure--an anti-inflammatory nutritional plan consisting of whole foods--which put her MS in remission for the past eight years.

Since then, *The Gold Coast Cure* has helped thousands of people lose weight, tone up, and prevent or reverse health conditions related to poor nutrition, obesity and inflammation, including:

- heart disease
- high blood pressure
- high cholesterol
- type II diabetes
- osteoporosis
- osteoarthritis
- asthma
- allergies
- fibromyalgia
- multiple sclerosis
- vascular dementia

You will see results immediately and reach your goal in just five weeks. The secret to the success of the Gold Coast Cure is its realistic approach to nutrition--no obsessing over calories or carb-counting, and you can indulge in one sweet treat and one alcoholic beverage a day--every day! With over seventy-five delicious whole foods recipes, two weeks of meal plans, and a time-saving fitness routine that you can do in just thirty minutes, three times a week, it's easier than ever to make the Cure work for you.

"..For those who've struggled with any of the diets being touted by today's high-profile experts, the hope the Larsons offer will likely come as refreshing news."

-Publishers Weekly

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Wayne Millican:

Have you spare time for the day? What do you do when you have far more or little spare time? That's why, you can choose the suitable activity intended for spend your time. Any person spent their particular spare time to take a wander, shopping, or went to the particular Mall. How about open as well as read a book titled The Gold Coast Cure: The 5-Week Health and Body Makeover A Lifestyle Plan to Shed Pounds, Gain Health and Reverse 10 Diseases? Maybe it is for being best activity for you. You already know beside you can spend your time using your favorite's book, you can wiser than before. Do you agree with its opinion or you have other opinion?

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