



Senior Citizen's Guide To Losing Weight: You Really Do Want To Lose Weight, Don't You?

Edward Glassman Ph.D.

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SENIOR CITIZENS OFTEN FIND IT DIFFICULT TO LOSE WEIGHT Lets face it, most people find it hard to lose weight, and senior citizens even more so, mainly because they become less active, do not realize that their body requires less calories than when they were younger and therefore requires less food, and they sometimes forget that longevity and mental agility partly depends on being thin. This book is dedicated to all who wish to lose weight, and keep it off, and want to do it with a purpose. This book may be the most important you will ever read if you want to simplify your diet while you eat for health, fitness, and vitality. And increase your confidence that you are taking in the amounts of nutrients you need. This book focuses on the personal nutrition of the author, a former Professor in the Department of Biochemistry and Nutrition in the University of North Carolina, and how he eats simply and effectively. Now 84 years old, he enjoys good health and rarely misses working out 3 times a week. His semiannual Doctor checkup reports routinely come back negative. He recently lost 35 pounds and currently weighs 148 pounds; his body looks slim. He has toned muscles, and a sense of well being; he feels good and fit with vitality. SIMPLIFY EATING FOR HEALTH, FITNESS, and VITALITY

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