



# The L.A. Shape Diet: The 14-Day Total Weight-Loss Plan

*David, MD, PhD. Heber*

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From one of today's most respected diet and nutrition experts, a 14-day weight loss plan designed to help you change your shape for life, using a breakthrough personalised protein prescription that has worked for thousands of his patients.

*The L.A. Shape Diet* shows you how to analyse your body shape, personal protein needs, and metabolism and not only lose weight, but also to change your body shape.

Dr Heber maintains that everyone is born with a particular shape – and that this shape makes a huge difference in how you should approach weight loss. He teaches the difference between the shape you can change and the shape you can't, and helps you find the personal protein prescription to best achieve your goals. You can jump-start your plan with the Empowering Shake – the best way to make sure you meet your protein needs and control hunger – and then you'll build your own ideal diet, including vegetables and whole grains.

In a world of dietary fads and 'one-size-fits-all' pseudo-miracle diets, The L.A. Shape Diet is the most effective, easy-to-follow, scientifically sound dietary plan you'll find.

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