

# Download New Pierre Dukan Dukan Diet Recipe Book

The history of Dukan. Dubbed "the French medical solution to permanent weight loss", the Dukan diet is the ultimate in prescriptive eating, with just 72 foods to choose from in the first phase. On the Dukan Diet, dieters may lose up to 10 pounds in just one week by filling their menus largely with high-protein foods and avoiding carbs. Good morning, Amber! I just found your page and I'm so glad I did...there is so much good information here! I ordered the Dukan Diet book and even though it hasn't arrived yet, I've found quite a bit of information and felt good about starting the Attack Phase this week. There is not an immediate link between the Dukan Diet and insomnia but from time to time, we do hear about trouble sleeping associated with a change in diet. - New Pierre Dukan Dukan Diet Recipe Book