

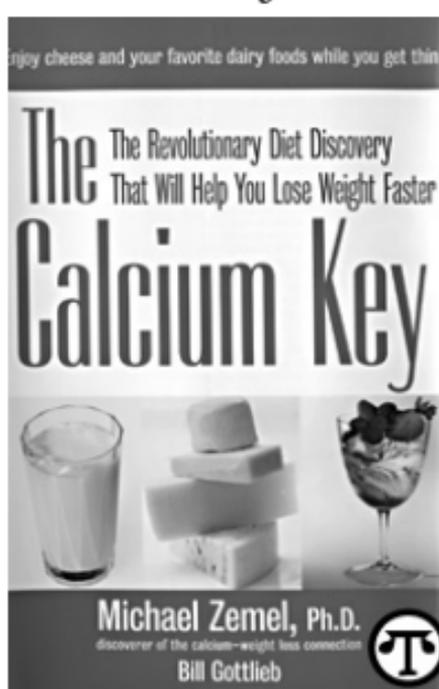


# Books Worth Reading

## Losing Weight Faster

(NAPSA)—The key to accelerating weight loss may be adding something to your diet rather than subtracting things. That important addition is more calcium, says a new book, *The Calcium Key* (Wiley, \$24.95) by

Michael Zemel, Ph.D. and Bill Gottlieb.



Zemel, a scientist at the forefront of nutritional research, offers a unique and simple way to lose weight that's verified at the highest levels of international research.

**More cheese please, says a new book with a delicious plan for losing weight.**

Simply put, eating more calcium, especially

as derived from low-fat dairy products, can help the body burn fat. Adding the recommended amount of calcium to your diet can more than double your rate of weight loss, more than double your rate of fat loss, and triple the rate of fat loss from your abdominal area.

Based on real science, the diet is simple and yet can be deliciously satisfying.

The book is available at your local bookstore or by calling 1-800-225-5945.