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# Granny's Diet for Men and Women

*L. D. Ford*

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**L. D. Ford : Granny's Diet for Men and Women** before purchasing it in order to gage whether or not it would be worth my time, and all praised Granny's Diet for Men and Women:

GRANNY'S DIET is the only diet that keeps the weight off for a lifetime. 'Think about it! Who knows more about weight than someone who has helped thousands keep the weight off for a lifet ime.' GRANNY'S DIET for Men and Women is the only diet that keeps the weight of for a life time. Sixty three percent (63%) of men and fifty five percent (55%) of women from ages 18 to 55 are overweight today and the trend certainly points toward a higher number by the end of 208. Overweight adults oftern have vitamin and mineral deficiencies because they have tried fad diets, surgery or a very restricted diet to lose weight that they will regain quickly.

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