

Juice Yourself Slim Lose Weight Without Dieting The Healthy Way To Lose Weight Without Dieting

Describes the health benefits of consuming raw, juiced fruits and vegetables, including the addition of valuable nutrients and micronutrients to one's diet, increased energy, weight control, reduced bodily stress, and healthy skin, hair, and more, and provides sixty-five tasty, easy-to-prepare, and healthful recipes. Original.

All you need to lose weight, slim down and get healthy after the Christmas party season, and beyond, from million-copy bestselling author and king of juicing Jason Vale.

Lose at least 5lbs in 5 days with Jason Vale's newest, easiest and most effective juicing programme ever.

Jason Vale-the world's number one name in juicing - brings you his final 'juice diet plan' ever - the 5:2 Juice Diet. By taking 5:2 beyond simple calorie counting and combining the science behind it with some incredible, nutrient-rich and delicious juice recipes, Jason Vale's 5:2 Juice Diet revolutionizes 5:2 and takes the potential health benefits to another level. Jason believes that where you get your calories from on your "fasting" days as well as the rest of the week does matter. In this book, you will not only find all the beautiful, nutritious, calorie-controlled recipes for his 4 Week 5:2 Juice Diet Challenge - all in full color - but also delicious creative healthy recipe ideas for the other days to ensure you get not just weight loss, but nutrition for life! This book includes: * The Full 5:2 Juice Diet Plan * Shopping List for Each Week * Jason's 4 Week 5:2 Juice Diet Challenge * Full Q & A * The Science Behind 5:2 * Wholefood Recipes For Non 'Fast' Days * and more

"Investigative journalist Barry Estabrook was often on the receiving end of his doctor's scowl. Realizing he had two options--take more medication or lose weight--Estabrook chose the latter, but was paralyzed by the options. Which diet would keep the weight off? What program could he maintain over time? What diet works best--or even at all? Over the course of three years, Estabrook tried the regimens behind the most popular diets of the past forty years--from paleo, keto, gluten-free, and veganism to the Master Cleanse, Whole30, Atkins, Weight Watchers--examining the people, claims, and science behind the fads, all while recording his mental and physical experience of following each one. Along the way, he discovered that all the branded programs are derived from just three diets. There are effective, scientifically valid takeaways to be cherry-picked . . . and the rest is just marketing. Perhaps most alarming, Estabrook uncovered how short-term weight loss can do long-term health damage that may go undetected for years. Estabrook contextualizes his reporting with an analysis of our culture's bizarre dieting history, dating back to the late 1800s, to create a thorough--and thoroughly entertaining--look at what specific diets do to our bodies, why some are more effective than others, and why our relationship with food is so fraught."--Provided by publisher.

Outlines a scientifically based nutrition and lifestyle program that bridges the gap between plant-based and high-protein programs, detailing three short-term transition phases and a long-term maintenance plan that covers disease prevention, weight loss and other benefits. 200,000 first printing.

Taking inspiration from his two decades of experience in this field, Jason has picked his very best plant-based macro-nutrient blends (fat, protein, carbohydrates) and micro-nutrient juices (vitamins, minerals and phytonutrients) and combined them into one revolutionary 7-day plan. So now you can enjoy the 'best of both' - juices and blends - while still achieving incredible health and weight-loss results. The book also contains Jason's usual pinch of coaching inspiration, helping to ensure that you breeze through the plan. There are also plenty of bonus juice, blend and even mouth-watering food recipes for after you have completed the 7-day reset.

The New York Times bestselling 10-Day Green Smoothie Cleanse will jump-start your weight loss, increase your energy level, clear your mind, and improve your overall health as you lose ten to fifteen pounds in just ten days. Made up of supernutrients from leafy greens and fruits, green smoothies are filling and healthy and you will enjoy drinking them. Your body will also thank you for drinking them as your health and energy improve to levels you never thought possible. It is an experience that could change your life if you stick with it! This book provides a shopping list, recipes, and detailed instructions for the 10-day cleanse, along with suggestions for getting the best results. It also offers advice on how to continue to lose weight and maintain good health afterwards. Are you ready to look slimmer, healthier, and sexier than you have in years? Then get ready to begin the 10-Day Green Smoothie Cleanse! If you successfully complete the 10-Day Green Smoothie Cleanse, you will... • Lose 10–15 pounds in 10 days • Get rid of stubborn body fat, including belly fat • Drop pounds and inches fast, without grueling workouts • Learn to live a healthier lifestyle of detoxing and healthy eating • Naturally crave healthy foods so you never have to diet again • Receive over 100 recipes for various health conditions and goals

A practical 14 day diet plan with 30 raw energy recipes from leading health coach and seminar leader, Jason Vale – aka The Juice Master. A motivational read with a practical plan that will inspire you to fuel your body with the right stuff! First published in 1978, this book has proven results for dieters who discovered how to take the weight off and keep it off, following an easy plan using the simple basics of diet chemistry.

Presents a low-calorie diet designed for quick, safe, and permanent weight loss, providing a simple eating plan that varies and rotates caloric intake on a day-to-day basis.

Collects fresh and healthy juice recipes that help incorporate vitamin-rich foods into the diet, featuring juices that support detox and cleansing, weight loss, longevity and aging, and beautiful hair and skin.

In The 20/20 Diet, Dr. Phil McGraw identifies seven reasons other diets fail people over and over again: hunger, cravings, feeling of restriction, impracticality and expense, boredom, temptations, and disappointing results or plateaus. Then, he addresses each of these roadblocks by applying the latest research and theories that have emerged since his last best seller on the same topic, The Ultimate Weight Solution. Dr. Phil and his team have created a plan that you can start following right now and continue working for the rest of your life. In this diet, readers will start by eating only 20 key

ingredients, called the “20/20 Foods,” which theories indicate may help enhance your body’s thermogenesis and help you feel full. But that’s just the beginning. This book explains why you haven’t been able to lose the weight before, and empowers you with cognitive, behavioral, environmental, social and nutritional tools so you can finally reach your goal, and learn lifelong healthy habits to maintain those results.

A NEW YORK TIMES BEST-SELLER Since his documentary, *Fat, Sick & Nearly Dead*, was released in 2010 and became a worldwide sensation, Joe Cross has become a tireless advocate for the power of juicing. *The Reboot with Joe Juice Diet* brings us of the plan that allowed him to overcome obesity, poor health, and bad habits, and presents success stories from others whose lives he’s touched. Joe—who managed to lose one hundred pounds and discontinue all his medication by following his own plan—walks you through his life before juicing, sharing his self-defeating attitude toward food and fitness, and brings you along on his journey from obesity and disease to fitness, a clean bill of health, and the clarity of physical wellness. In addition to sharing Joe’s inspirational story, *The Reboot with Joe Juice Diet* gives readers all the tools they need to embark on their own journey to health and wellness, including inspiration and encouragement, recipes, and diet plans.

There is no such thing as an alcoholic and there is no such disease as alcoholism! (as society understands it). Whether you agree with this statement or not, one thing is for sure, you will never see alcohol in the same light ever again after reading this book. Jason Vale takes an honest and hard hitting look at people’s conceptions of our most widely consumed drug. Jason’s major argument is there is no such thing as an ‘alcoholic’ and that we are conditioned to accept alcohol as a ‘normal’ substance in today’s society despite the fact that it is the major cause of many of today’s social problems and a wide range of health issues. This book is much more than a simple eye opener, it will: change the way you see alcohol forever; show you how to stop drinking; help you enjoy the process and enjoy your life so much more than you do now without having to drink alcohol. So open your mind and take a journey with Jason to explore the myths about the most used and accepted drug addiction in the world!

Kiss cellulite goodbye! The Fat Flush® Plan melts fat from hips, waist, and thighs in just two weeks and re-shapes your body while detoxifying your system. The Fat Flush Plan is a groundbreaking low carb/detox diet and fitness program. Fat Flush is known as the only diet program that gets rid of bloat, supports the liver, cleans up the lymph, and helps to eliminate the appearance of cellulite – for good. An international best-seller with legions of devoted followers, The Fat Flush Plan has been featured on “The View,” as well as in cover articles in *Time*, *Glamour*, *Self*, and many others. It is based upon essential fats (such as flax seed oil and flax seeds), balanced proteins (including eggs, meat, fish, and moderate soy) plus low-glycemic healthy carbs from fat flushing fruits and vegetables. The Plan also features

“cleansing” tonics such as unsweetened cranberry juice and water, the “Long Life Cocktail,” and daily hot water and lemon juice as well as a delicious array of fat burning, water regulating, and insulin controlling herbs and spices (think cayenne, mustard, cilantro, parsley, cinnamon, and cloves).

Off the back of his groundbreaking and critically acclaimed film, *Super Juice Me! The Big Juice Experiment*, comes Jason Vale's most comprehensive juice programme to date.

Juice Master to the stars and number 1 best-selling author Jason Vale has squeezed over 100 funky 'n' fresh juice and smoothie recipes into this latest book. There's something for Gym Bunnies and a Kids Corner, as well as a Dr. Juice section covering various health conditions and giving specific juices and smoothies for: high blood pressure, asthma, hay fever, psoriasis, arthritis, diabetes, digestion and, many more. Warm up your juicer, dust off your blender and brace your taste buds for the most mouth-wateringly tantalizing fruit and veggie fusions ever created. This book includes a special 'Celebrity Juice' section, with juice and smoothie concoctions from Katie Price, Beverley Knight and other 'celebrity juicers'.

Lose up to 7lbs in 7 days with *The Juice Master* Jason Vale's ultra-fast 1-week super juice cleanse. The man who helped Jordan to get her post-baby body back has designed a healthy and effective diet and exercise programme to reshape your body in just one week, but with lasting results. The one-week super juice diet with fast, body-transforming results from the UK's leading health coach and seminar leader Jason Vale - aka *The Juice Master*. This highly motivational and hard-hitting programme for effective, speedy weight loss has made health headlines around the world. Now updated with sizzling new content and a new cover, *'The Juice Master Diet'* can help you look sensational in that little black dress or give you a beach-perfect body in no time. With this simple diet and exercise programme combined with Jason's inspirational coaching, you will not only lose weight but have higher energy levels, clearer skin, more motivation and - best of all - be free from the dieting trap forever. Not only will Jason Vale's carefully designed juicing plan help you diet more effectively than ever before, it will also power-pack your body with nutrients and enzymes for the ultimate body boost and help you keep weight off permanently. Reshape your body in just one week by following Jason Vale's effective juicing programme, and feel invigorated and energised while you do it!

Jason Vale, the world's number one name in juicing, is back with his first ever protein-based blending plan. It's Jason's quickest and easiest programme to date, and has been specifically developed for people who want to get super lean, super healthy and super fast ... but don't want to clean a juicer! *Super Blend Me!* has been designed with everyone in mind. It doesn't matter if you have an enormous amount of weight to lose, or just want to get a little healthier and shredded - *Super Blend Me!* is the perfect plan for all. Due to its rich, plant-based high-protein recipes, it has also been designed with physical exercise in mind. So whether you're an athlete or just someone who likes to exercise daily, you can run or lift to your heart's content on this programme. *Super Blend Me!* has also been designed with satisfaction, speed and convenience at its forefront. Jason has ensured that each recipe not only tastes amazing and fully satisfies on the hunger front, but is also super fast to make and its ingredients easy to get hold of! All of the ingredients can be conveniently found in any major supermarket and are all recognisable, so there's no need to forage

for "designer" berries that can only be found in an Amazonian rainforest! You can choose from either a 7-, 10-, 14- or full 21-day Super Blend Me! Challenge depending on your goals, and Jason has even included a handy working journal as part of the book, so you can log your progress and keep on track. This unique and exciting plan has already been put to the test by a trial group of over 50 people, and the results were incredible.

Popular blogger Audrey Johns lost 150 pounds in 11 months by eating all the foods she loved. Now she shares her secrets to help you lose weight, too! At 275 pounds, Audrey Johns was unhealthy and unhappy—until the day she vowed to give up the “fake food”—frozen “diet” meals, low-cal sodas, quick-to-make boxed foods—and taught herself to cook her favorites from scratch. In less than a year, Audrey mastered the kitchen and lost more than 150 pounds (more than half her body weight), going from a size 24 to a size 4—all while pinching pennies. Now Audrey shares her story, insights, and clean-eating recipes to help you slim down. Lose Weight by Eating includes more than 130 mouth-watering recipes for family favorites, including pasta, scones, nachos, meat loaf, and cookies—all bursting with flavor but with fewer than 500 calories per meal. Most recipes use simple and inexpensive Smart Swaps and are full of hidden vegetables that keep you feeling fuller longer, and all are picky-kid-friendly and spouse-approved. Imagine losing 8 to 16 pounds the first week and 15 to 25 pounds a month eating skinny pizzas with only 125 calories per slice or 150-calorie cheesecake! Enjoy these delights and more: • “Jelly Doughnut” French Toast • California Club Pizza • Veggie-Packed Lasagna • Cheddar-Stuffed Turkey Burgers • Steak Fajitas • Skinny Watermelon Margaritas • Chocolate Peanut Butter Dip with Fruit • Skinny Cheesecake with Raspberry Drizzle Nutritious food doesn’t have to be boring, expensive, and difficult to make. Lose Weight by Eating is easy to follow because there are no rules, only goals you set for yourself. Complete with a handy six-week meal plan to keep you motivated, Lose Weight by Eating gives you the support and kitchen confidence you need to change your life, your body, and your health.

In his mid-twenties, Dave Asprey was a successful Silicon Valley multimillionaire. He also weighed 300 pounds, despite the fact that he was doing what doctors recommended: eating 1,800 calories a day and working out 90 minutes a day, six times a week. When his excess fat started causing brain fog and food cravings sapped his energy and willpower, Asprey turned to the same hacking techniques that made his fortune to "hack" his own biology, investing more than \$300,000 and 15 years to uncover what was hindering his energy, performance, appearance, and happiness. From private brain EEG facilities to remote monasteries in Tibet, through radioactive brain scans, blood chemistry work, nervous system testing, and more, he explored traditional and alternative technologies to reach his physical and mental prime. The result? The Bulletproof Diet, an anti-inflammatory program for hunger-free, rapid weight loss and peak performance. The Bulletproof Diet will challenge—and change—the way you think about weight loss and wellness. You will skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out and sleep less, and add smart supplements. In doing so, you'll gain energy, build lean muscle, and watch the pounds melt off. By ditching traditional "diet" thinking, Asprey went from being overweight and sick in his twenties to maintaining a 100-pound weight loss, increasing his IQ, and feeling better than ever in his forties. The Bulletproof Diet is your blueprint to a better life.

With the success of the Eat-Clean Diet came the demand for more recipes, and author Tosca Reno is not only a health and fitness expert, she's also an excellent cook. She's always loved cooking for friends and family, and her Clean-Eating lifestyle inspired her to create fabulous meals that everyone would love. Who better to write a cookbook that would make the whole family happy . . . both at the table and when they shop for clothes a few sizes smaller! Get:

- 150 beautiful food photographs
- Delectable low-fat beef, pork, chicken and fish dinners
- Protein-rich meat-free recipes
- Gluten-free meals
- Tips on eating clean in difficult situations
- Timesaving one-dish meals for busy moms
- Great recipes on the go
- How to prepare an elegant clean-eating event.

A comprehensive collection of lifestyle information, including tips on eating, exercising, and fashion.

Fresh juices have remarkable powers: they enable a clean inner system, while promoting weight loss, boosting energy and immunity, and enhancing natural beauty. The Juice Diet offers more than 100 mouthwatering juice and smoothie recipes divided into three simple yet super-effective diet plans : Juice Blitz (quick weekend startup), Juice Week (one-week plan), and Juicing for Life (a month-long schedule). Additional chapters cover juicing for beauty, energy, and immunity, providing the perfect balance to bring out the body's true potential.

Juice fasting is by far one of the most powerful weight loss and healing disciplines on the face of the earth. It is common to lose from half a pound to three and even four pounds daily while juice fasting, putting at your fingertips a tool that can help you shed a lot of weight in a very short period of time. In *How to Lose 30 Pounds (Or More) in 30 Days With Juice Fasting*, the author gives you an A to Z guide to juice fasting, including understanding the power of fruits and vegetables, a standard recipe to follow for maximum weight loss and healing, how to prepare the juice with a home juicer and/or extractor, how much to drink and how often, and 10 motivational messages that will guide you through the juice fasting process. The author will tell you what mental and physical symptoms you will likely experience from day to day, and he will present specific strategies to help you get through the tough moments. If you are brand new to juice fasting, or even if you already are experienced, this book will give you lots of practical tools, insight and motivation so that you can get the most that juice fasting has to offer. Whether you are ready to go an entire 30 days with juice fasting or are new and prefer to start out slowly, this book gives you a friendly and straightforward guide that you can follow all the way through. This book is Volume 3 of 7 of the series "How To Lose Weight Fast, Keep it Off & Renew The Mind, Body & Spirit Through Fasting, Smart Eating & Practical Spirituality.

Dr. Walker is a huge proponent of nourishing your body with fruit and vegetable juices and explains how the lack or deficiency of certain elements, such as vital organic minerals and salts, and consequently of vitamins, from our customary diet is the primary cause of nearly every sickness and disease. While there is still a place for eating raw, whole vegetables and fruits due to their fibrous content, Dr. Walker recommends nourishing our bodies with fruit and vegetable juices due to their high enzymes content. He explains why fruits are considered the cleansers of the human system and vegetable juices are the builders and regenerators of the body using basic terminology that is easy for the lay person to understand.

Get healthy in just 15 days with this diet plan from the celebrity trainer and New York Times bestselling author featured on Khloé

Kardashian's *Revenge Body*--now revised with the latest nutrition science and updated recipes. Harley Pasternak has worked with most of Hollywood, whipping celebs into shape for roles and the red carpet and also appearing as a celebrity trainer on *Revenge Body* with Khloé Kardashian. With *The Body Reset Diet*, he introduced his ultimate reset plan to the world, and rebooted readers' systems to set them on the path to thinner, healthier, happier lives. Now he's updating this beloved plan with a new introduction, the latest findings in nutritional science, and new recipes. This three-phase program focuses on the easiest, most effective way to slim down: blending. The five-day jumpstart includes delicious, expertly crafted smoothies, dips, snacks, and soups--all customizable to any preference or diet restriction. Over the following ten days, readers will reintroduce healthy versions of their favorite foods along with the blended recipes, keeping their metabolisms humming. The plan also explains how the easiest form of exercise--walking--along with light resistance training is all it takes to achieve the celebrity-worthy physique that every reader craves. Whether readers are looking to lose significant weight or just those last five pounds, *The Body Reset Diet* offers a proven program to hit the reset button, slim down, and get healthy in just fifteen days--and stay that way for good!

Lose up to 7lbs in 7 days with *The Juice Master* Jason Vale's ultra-fast 1-week super juice cleanse. The man who helped Jordan to get her post-baby body back has designed a healthy and effective diet and exercise programme to reshape your body in just one week, but with lasting results.

Are you truly fed up with being overweight and struggling with fad, yo-yo diets? Are you ready to lose weight forever and invest more than ten days into a diet? If you answered yes to these questions, then this book is for you. *Weigh Yourself Slim* is a new and unique method that will not only help you lose weight, but will turn you into a slim person, physically and mentally; does not endorse strange diet or exercise programmes; is unique to you; provides no dietary restrictions; and is natural and healthy. In contrast to most current diets, this method doesn't make silly promises about unrealistic, quick weight loss, but it does promise long-term results with no danger to your health. It goes down to the root of the problem of obesity, which is that people have lost their natural ability to balance their diet. With a little help of weighing scales, this book provides a dynamic program on how you can reintroduce that ability and begin your personal journey to your ideal weight. Equally as important, this system will enable you to maintain that ideal weight for the rest of your life.

Bursting with juicy motivation, *Juice Yourself Slim* contains over 50 fantastic soups, juices, salads and smoothie recipes PLUS the *Life Long Rules for Success* that will help you maintain your health and- the big one- keep you slim for life.

Formerly Published as *Cinch!: Conquer Cravings, Drop Pounds, and Lose Inches Easy, Fast, Chocolate!* Finally, *The Plan You Can Stick With* I feel almost that this is too much food, too decadent.—Chris, age 54 I lost 8 pounds and 1.5 inches from my hips in just five days!—Adina, age 28 I love eating these meals. I don't feel deprived at all!—Laurene, age 36 Acclaimed nutritionist Cynthia Sass has proven, once and for all, that fast, sustainable weight loss is not about deprivation—in fact, this diet is anything but, featuring treats from guacamole to mandatory chocolate truffles. But it's the big results—up to eight pounds of weight loss in the first five days alone—that make *S.A.S.S. Yourself Slim* the ideal plan for anyone who's ready to take control of their diet, their

weight, and their long-term well-being. After just one month on the S.A.S.S. Yourself Slim plan, you will: Know which healthy foods promote rapid weight loss (the answers may surprise you!) Enjoy dozens of delicious, easy-to-prepare recipes that help you reach your weight-loss goal Better understand, and control, the emotional triggers that often lead to overeating Sleep better and enjoy more energy Shed the stubborn inches and pounds you'd all but given up on New material, including sensational swaps and seven new success stories! Best of all, this program is designed for real lives. You won't have to pass up on nights out at your favorite restaurant, start shopping in specialty stores, or spend hours in the kitchen. S.A.S.S. Yourself Slim is a potent program that gives you the power to change your body, your health, and your life!

Break free from your chocolate addiction with Jason Vale's irreverent, zany and original new book. Jason, aka The JuiceMaster, reveals the dangers of chocolate's ingredients (sugar, dairy and additives), the marketing industry's ploys to keep us all hooked and our emotional attachment to the sweet stuff- and shows you how to kick the habit.

Beverly Hills nutritionist Haylie Pomroy has a long list of loyal celebrity clients - including Jennifer Lopez, Raquel Welch and Reese Witherspoon. With this book she reveals her red carpet secrets - and promises you can lose up to 20lbs in 28 days. On this plan you're going to eat a lot - and still lose weight. You're not going to count a single calorie or fat gram. Instead, you're going to rotate what you're eating throughout each week in proven plan designed to set your metabolism on fire. Phase I (Monday-Tuesday): Lots of carbs and fruits Phase II (Wednesday-Thursday): Lots of proteins and veggies Phase III (Friday-Sunday): All of the above, plus healthy fats and oils By keeping your metabolism guessing, you'll get it working faster. You'll see the weight fall off, your cholesterol drop, your blood sugar stabilize, your energy increase, your sleep improve, and your stress dramatically reduce. All thanks to the miraculous power of real, delicious, satisfying food! Complete with 4 weeks of meal plans and over 50 recipes - including vegetarian, organic, and gluten-free options - this is the silver bullet for anyone who wants to naturally and safely eat their way to a slimmer, healthier body. Jason Vale is the ultimate health coach - 'The Juice Master' - and in this fully updated paperback version of his revelatory health and fitness bible, he reveals how everyone can get slim, get fit, and get energised. His lively style and irreverent text nonetheless contains clear health messages for everyone:,*give up what he calls 'drug foods' - those nutritionally worthless addictive substances, such as sugar ('white trash') and caffeine - and return to a fresh diet,*eat the freshest plant ingredients and feel the fabulous health benefit of raw juice which is full of healthy enzymes,*hit out at the food industry and reject its brainwashing advertising,*use food combining to help your digestion.The Juice Master offers a whole new approach to reframing the way you think about food, and offers plenty of surprises along the way.

For every Skinny Bitch, there's a kick-ass man just as eager to take control of his weight and health. The New York Times bestselling authors now share their tips for turning Dad bods into Skinny Bastards. What's good for the bitch is

good for the bastard. Hundreds of thousands of women have been inspired to "use their head" and get real about the food they eat after reading the best-selling manifesto *Skinny Bitch*. But it turns out some men have been reading over their girlfriends' shoulders. Professional athletes such as Milwaukee Brewers' Prince Fielder and the Dallas Mavericks' Jerry Stackhouse have adopted a whole new eating plan because of the book. Now authors Rory Freedman and Kim Barnouin think it's time for the guys to have a book of their own. In *Skinny Bastard*, they'll explain why the macho "meat and potatoes" diet is total crap, why having a gut is un-cool (and a turn-off), and how to get buff on the right foods. Eating well shouldn't be a "girlie" thing-and the Bitches will whip any man into shape with their straight-talk, sound guidance, and locker room language.

The Juice Master Juice Yourself Slim: The Healthy Way To Lose Weight Without Dieting HarperCollins UK

The No.1 bestselling juicing author Jason Vale is back with his ultimate book of juices and smoothies. His complete recipe book contains recipes for over 100 easy and delicious juices and smoothies to help you lose weight, get healthy and feel fantastic.

Combat and prevent the effects of burnout with a detoxifying and nourishing cleanse program that liberates your body from poisons that make you sick, tired, and overweight—from the New York Times bestselling author of Dr. Kellyann's Bone Broth Diet and *The 10-Day Belly Slimdown* “If you are feeling tired, unhealthy, and emotionally burned-out and want a fresh way to rejuvenate, Kellyann has a message for you: she’s been where you are. And she knows the way out.”—Mehmet Oz, MD “Dr. Kellyann Petrucci has done a terrific job bringing the science of detoxification to the table. This is a top-notch way to deal with the multiple toxic challenges posed by our modern world.”—David Perlmutter, MD, #1 New York Times bestselling author of *Grain Brain* and *Brain Wash* Whether from stressful times like the holidays or from the demands of your regular routine, your body naturally becomes depleted over time, making it even more difficult to lose weight and maintain the energy and vitality you need to get through the day. This is something Dr. Kellyann Petrucci experienced firsthand in 2017 while she was writing her last book, doing nonstop TV appearances, and running her business. She gained 20 pounds, her hormones went haywire, and she was at a loss for how to turn things around. She decided it was time to hit the reset button and created her simplest plan yet, specifically designed to help the millions of women who are overweight, overworked, and overextended get reenergized both physically and mentally. This is a comfortable, incredibly powerful 5-day cleanse protocol that resets your metabolism, giving you the kind of quick, confidence-boosting results you need to get back on a healthy track. The power ingredient in the Cleanse and Reset is collagen, which improves skin elasticity and brings back that coveted youthful glow, eases joint pain, heals leaky gut, supports weight management, and has anti-inflammatory properties. The healing and reparative smoothies, shakes,

soups, and bone broth blends that you'll enjoy on the 5-day cleanse are packed with collagen and can be adapted to any diet, with a focus on modifying the cleanse for the keto diet (along with great collagen alternatives for vegetarians and vegans!). The program also includes an optional 1-day "keto push" that you can follow for an extra boost the day before you begin your cleanse. Dr. Kellyann's Cleanse and Reset will help you slim your body, deep-cleanse your cells, and reclaim your energy and focus so you can start feeling truly good again.

Discover the original international diet sensation—used by Adele, heavyweight champion David Haye, and Pippa Middleton—that will help you lose seven pounds in seven days while experiencing lasting energy and eating all the foods you love. Over the past few years, fasting has become a popular diet option. Studies show that fasting—whether through moderate calorie restriction every day or the more severe but less frequent intermittent fasting—can help people lose about thirteen to fourteen pounds in six months and reduce their risk of developing disease. When we fast, our body's energy stores activate what is known as sirtuins, or the "skinny gene," and many positive changes ensue. Fat storage is switched off, and our body stops its normal growth processes and goes into "survival" mode. Fat burning is stimulated and the genes involved in the repair and rejuvenation of our cells are turned on—which all results to weight loss and improved resistance to disease. But if not done correctly, fasting can lead to hunger, irritability, fatigue, and loss of muscle. Enter Sirtfoods: a newly discovered group of foods that is revolutionizing healthy eating. Ranging from chocolate and red wine to garlic and walnuts, sirtfoods are particularly rich in special nutrients that help us activate the same skinny genes in our bodies that fasting triggers. Nutritionists Aidan Goggins and Glen Matten have created The Sirtfood Diet to help you effectively lose weight and improve your resistance to disease, while still giving you incredible energy and glowing health.

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