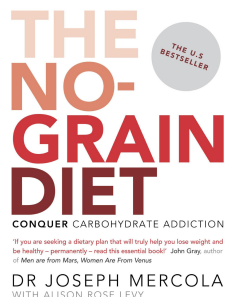


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THE NO GRAIN DIET EBOOKS 2019

STAY SLIM FOR LIFE



Author: Dr. Joseph Mercola

Relese Date: Lanzamiento previsto: @@expectedReleaseDate@@

Forget fats as the biggest dietary sin, the latest scientific evidence now shows that the real culprits in escalating weight gain are grains, starches and sugars. By eliminating grains from your diet, you actually reprogramme your mind and body to release fat and burn it, and as a result the weight you lose is kept off - permanently. This all-new low carbohydrate diet moves on from Dr Atkins, cutting out the unhealthy side-effects of that diet and including a wider range of healthy foods than Atkins or any of his successors. The No Grain diet offers three plans tailored to suit your needs: The booster plan (to ease you more gently into the plan), the core plan (for faster results), and the advanced plan (for those who need to lose a lot of weight fast for health reasons). What's more, it presents a unique psychological technique to combat cravings, bolster your self-belief and help you ride low periods, which usually lead you to break the diet. With delicious recipes and advice on additional factors to further support your new healthy lifestyle, The No Grain Diet is the last diet book you'll ever need.

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