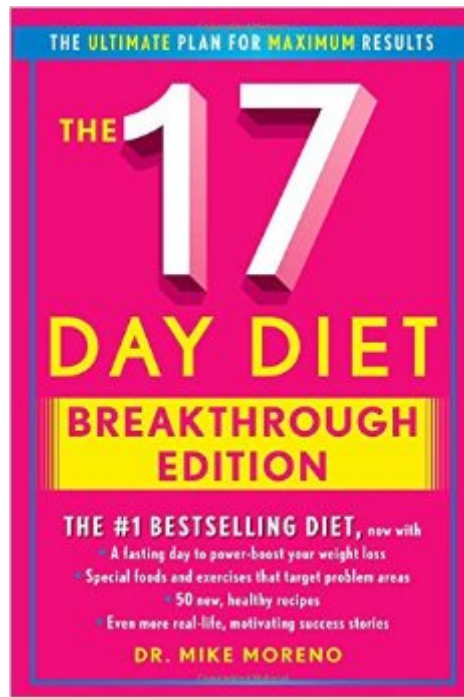


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The 17 Day Diet Breakthrough Edition



Synopsis

In this new edition of the #1 bestseller *The 17 Day Diet*, Dr. Mike Moreno includes new chapters on supplements and exercise and more than 30 new recipes to help you achieve results fast and effectively. The #1 bestselling diet is now supercharged! Since Dr. Mike Moreno first published *The 17 Day Diet* in 2010, millions of people have lost weight using his fast, safe, and extremely effective plan. Dr. Mike listens to his 17 Day Dieters as carefully as he listens to his own patients, and he is always on top of the cutting-edge research in the field of weight management. Using vital reader feedback and the latest science, he has enhanced *The 17 Day Diet* with three new chapters; 50 new, delicious recipes; and the ability to customize your diet with an optional fasting day. *The 17 Day Diet Breakthrough Edition* makes everyone's favorite diet the best and most up-to-date diet on the market. Whether you need to lose 10 pounds or a hundred, Dr. Mike's plan can help you achieve your weight loss goals quickly and permanently while always ensuring that you feel full, even as you enjoy a wide variety of the foods you love. In fact, that variation in the diet is the key to losing weight: it confuses and boosts your metabolism to help you burn fat rapidly during these four 17-day cycles: Accelerate: The rapid weight loss cycle. You'll flush sugar and fat from your system and introduce foods and nutrients into your diet that have been proven to trim belly fat, thigh fat, and other stubborn fat zones. Activate: The metabolic boost cycle. You'll alternate between low- and high-calorie days and watch the fat melt away. Achieve: The steady weight loss cycle. You'll learn to control portions properly and start the exciting (and quick!) 17 Minute Spot Reduction Workout. Arrive: The efficient control cycle. You'll be firmly in the habit of healthy eating to support your goal. On weekends, you can even enjoy your favorite foods! Plus: A new, optional transitional day of liquid cleansing that kicks your fat burning into overdrive and a dietary supplement program to support your success. *The 17 Day Diet* can work for you even if you have food allergies or PMS or are pregnant or constantly traveling. It can be adapted to a wide variety of cuisines, from Chinese to Tex Mex and everything in between. Brimming with helpful tips, interesting facts, and inspiring testimonials from fellow 17 Day Dieters, *The 17 Day Diet Breakthrough Edition* is the very last diet book you'll ever need.

Book Information

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Customer Reviews

Dr. Moreno has designed a diet for all occasions and all people. He has addressed every contingency such as culture, holidays, family, age, gender and health. He wants to persuade the reader to have a healthier lifestyle, to choose healthier food options and to exercise to increase metabolism and weight loss, encouraging the beneficial effects to overall health. He offers the dieter advice on minerals and supplements required by the body for optimal health. He emphasizes the use of lean protein, low sugar fruits, healthy vegetables and whole grains. Skipping meals is not an option; eating every three hours is the regimen. There are three meals and two snacks a day, in addition to 64 ounces of water which does not include coffee, tea or sugar free drinks. He strongly advises the dieter to drink green tea which burns fat, and he even allows coffee which he says speeds up the metabolism. He strongly recommends whey powder, probiotics, green tea powder, and sufficient fiber in the diet. If desired, he even has an optional transitional day fast consisting of liquids he suggests and even offers recipes for his smoothies. He attempts to give the dieter the confidence to succeed. His diet is based on the number 17. There are 17 minute exercises tips, 17 ways to burn calories, 17 ways to condition the body and 17 day diet cycles labeled accelerate, activate, achieve and arrive. With each cycle, additional foods are added and additional skills are learned, such as portion control and exercise methods. Dr. Moreno gives advice on how to avoid stress and stresses exercise as a benefit to health, weight loss and well being. He offers advice on how to reduce the troublesome spots of your body that weight loss often does not address. He offers advice on supplements to aid weight loss and spot reduction.

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