

**LOSE 10 POUNDS
IN 21 DAYS!**

THE
Setpoint
DIET

**Boost Your Metabolism
to Drop Your Weight Through
the Power of SANE Eating**

JONATHAN BAILOR

New York Times bestselling author of *The Calorie Myth*

Jonathan Bailor

**The Setpoint Diet: The 21-Day Program to Permanently
Change What Your Body "Wants" to Weigh**



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Join the 27,000 individuals who have achieved dramatic and long-term weight loss with The Setpoint Diet, from the New York Times bestselling author of The Calorie Myth. With The Setpoint Diet, you will reprogram the body with a 21-day plan to rev up your metabolism, eliminate inflammation, heal your hormones, repair your gut, and get your body working like that of a naturally thin person--permanently. Proven to assist you to lose weight normally and maintain it, The Setpoint Diet plan is your new blueprint for healthful living. The body fights to keep you within a range around 15 pounds--also known as your "setpoint weight. The Setpoint Diet is a lower-carb menu that focuses on specific anti-inflammatory whole foods, including a great deal of produce, nutritious proteins, and therapeutic fats. Its creator, Jonathan Bailor, founded SANESolution, a excess weight loss company that has reached millions of people." New study reveals that you can decrease your setpoint and end that battle for good by concentrating on the quality of calories you eat, not the quantity.



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