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THE

# 10-DAY BELLY SLIMDOWN

LOSE YOUR BELLY

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HEAL YOUR GUT

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ENJOY A LIGHTER,  
YOUNGER YOU

**KELLYANN  
PETRUCCI, MS, ND**

*New York Times bestselling author of*  
**DR. KELLYANN'S BONE BROTH DIET**

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Dr. Kellyann Petrucci MS ND

## The 10-Day Belly Slimdown: Lose Your Belly, Heal Your Gut, Enjoy a Lighter, Younger You



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"This isn't another gimmicky diet—it's a powerful eating strategy which will take your extra pounds off quickly, safely, and permanently. Kellyann, an expert I trust, lets you know exactly how to get it." - Mark Hyman, MD, Director, Cleveland Clinic Center for Practical Medicine, #1 New York Times bestselling author of Eat Extra fat Get Thin

"The best gift you can give yourself is usually a slim, beautiful, healthful belly—and in this book, Dr." - Mehmet Oz, M. Angry that you don't look how you want to look, and can't wear the clothes you want to wear?

The New York Times bestselling writer of Dr. As you heal your tummy from the inside out, you'll feel younger, happier, and lighter than you thought possible.

Are you fed up with your belly fat? In The 10-Day Belly Slimdown, become familiar with the #1 biggest key to quick belly-blasting: "mini-fasting.D. Naturopathic physician and weight loss specialist Dr. Kellyann Petrucci offers spent over 20 years showing people how exactly to do the difficult: remove stubborn belly fat. While you're mini-fasting, you'll never feel hungry—luscious, satisfying bone broth will quench cravings and burn away pounds, collagen-packed shakes will kick your rate of metabolism into overdrive, and "slim-gestion" foods, herbal products, and spices will fight bloat, lower swelling, and cleanse your gut. Petrucci has targeted the most powerful methods to flatten your belly—deprivation not included! Frustrated with diet plans that don't remove it?" This simple but innovative shift in the timing of meals means you'll eat within a seven-hour window each day. After guiding thousands of amazing transformations over her profession, Dr. In mixture, these strategies deliver amazing results quickly and safely. The 10-Day Stomach Slimdown includes daily meal plans, batch cooking tips to make meal prep a snap, 80 delicious new dishes, and a sensible maintenance plan. Kellyann's Bone Broth Diet reveals her effective belly-slimming program that will help you drop up to 10 pounds in 10 times!



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KellyAnn's 21 day time bonebroth diet plan and loved it. I can honestly say that this is usually . For me this is simply not a weight loss plan. Kellyann includes a great program in this book. I've performed Dr. KellyAnn's 21 day time bonebroth diet and loved it. I can honestly say that this is my new favorite go-to diet plan, though, whenever Personally i think I need a "re-boot" or to remove stubborn pounds. I started this diet with 19 lbs. Basic and Easy to accomplish. Dr. I then went on a 2 week trip and stayed as close to the maintenance plan (or 80/20 strategy) as you possibly can. I'm now on round two of the 10 day and feeling so excellent! Great recipes?? Dr.! This is easy to follow and for me personally an important method to correct some things that I've noticed others take medicine for. It will obtain the pounds off in 10 days, nevertheless, you have to persist to keep it off. Weight had been slowly creeping up and needed to make diet changes and start exercising more often regularly again. Normal meals without tons of prep! In a few days my muffin top deflated and my waist became a waist again! It's a life-style choice that works like a charm. She provides "don't have to cook" meal arrange for those folks too busy or don't like to cook and a ton of recipes if you need to cook. I can do this plan at work and I dont run to the bathroom every 5 min or obtain irritable from "dieting"! Dr.! I assume I was looking for in the magic pill and it's likewise old thing selling their products. Easy to follow and works! I lost 5lbs in 10 days which for me is awesome. I was just a little hungry nonetheless it was easy to get through, knowing it was only 10 days. I understand more money can be made selling the packets, nonetheless it is not a lifestyle modification. I love this publication and totally recommend to anyone prepared to shed fat--quickly!t The messages are clear, the recipes are of help, and the Dr Kellyann team is great. Dr.! I've personally benefited from her books and programs, and this new book is the best yet! As a psychologist and nutritionist I also recommend her books, assets, and products to individuals. Great plan, This plan is super easy and truly works. I didn't think that I would ever have the ability to end food craving - but I've been able to achieve this within a matter of a few days from the information in this publication. to lose. Read this book cover-to-cover We am a practitioner of the Bone Broth Diet plan and this book just made it even more simple for me personally. I was already in pretty good condition but last year dropped 10 pounds and obtained muscle tissue on the Kellyann bone broth diet plan. At 58 years of age, I have under no circumstances felt better!! Kellyann may be the leader in secure, healthy, sustainable weight reduction programs that also improve general health. Kellyann is the leader in secure, healthy, sustainable weight reduction plans that also improve general health!. This plan is easy and I need not purchase crazy foods I've never heard of. (And her recommended approach reduces inflammation that makes me - and each . No Magic pill or elixir I was hoping from all the testimonials and the hype upon this book that it had been what I wanted.. Medical benefits are innumerable alongside blasting tummy bloat and fat. What I have already been eating is definitely beyond delicious and basic - I actually look forward to it. When I'm not eating, I'm not hungry and do not have cravings (first-time ever). (And her recommended approach reduces inflammation that makes me - and each of us - have 265x risk of cardiovascular disease and high blood circulation pressure, which makes me feel doubly great about any of it). My first round of 10 days I lost 8 pounds. Great info/yummy recipes Great recipes Love the dietary plan book..! You have to read voluminous webpages before you can what they are letting you know is the magic pill. It's an excessive amount of. I donated the book to the library. The book sounded like the Paid Program on TV. Dr.. Broth regimen can be good as a "leap start" regimen. The book sounded like the TV system which prompted me to order the book. That said, not really knocking the book, program or Dr Kellyann. Simply felt that I wasted my money and time. Reminded me of an info-mercial She's good information, a repeat of her previous book. The difference is the

quality recipes for everyday includes her new type of packaged meal replacements. And most likely not work for many over time. Another reviewer stated he didn't obtain the coupon, but I got it right away and used it to buy among the best collagen powder I've ever got—I'm hooked. Which are offered on Amazon and so are very costly. Maybe another reason the plan is now for 10 days instead of her previous book/program for 21 days. To be reasonable, it says "Slim Collagen Shake" or other proteins shake, not just her brand. In case you are new to the High proteins, low carbohydrate diet, this book will help. It takes discipline, nonetheless it works. I'm 51 years old and don't take medication of any kind after following Dr. For more detailed information about how the body handles carbs and glucose refer to some of Maria Emmerich's KETO books. Great reading! KellyAnn can be full of information and motivation - She knows what must be done to lose weight and has managed to get easy for us. The dietary plan has helped me with joint discomfort, along with my skin, hair and nails look and feel great - and I'VE Shed THE BLOAT! Kellyann is the way to go! Dr. Kellyann is wonderful It works This is an excellent diet Love it Love it Definitely works Used the dietary plan to kick begin weight loss. KellyAnn's plan! Lost 8 lbs in 10 days and am following maintenance recommendations. Nearly the same as KETO.



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