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and MORE!

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THE D²ET

THE CUTTING EDGE
ANTIOXIDANT-BASED PROGRAM
THAT WILL MAKE YOU
HEALTHY, THIN, AND BEAUTIFUL

KERI GLASSMAN, MS, RD, CDN

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Keri Glassman

The O2 Diet: The Cutting Edge Antioxidant-Based Program That Will Make You Healthy, Thin, and Beautiful



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As seen in CBS's The Early Show, The O2 Diet - by Keri Glassman, MS, RD, CDN with Sarah Mahoney - translates cutting-edge research into an easy-to-do program that will keep you energetic, healthy, and beautiful and a 6-step, fail-proof plan to ordering from restaurant menus. For once, it's not about counting calories or restricting what one eats; it's about eating more of the right points. a 4-week plan which includes do-it-yourself choices and preplanned menus; The O2 Diet includes a 4-day time cleanse that promotes rapid weight loss, improved appearance, and confidence-boosting results; inside and out. The O2 Diet in paperback also includes all-new recipes and diet plan strategies that rev your metabolism and sate your appetites to assist you lose weight and feel great for life!



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A sensible, tasty and healthy lifestyle! What's great concerning this diet is that rather than limiting yourself to a particular calorie count or point count or carb count, you are MAXIMIZING what you eat and you also have a goal of getting as a lot of something as possible! The book was readable and the diet plan is easy to follow up to now since you have exactly the same thing for the first 4 days and its own spelled out pretty obviously. *****eating healthy = a wholesome you*****! I have totally let go of thinking about calories/ fat/ carbs and I've dropped 7 pounds effortlessly. The real idea is... It really is therefore liberating to let go of being restrained also to embrace the thought of nourishing yourself! After just completing the 1st week, I've lost another 1. Discuss feeling indulgent. Sounds as well easy? As somebody who provides been on several diets, I thought I knew everything about meals but she produced me really look at food in a fresh way. The style where the book is written feels like among my girlfriends is speaking with me- it's so user/ reader friendly and easy to understand.. The recipes, meal plans and guides have become easy to use and intensely delicious. I've found such delights that I by no means expected.. Four Stars Valuable information! I've today turn into a herb junkie and I'm adding oregano and various other natural herbs to everything I cook.... Makes us realize the amount of JUNK we were putting into our anatomies. I've developed my very own "cinnamon dip" to possess with my afternoon apple snack based on the information in this book. My coworkers are gobbling up my apples and cinnamon!! I am in the last day time of the 4 day cleanse. I also like the "beauty" section with the homemade facial remedies. Sighs!! I lost 5. You won't regret it! The only thing I don't look forward to is making my own plan and needing to calculate ORAC points. Nourish yourself and like yourself - the others will all fall into place! O2 for the faculty student? I love the concept of this book, and I believe it's awesome that eating healthy foods are stressed overeating less calories. And in addition in the event that you follow the guidelines giving there. That being said, I am currently finishing my second day time on the cleanse. This publication gives you the tools to boost your nourishment level whether you need to lose weight or not really. I'm a scholar who is basically jumping from class to work all day from 8 to 4. When am I supposed to steam an artichoke?? I steamed two the first time and brought the next one in my own backpack to course! Tonight I had to consume another serving of pecans because I'm so darn hungry! lost 5. It creates me want to drink less of it! Initially the cleanse menu looks like it's a whole lot of food to eat. And . Not only am I getting huge amounts of antioxidants into my diet plan but my meals tastes tons better. and around supper, it certainly can be! But for the majority of the day time I'm hovering around "slightly hungry". After dinner I feel nicely satisfied.. I REALLY LIKE the "blueberry soda" and drink everything day long. until a couple of hours later when I am RAVENOUS! Yesterday I got to cheat and consume a granola bar because I was so starving I couldn't rest! Also, I don't always have access to a microwave, so the majority of my food is eaten chilly. It makes me think that I will not last another two days because I just can't stand being hungry.. I've lost 3 pounds, which is what the reserve says will happen in the original cleanse period, but I'm not necessarily impressed. and I've tried to eat more of the vegetables which are unlimited in their serving size, but you can only just eat therefore many Romaine leaves, and they aren't very filling. Overall, I believe the principles in this publication are wonderful and the author promotes a fantastic way of life, but in least being truly a college student, the dietary plan is just a little unrealistic. Specifically since the food for the suggested Stage II meal program is definitely likely to be wayyyy out of my budget :(I have been inspired to consume much healthier, nevertheless! I also hate lemon juice in my own water! 6 pounds in 4 day cleanse I was skeptical. However, I made a decision to try this strategy because the nutrition side is practical to me. We trapped 'EXACTLY' to the 4-time cleanse (no deviation). This is one health/ diet plan book you need to definitely add to your library. 6 pounds, he dropped 7. You will feel better.. without ever being hungry! (Hope you like spinach) We have been now following the following section, the two-week plan! 6 and my husband 2.2. It's meals we like and there's lots of it. I have find out about health insurance and nutrition all my entire life but never heard about the antioxidant ranking of foods. and with zero added guilt. Quit

limiting yourself today and start living healthy. It's a VERY low calorie diet with lots of protein and extremely low carb. Discuss delicious!! I don't know how the rest of it is going to go when there's tend to be more choices involved.. Why? Good diet, but it's been done before. This is not novel. The argument for consuming more antioxidants is valid, but I can't tell if I'm slimming down because I'm eating more antioxidants (I doubt it) or because I'm eating less than 1,000 calories a day time (probably). Overall, the dietary plan will help you lose fat and may assist you to change the way you look at some foods. The o2 Diet I find Ms. Glassman's reserve a pleasure to learn. It's meant for the average dieter with an intention in food without overwhelming the reader with nonunderstandable science. Her style is conversational; I feel like I am listening to my personal nutritionist at a fraction of the cost. It IS! As for the diet itself, I find it surprisingly easy to follow with a lot of range and choices following the first four times. The quick-start beginning has really motivated me to keep. I have already recommended this program to fellow coworkers who want to eat healthier. loose weight great way to eat Five Stars Good information Great nutrition information for each and every day This was an extremely interesting book. And, the very best part, our vitality has increased tremendously. Although I love that this cleanse lets you eat real food, I have a few problems with it. I'm shifting to other tastes and I even managed to get with apple-cinnamon tea and added cinnamon to boot (talking about super antioxidants)! Five Stars good sounds good looks good, haven't browse everything, good info The book will change ur attitude to food! That one just tells you to eat more antioxidants, as if that isn't something almost everyone has already been carrying out or at least known about for many, many years. Waste of Money I had find out about an O2 diet plan, but that one was about getting more oxygen into one's body... I love how casual the author is able to word it all - while still educating me! The book will change ur attitude to food! I also by no means knew half of the information about antioxidants and just why they are so essential that was presented! 4 in 4 days.



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