

NEW YORK TIMES BESTSELLER

*Dr. Kellyann's*  
**BONE  
BROTH  
DIET**

—Lose Up to—  
**15 POUNDS,  
4 INCHES—**  
*and Your Wrinkles!—*  
in **JUST 21 DAYS**

**KELLYANN PETRUCCI, MS, ND**

Foreword by New York Times Bestselling Author JJ Virgin



Kellyann Petrucci

Dr. Kellyann's Bone Broth Diet: Lose Up to 15 Pounds, 4 Inches--and Your Wrinkles!--in Just 21 Days



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s delicious bone broth dishes and groundbreaking mini-fasting plan. ABC News phone calls it “”ranks with green juice and coconut drinking water as the next magic potion in the eternal quest for perfect health.the brand new juice craze.” Celebrities like Gwyneth Paltrow, Shailene Woodley, Salma Hayek, and Kobe Bryant are addicted to it.As a naturopathic doctor and weight-loss professional, Dr.s bone broth— With easy fitness routines and mindful meditation exercises, Dr.cravings and food cravings pains not included. Kellyann’s Bone Broth Diet. It’ Kellyann provides helped a large number of patients achieve spectacular weight reduction and more youthful-looking skin through her bone broth diet. Packed with fat-burning nutrition, skin-tightening collagen components, and gut-healing and anti-inflammatory properties, bone broth may be the important to looking and feeling younger than previously. In just 21 days, you, as well, can unlock these miraculous results with Dr. Kellyann’THE BRAND NEW York Times says it “You’ll learn the science of so why bone broth functions and how exactly to lose fat safely and easily—s the key of New York Occasions bestseller Dr.s Bone Broth Diet is your essential to a healthier, happier, slimmer, and younger lifestyle. Unlike other weight loss programs that involve serious preparation and cooking, the bone broth diet plan enables you to spend much less amount of time in the kitchen and additional time savoring your newfound vibrancy.and it’ Kellyann’ The easy and tasty recipes for beef, turkey, poultry, and seafood bone broths contain flavor and nutrients.



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Our kids even love this diet My wife is experimenting with bone broth and even the picky teenagers like her soup. I started at 136 pounds." I was beaming! A breeze to read. He was providing to accomplish the cooking, so I sat back and did what he explained to..! I got body aches and fell like complete crap! So I beginning reading the book and found out this is known as the "carb flu". You've lost weight! Kellyann said this was normal and stay the program! So glad that I did! We have 9 times left of the 21 times and I feelamazing!!!! At first the broth was just a little nasty to me, however now I really like it. (A small amount of Crystal popular sauce helps me quite a bit!) Last week I had so much energy that I cleaned my home from top to bottom from the next I woke up to as soon as I visited bed!2 pounds in the 1st week and for me this is an enormous start and accomplishment. Therefore glad my hubby bought this and "produced" me do that diet!My kids told me yesterday when We walked through the entranceway, "Whoa, Mom!. Despite to do the Paleo before and not having these symptoms (I chalk it up to having an excessive amount of carb storage following the binge consuming of the holiday season), I decided to place it out since Dr. You will NOT be disappointed!! My skin also looks great! (I experienced a brown sun place downright vanish from my forehead! No joke!) The craziest point is certainly that I don't have sweet cravings any longer. I know I will be able to perform the maintenance program, no issue. But I really do miss my burgandy or merlot wine! The quality recipes possess all been excellent so far as soon as you have the essential ingredients (that your author orders you to get in advance if they aren't already in your cupboard) a breeze recipes and only takes 10 min. I am pleased I found it and since We have been following . During those eight weeks, I over-indulged in harmful food and drinks on about 7 different days when attending cultural events.!! Get this!! I'm. Dead. I've lost 4. He's hypoglycemic and would wake him up in the middle to eat and this diet has stabilized his bloodstream sugars therefore he sleeps just like a log. It's crazy to him! (His epidermis appears amazing too, incidentally. He actually appears like he has a slight tan!We wish I would've taken before images. But truthfully I didn't believe I'd have these types of results and I also didn't think I'd able to adhere to the diet 100%.!!\*\*\*\*Update. I have lost a total of 12 pounds! But I've and I'll for the next 9 days.!!! Hugs Great Great Can induce Keto Flu if over completed. I'm in shock! The first two times were bloody hell.! Thank you, Dr. Kellyann!! I proceeded to go along just to support him and I shockingly lost 30 pounds and my skin is like new.! I can't commence to describe how great this diet is. I lost 15 lbs. On top of that this diet has cured my unhappiness and anxiety, it's reduced my resting heart rate from 140 to 75, it's given me more energy than I can spend, and it's really made me sleep more soundly than I've ever slept. I really do not really feel deprived in any way, never hungry - actually on the mini-fast time I felt great. Unlike other diet programs I've tried, that one makes me want to remain on it forever. I just feel so GOOD. It's incredible just how much your diet impacts so many aspects of your wellness. But my body required the break from alcoholic beverages and sleep hasn't been better. I had been GF/DF so I didn't have too much to change so by body didn't need to budge ahead of this!. This book isn't just informative but I believe gets the answers to my inflammation problems... That is not the case with Dr. Best diet plan I've ever really tried - I lost 35# in 8 weeks I am a 65 year old guy who is on the subject of 60# overweight. I bought this book and utilized it as Dr. Kellyann suggests. Without the exercise at all, I've shed 35# in 8 consecutive weeks of dieting, plus Personally i think much healthier, more vigorous and my facial epidermis looks just a little younger., Particularly, I lost 14# in the first 14 days, then 9# more in the next 14 days, then 7# more in the next 2 weeks and 5# more during the past 2 weeks.Ok last one! Kellyann's book, she actually is funny, and a direct shooter with what to expect. The main element to this diet may be the bone broth itself. The Bone Broth Diet plan is undoubtedly the easiest & most effective diet I've ever tried. I'm consuming only 6 cups of beef bone broth on two, nonconsecutive mini-fast days per week as the book advises. Tip - I purchased my 1st beef broth from local health store and it was weak, expensive at \$2. So, I started producing my own beef broth in my own crock pot every day and night with tap water, onions, celery, carrots, pepper,

Himalayan salt, garlic, and grass fed beef bones from a local farm - total cost \$. As a result, those mini-fasting times were difficult to tolerate.00 per cup, and not very fulfilling.50 per cup. My wife over did the program. This is such an easy diet that I'm going to continue dieting some more weeks to observe how much more fat I can lose.. I wasn't too thrilled with the theory, but since he do the hardwork, what could I lose?. Awesome on day 16 and also have been dropping weight like crazy.. Obviously, it is mom's superb cooking and adding her extra touch to each recipe but if the children like it and it is healthy how can you go wrong.! Bone Broth Diet Love this reserve and what it has to offer. I have found way through her publication to get pass my cravings. Awesome on day 16 and have been dropping weight like . The recipes certainly are a short amount of time consuming but extremely yummy. I have been on many low or no carb diet plans but that one is the best. It's all been said before. This is a clean paleo diet (no dairy, grains, sugar etc) plus two times a week that you fast and only drink bone broth. 21 days every half a year is probably OK, but keep actual close tabs on things.There.I just saved you the amount of money.Edit: it has some decent dishes. Also bone broth \*is\* really superb for you.! It is delicious and incredibly satisfying, so now the mini-fasting days are a breeze. She stayed on the dietary plan for 13 weeks, sticking pretty near to the system described. There is a good reason to pay attention to the 21 days imprinted on the cover. My partner is now dealing with a bad case of "Keto Flu", she depleted her electrolytes and almost lost touch with truth. Bone broth is very good for you. Highly Educational I've lost 7. The proof is in the pudding! I can't believe what I find when I look in the mirror. I tear up. I'm filled with gratitude. This publication works! it has been an easy task to do. After my husband purchased the book and suggested we do it together, I decided why not. I have read books like this before and they have been overly complicated and too hard to follow.I am glad I found it and since I had been following the broth lifestyle, I am not only feeling better, but my awful asthma cough has subsided considerably. I've tried all the popular diet plans before with limited outcomes. Meal programs provided! Grocery List provided ! Recipes Provided! That's the hardest component. or less to make them that is a plus for me. Recommend for a jump start to your diet plan and a great way of living. Critical. It was crazy!. PS. The bone broth is wonderful!! This diet has healed my husband's insomnia. Dr Kellyann Changed my Families Life Dr Kellyann used the principles in the Bone Broth Diet to help my husband and Ilose 237 pounds up to now.5 lbs in 4 days upon this diet and the main reason I am doing it is for wellness, second is for weight reduction. So, I feel very motivated and happy. I used to haven't any energy for training but now I have so very much energy that I WANT to exercise to burn off it off! Dr. Kellyann's details in the publication is what provides me excited and I feel I can stick with it due to the potential benefits in anti-inflammation, energy and well being.JUST TRY IT! my wife said I appear years youthful lol I'm a wellness nut but can go off the reservation just a little. Learning to store our bone broth in cubes and luggage for future use. and got right down to 126 lbs.! Great Results I followed this diet and shed 10 pounds in 21 days. I did so it with a pal and we would text each other each morning for support. 10 pounds in only 21 days... Quite amazing! Great book Love this book. this diet shocked me on the outcomes so far. I did lose 5 pds the first week, I was amazed. You need to be extremely diligent as I had not been due to the food. I dont think I did it correctly. I anticipate doing this again tho and love bone broth as a staple. Watch the tv show Didn't learn anything when i watched the tv show, I thought it had been a waste of time and money You cannot fail I purchased everything Dr. Kellyann offers! AND I have a week left!



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