

THE  
ENGINE  
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# SEVEN-DAY RESCUE DIET

EAT PLANTS

LOSE WEIGHT

SAVE YOUR HEALTH

RIP ESSELSTYN

#1 NEW YORK TIMES BESTSELLING AUTHOR

Rip Esselstyn

## The Engine 2 Seven-Day Rescue Diet: Eat Plants, Lose Weight, Save Your Health



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In just one week on the Engine 2 Seven-Day Rescue Diet, listeners can expect to: Lose excess weight (up to 14 pounds) Decrease total cholesterol (by 32 points typically) Drop LDL cholesterol (by 22 points normally) Lower triglycerides (by 75 points typically) And lower blood circulation pressure by typically 10/5 points The Engine 2 Seven-Day Rescue Diet provides the advantages of the Engine 2 program to a complete new audience of listeners by showing that all it takes is seven days to see incredible and motivating results! The Engine 2 Seven-Day Rescue Diet has sold thousands of copies and inspired a plant-based food revolution. Today Esselstyn is certainly presenting a robust, accelerated new Engine 2 system that promises staggering outcomes in record time. Featuring endorsements from top doctors and a food line entirely Foods Market, Engine 2 is the most trusted name in plant-based eating. The runaway NY Times best-selling diet that sparked a health revolution is simpler and easier to follow than ever!



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Great Book For Newbie Plant Based Eaters This is a great beginner book for the new plant based eater. So much info my brain felt like it would explode. Think you've heard everything because you've read thus much about Whole Food Plant Based Eating? Worth waiting for! As an extended term fan of all things Engine2, this one is the greatest yet. I'd have liked to see more gluten free choices and gluten free information, and subs for allergy symptoms like citrus. I'm allergic to citrus, and bananas. If you are highly motivated his strategy is great. If you read many of their books, get the most recent ones. Meh Complicated Good book These dishes look great and incredibly much looking forward to trying them. Great dishes, I have already been trying to adhere to . There is also no Desk of Contents. If you don't like cheaply published books, you will not like this one. Overall it was very good. Beginners will love the ease and simpleness to become plant based. Side notice: I guarantee that if you drop meats, dairy, oils and eliminate sugary and fried salty foods whenever you can, you can eat mostly organic balanced diet from good quality grocery stores and you will observe that your meal bills are Decrease. I really like the Bowls because I am Not really a lover of sandwiches. and John McDougall, MD. Learned a number of things but the most shocking to me is what occurs to our bodies when we sit down for prolonged periods of time. Check out pages 156-158. Very best for beginners! Bon hunger, and enjoy your life more! THE WRITER has a great way of putting scientific information in clear to see terms and he assists the reader figure out how this pertains to their life. That is an excellent book and an excellent program. Even though it's called a "diet" you can do it long term just fine. It does have some guidelines about how to create a meal with different kinds of substances for people not used to this lifestyle. It is like an experience for all of us -- something we by no means got into as a couple in our 40+ years of relationship. The information is presented in a way that anyone can "get it". Easy can be my biggest desire for all my food and this could it be! From quick breakfasts, to on the run dinners, it has everything! 100% plant strong and 100% doable for even the most severe cooks like me who want to me healthy!!! I did so the fix and immediately noticed a huge difference! If your new to the way of eating, this is a very good reserve. If you're a seasoned plant structured eater you might not become impressed. This book needs more quality recipes in it to be worth the price. This is a life changer, folks! Beginners suggestion- if you find some of the quality recipes bland, kick up the spices a notch until your tastebuds have time to adjust. The reserve came in perfect condition and is imprinted in the USA. He has many good bowl ideas! Finally a workable plan that combines the very best of research results with pragmatic methods to implementation. He offers open faced sandwich dishes for individuals who love sandwiches. It generally does not take 28 times to see results, we are able to measure them in less than SEVEN! What a compelling starting place to becoming a member of the Plant Solid movement. Many thanks Rip and Team to make this a reality! It works for all of us - makes us happier people. This is one of about 6 books we bought that were authored by Rip E. I thought so too, but I was incorrect! What they state has become true for us. Helps to keep you on the path of health. Unless you think it is possible to go so strict so fast, you may need to step down gradually and I didn't observe any info generally there about that. Our old way was mostly woman in the kitchen and man pouring cereal or out at the BarBQ grill. Having all those recipes from which to choose has made this diet easy to follow. Great resource! A must browse for anybody needing to gain back their health! A lot of the medical info is similar, but updated, BUT all the books have recipes and the newer books have simpler and tastier dishes than previously books. I believe it was easiest to do because we both did the dietary plan together. We eased involved with it by studying and experimenting just a little at a time over a period of 1 or two months before we were assured that we could live with this as us diet going 'full time'. This book is a life changer! I really didn't think I'd.! Well Written and Great Way To Start WFPB Nice concise way to begin with in the whole food

plant based diet plan. Helps stop the craving for daily meat. It is an excellent book and an excellent read about a great way to live. Tasty Great program. No oil, no sugar, no salt, and get rid of the processed foods. We've been carrying out this for 5 months and it has become our new eating life-style. If you haven't damaged the sugars habit or salt habit this plan will help. I took away a celebrity for NO INDEX as I bought the kindle version. If you're publishing a reserve please include an index... Great dishes, I have been trying to adhere to a plant foundation diet for years. So healthy. I love Rips books. Takes self self-discipline to absorb all of the reading. Experienced vegans will find the quality recipes on the simple basic side. Once we got the hang of it, we began to experiment making our very own healthful and tasty recipes. This book has really equipped me with the information I had a need to take my weight reduction to another level Great book, inspiring Feat book 1000% brilliant. I wish I possibly could buy a copy for everybody -- its liberating, inspiring, thoughtful and VITAL. 1000% amazing. great book it works wonders when you can stand eating like this



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