



The Virgin Diet: Drop 7 Foods, Lose 7 Pounds, Just 7 Days (Paperback)

By Jj Virgin

William Morrow Company, 2016. Paperback. Condition: New. Reprint. Language: English . Brand New Book. The 24-week New York Times bestseller now in paperback with a new introduction and more of JJ s favorite recipes. Your fat is not your fault. Are you eating all the right things--low-fat yogurt, egg-white omelets, whole-grain bread, even tofu--but still can t lose the weight? Your favorite diet foods may be to blame. In this runaway bestseller, nutrition and fitness expert JJ Virgin reveals the real secret behind weight gain--food intolerance. A negative reaction to certain foods like dairy or gluten can sabotage your health by triggering inflammation and causing a host of nasty symptoms like bloating, breakouts, headaches, achy joints and--worst of all--stubborn weight gain. On The Virgin Diet, you ll eat plenty of anti-inflammatory, healing foods to reclaim your health and reset your metabolism, while avoiding the 7 foods that are most likely to cause food intolerance. You ll never feel hungry or deprived, and in just one week, you ll drop up to 7 pounds, lose belly bloat, gain energy, clear up inflammation and look and feel years younger. And that s just the beginning! Including delicious, guilt-free recipes as well as...



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