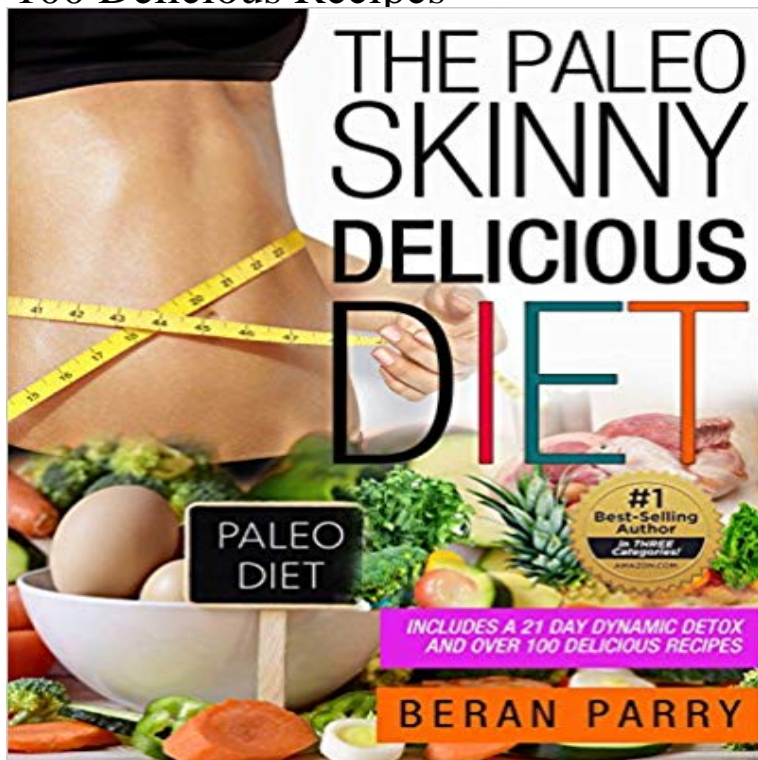


# The Paleo Skinny Delicious Diet: Paleo Diet 21 Day Dynamic Detox 100 Delicious Recipes



The PALEO Skinny Delicious Revolution - Your Body Really Does Know Best! Its the book your bodys been waiting for. To live longer. To live better. To Look Your Best! Do you suffer from weight issues? Have you had enough of all those fashion diets and eating fads that just dont deliver permanent weight loss? Are you finally ready to get in shape by giving your body what it really needs? Welcome to the Skinny Delicious Revolution. No more starvation diets. No more endless workouts on the treadmill. No more boring, tasteless, low-calorie meals. No more guilt. No more failure. Beran Parry has been studying and researching intensively for more than three decades to bring you the best of truly effective nutritional therapy. Get ready to be delighted by delicious, fat-busting eating behaviours and learn how to apply the secrets of naturopathy and the miracle of functional medicine and get the best blend of Paleo and Vegan Eating Systems An internationally recognised specialist who consults around the world, Beran advises clients on the best eating strategies for health and weight control. She develops fabulous nutritional programs. analyses eating behaviour and designs totally effective weight loss strategies, Beran is committed to helping you find your ideal weight control strategy. No stranger to the problems of weight control, Beran has experienced at first hand the peaks and troughs of weight gain, the perils of inappropriate food selection and shes faced the fat fighting challenges that confront so many of us have today. This book lays bare the facts about smart nutrition and teaches you the ins and outs of mastering fatty-genetics and skinny-genetics to help you become a permanently skinnier, healthier and fitter version of yourself. Beran says. I may not be Skinny - but - I am a Permanently Skinnier Version of my former self! In her new blockbuster eating

revolution ..you too can learn how to Turn your habits and behaviour into your new best friends Smile whenever you look in the mirror Banish all the poisons from your life and wake up to a healthier skinnier new you Re-balance your micro-flora and put your body back in control of its weight issues Discover the special helpers that support and boost your metabolism Switch on your fat-burning engines and shred the belly flab Enjoy over 100 delicious recipes to celebrate your quest for your skinnier new self and total well being Did you know?.....We were not born to be fat. The answer isnt in unlucky genes. Our genes can be influenced to work absolutely for our weight loss, for our health and for our complete wellbeing. The key is in our diet. By removing the harmful, toxic components that make up such a large proportion of the modern, Western diet, we can re-programme our bodies to become fat-burning furnaces that turn fat into raw energy, boosting our health and turning back the biological body clock, restoring our metabolisms to their natural, peak efficiency. The differences can be astounding. Beran has distilled the best parts of three dynamic eating systems and combined them into a smart genetic personalised program just for you. She has researched, tried and tested these methods on herself and countless happy clients. Shes created a perfect synthesis of the Paleo System, the Vegan Program and Intermittent Fasting so that you dont need to keep wondering which one is best for you. The Skinny Delicious Weight Loss Programme has been designed to give you all the answers and insights you need plus the knowledge of exactly what you need to do to improve your weight control and overall health. These are simply the most effective methods on the planet to get your weight and your health back under control. Not just for today but for the rest of your life. Download right away and join the thousands of individuals who have discovered the joys of living in a skinnier, healthier body.

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