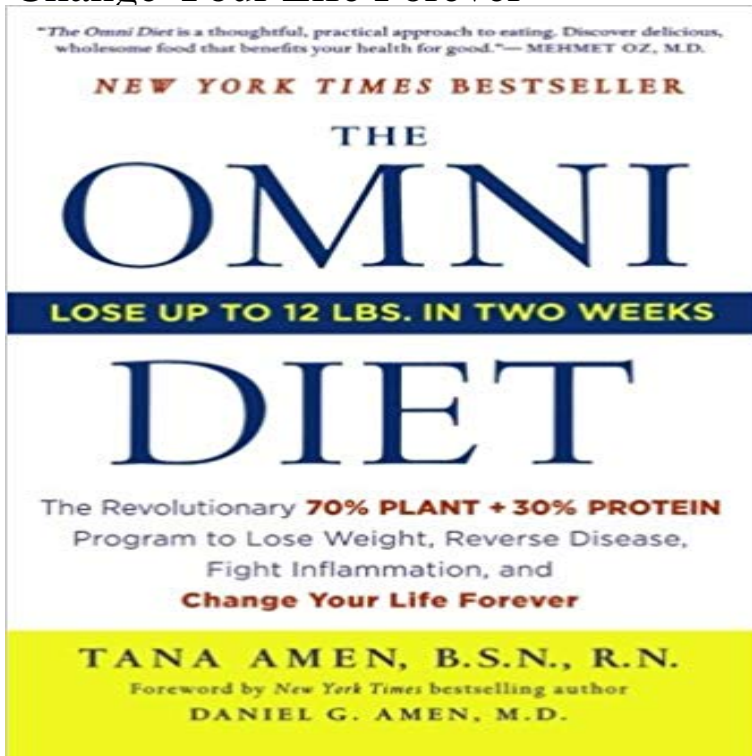


The Omni Diet: The Revolutionary 70% PLANT + 30% PROTEIN Program to Lose Weight, Reverse Disease, Fight Inflammation, and Change Your Life Forever



By the time she had reached her mid-30s, Tana Amen had nearly given up on good health. Through a lifetime of chronic medical ailments, including severe digestive issues, recurrent infections and, most devastatingly, a battle with thyroid cancer, there was never a point when Tana felt consistently healthy. Doctors ascribed her poor health to genetics, bad luck, and a family history of obesity and heart disease. But even when Tana committed to a standard fitness and eating regimen, her health failed to improve. That's when she realized that she needed to make a real change. She needed to figure out how to improve her health . . . for good. The Omni Diet is the culmination of a decade-long quest by Tana Amen to study the relationship between food and the body, and to understand how proper nutrition not only impacts weight loss, but actually holds the key to reversing chronic disease, decreasing inflammation, healing the body, and dramatically improving quality of life. So what is The Omni Diet? It's an easy-to-follow plan based on a 70/30 plant-to-protein model. This is not a restrictive diet or another page in the high-protein vs. vegetarian diet wars, but a universal map to better health, one that Tana has distilled into a lean six-week program. It offers a simple plan that provides an abundance of illness-fighting nutrients from plant-based foods and high-quality protein to keep the brain sharp and muscles and organs functioning at peak condition. The balance of 70% plant-based foods and 30% protein restores energy, slashes risk of disease, optimizes brain and hormone functioning, produces dramatic weight loss, and promotes health from the inside out. With delicious and satisfying recipes, easy-to-follow exercises, and important advice and tips, you will see results -- in your weight and overall health immediately. Follow this revolutionary, paradigm-shifting plan and experience its

life-changing results as you unleash the healing power of food.

[\[PDF\] Ausgewahlte Novellen von Alexander Puschkin \(German Edition\)](#)

[\[PDF\] Points de depart \(2nd Edition\)](#)

[\[PDF\] Italian Opera Sheet Music Collection on CD, disc 3](#)

[\[PDF\] Kant](#)

[\[PDF\] Honey: The Ultimate Honey Cure: 31 Amazing Health Benefits, secrets and uses of honey natural cures revealed \(Guide to Using Honey for Natural Health Benefits, Weight Loss, and Skin Care Beauty\)](#)

[\[PDF\] Der 8. Weg Workbook: Der Quantensprung von der Effektivitat zu wahren Gro?e \(Dein Business\) \(German Edition\)](#)

[\[PDF\] Regimental Nicknames and Traditions of the British Army](#)

The Omni Diet: The Revolutionary 70% PLANT + 30% PROTEIN The Omni Diet: The Revolutionary 70% PLANT + 30%. PROTEIN Program to Lose Weight, Reverse Disease,. Fight Inflammation, and Change Your Life Forever **The Omni Diet: The Revolutionary 70% PLANT + 30% PROTEIN** The Omni Diet: The Revolutionary 70% PLANT + 30% PROTEIN Program to Lose Weight, Reverse Disease, Fight Inflammation, and Change Your Life Forever: **The Omni Diet: The Revolutionary 70% PLANT + 30% PROTEIN** The Omni Diet: The Revolutionary 70% PLANT + 30% PROTEIN Program to Lose Weight, Reverse Disease, Fight Inflammation, and Change Your Life Forever **The Omni Diet: The Revolutionary 70% Plant + 30% Protein** The Omni Diet: The Revolutionary 70% Plant + 30% Protein Program to Lose Weight, Reverse Disease, Fight Inflammation, and Change Your Life Forever [Tana The omni diet : the revolutionary 70% plant + 30% protein program to lose weight, reverse disease, fight inflammation, and change your life forever. [Tana Amen] **Download The Omni Diet: The Revolutionary 70% Plant + 30** The Omni Diet: The Revolutionary 70% PLANT + 30% PROTEIN Program to Lose Weight, Reverse Disease, Fight Inflammation, and Change Your Life Forever. **The Omni Diet: The Revolutionary 70% PLANT + 30% PROTEIN** B.o.o.k The Omni Diet: The Revolutionary 70% PLANT + 30% PROTEIN Weight, Reverse Disease, Fight Inflammation, and Change Your Life Forever By Tana **The Omni Diet - Kinokuniya (Singapore)** The Omni Diet: The Revolutionary 70% Plant + 30% Protein Program to Lose Weight, Reverse Disease, Fight Inflammation, and Change Your Life Forever **The Omni Diet: The Revolutionary 70% Plant + 30% Protein** Omni Diet: The Revolutionary 70% PLANT + 30% PROTEIN Program to Lose Weight, Reverse Disease, Fight Inflammation, and Change Your Life Forever at **Customer Reviews: The Omni Diet: The Revolutionary 70% PLANT** Author Tana Amen calls it the

revolutionary 70% plan + 30% protein program to lose weight, reverse disease, fight inflammation and change your life forever. **The Omni Diet: The Revolutionary 70% PLANT + 30% PROTEIN** The Omni Diet: The Revolutionary 70% PLANT + 30% PROTEIN Program to Lose Weight, Reverse Disease, Fight Inflammation, and Change Your Life Forever. **Listen to Omni Diet: The Revolutionary 70% Plant + 30% Protein** Retrouvez The Omni Diet: The Revolutionary 70% Plant + 30% Protein Program to Lose Weight, Reverse Disease, Fight Inflammation, and Change Your Life **The Omni Diet: The Revolutionary 70% Plant + 30% Protein** Read The Omni Diet: The Revolutionary 70% PLANT + 30% PROTEIN Program to Lose Weight, Reverse Disease, Fight Inflammation, and Change Your Life **The omni diet : the revolutionary 70% plant + 30% protein program** Buy The Omni Diet: The Revolutionary 70% Plant + 30% Protein Program to Lose Weight, Reverse Disease, Fight Inflammation, and Change Your Life Forever **The Omni Diet: The Revolutionary 70% PLANT + 30% PROTEIN** The Omni Diet: The Revolutionary 70% PLANT + 30% PROTEIN Program to Lose Weight, Reverse Disease, Fight Inflammation, and Change Your Life Forever **The Omni Diet: The Revolutionary 70% PLANT + 30% PROTEIN** The Omni Diet: The Revolutionary 70% PLANT + 30% PROTEIN Program to Lose Weight, Reverse Disease, Fight Inflammation, and Change Your Life Forever **The Omni Diet: The Revolutionary 70% PLANT + 30% PROTEIN** Dec 24, 2013 PLANT + 30% PROTEIN Program to Lose Weight, Reverse Disease, Fight Disease, Fight Inflammation, and Change Your Life Forever. **The Omni Diet - Kinokuniya (Singapore)** Listen to Omni Diet: The Revolutionary 70% Plant + 30% Protein Program to Lose Weight, Reverse Disease, Fight Inflammation, and Change Your Life Forever **The Revolutionary 70% PLANT + 30% PROTEIN Program to Lose** Editorial Reviews. Review. The Omni Diet cuts through the confusion about what to eat and The Omni Diet: The Revolutionary 70% PLANT + 30% PROTEIN Program to Lose Weight, Reverse Disease, Fight Inflammation, and Change Your Life Forever Reverse Disease, Fight Inflammation, and Change Your Life Forever. **The Omni Diet: The Revolutionary 70% Plant + 30% Protein** The Omni Diet : The Revolutionary 70% Plant + 30% Protein Program to Lose Weight, Reverse Disease, Fight Inflammation, and Change Your Life Forever **The Omni Diet: Two Weeks to Lose Weight, Reverse Illness, and** The Omni Diet: The Revolutionary 70% Plant + 30% Protein Program to Lose Weight, Reverse Disease,. Fight Inflammation, and Change Your Life Forever PDF. **The Omni Diet: The Revolutionary 70% Plant + 30% Protein** The Omni Diet: The Revolutionary 70% Plant + 30% Protein Program to Lose Weight, Reverse Disease, Fight Inflammation, and Change Your Life Forever: **The Omni Diet: The Revolutionary 70% PLANT + 30% PROTEIN** The Omni Diet: The Revolutionary 70% PLANT + 30% PROTEIN Program to Lose Weight, Reverse Disease, Fight Inflammation, and Change Your Life Forever. **The Omni Diet: The Revolutionary 70% Plant + 30% Protein** The Omni Diet: The Revolutionary 70% PLANT + 30% PROTEIN Program to Lose Weight, Reverse Disease, Fight Inflammation, and Change Your Life Forever. **The Revolutionary 70% PLANT + 30% PROTEIN Program to Lose** The Omni Diet : The Revolutionary 70% Plant + 30% Protein Program to Lose Weight, Reverse Disease, Fight Inflammation, and Change Your Life Forever **The Omni Diet: The Revolutionary 70% PLANT + 30% PROTEIN** Nov 17, 2015 The Omni Diet: The Revolutionary 70% PLANT + 30% PROTEIN Program to Lose Weight, Reverse Disease, Fight Inflammation, and Change Your Life Forever **Buy The Omni Diet: The Revolutionary 70% PLANT + 30** The Omni Diet: The Revolutionary 70% PLANT + 30% PROTEIN Program to Lose Weight, Reverse Disease, Fight Inflammation, and Change Your Life Forever and Change Your Life Forever Mass Market Paperback Import, . **The Omni Diet: The Revolutionary 70% PLANT + 30% PROTEIN** The Omni Diet: The Revolutionary 70% PLANT + 30% PROTEIN Program to Lose Weight, Reverse Disease, Fight Inflammation, and Change Your Life Forever