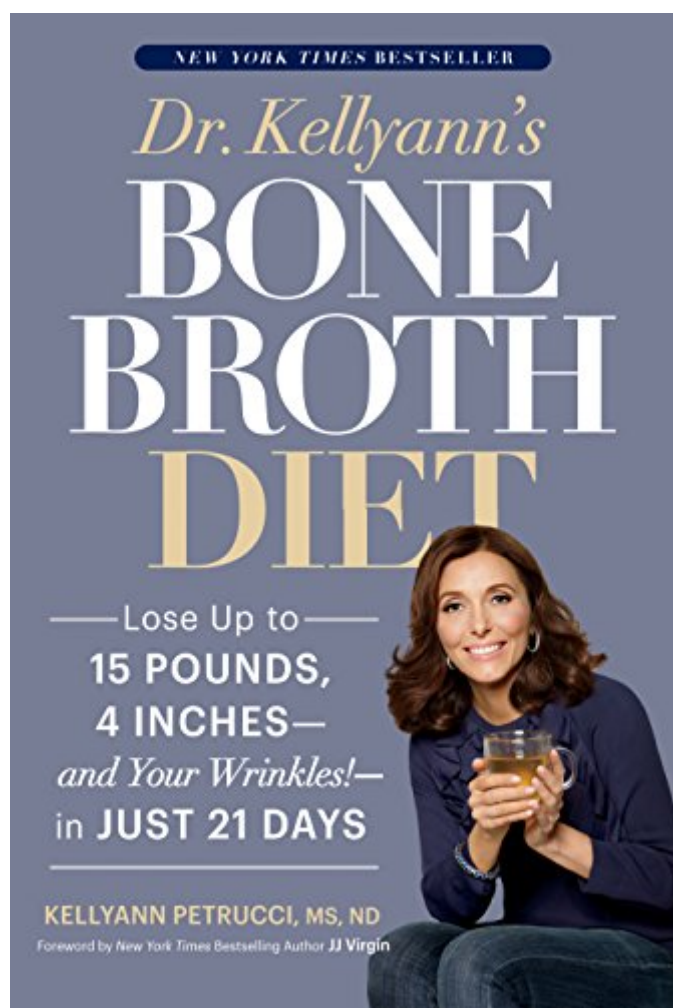


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Dr. Kellyann's Bone Broth Diet: Lose Up To 15 Pounds, 4 Inches--and Your Wrinkles!--in Just 21 Days



Synopsis

The New York Times says it "ranks with green juice and coconut water as the next magic potion in the eternal quest for perfect health." ABC News calls it "the new juice craze." Celebrities like Gwyneth Paltrow, Shailene Woodley, Salma Hayek, and Kobe Bryant are hooked on it. It's bone broth--and it's the core of New York Times bestseller Dr. Kellyann's Bone Broth Diet. As a naturopathic physician and weight-loss specialist, Dr. Kellyann has helped thousands of patients achieve spectacular weight loss and more youthful-looking skin through her bone broth diet. Packed with fat-burning nutrients, skin-tightening collagen components, and gut-healing and anti-inflammatory properties, bone broth is the key to looking and feeling younger than ever before. In just 21 days, you, too, can unlock these miraculous results with Dr. Kellyann's delicious bone broth recipes and groundbreaking mini-fasting plan. You'll learn the science of why bone broth works and how to lose weight safely and easily--cravings and hunger pains not included. The simple and tasty recipes for beef, turkey, chicken, and fish bone broths are loaded with flavor and nutrients. Unlike other diet plans that involve serious preparation and cooking, the bone broth diet allows you to spend less time in the kitchen and more time enjoying your newfound vibrancy. With easy fitness routines and mindful meditation exercises, Dr. Kellyann's Bone Broth Diet is your key to a healthier, happier, slimmer, and younger life.

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Customer Reviews

After my husband purchased the book and suggested we do it together, I decided why not. He was offering to do the cooking, so I sat back and did what he told me to. I wasn't too thrilled with the idea, but since he did the hardwork, what could I lose? The first two days were bloody hell. I had body aches and felt like absolute crap! So I started reading the book and found out this was called the "carb flu". Despite of doing the Paleo before and not having these symptoms (I chalk it up to having too much carb storage after the binge eating of the holidays), I decided to stick it out since Dr. Kellyann said this was normal and stay the course! So glad that I did! We have 9 days left of the 21 days and I feel amazing!!!! At first the broth was a little nasty to me, but now I love it. (A little bit of Crystal hot sauce helps me a ton!) The other day I had so much energy that I cleaned my house from top to bottom from the second I woke up to the moment I went to bed! It was crazy!! My kids told me yesterday when I walked through the door, "Whoa, Mom!! You've lost weight!" I was beaming!! My skin also looks great! (I had a brown sun spot downright disappear from my forehead! No joke!) The craziest thing is that I don't have sweet cravings anymore. I know I will be able to do the maintenance program, no problem. But I do miss my red wine! That's the hardest part. But my body needed the break from alcohol and sleep has never been better. Oh yeah!!! Get this! This diet has cured my husband's insomnia. I'm. Dead. Serious. He is hypoglycemic and would wake him up in the middle to eat and this diet has stabilized his blood sugars so he sleeps like a log. It's crazy to him! (His skin looks amazing too, by the way. He actually looks like he has a slight tan!! wish I would've taken before pictures. But honestly I didn't think I'd have these kind of results and I also didn't think I would be able to stick to the diet 100%. But I have and I will for the next 9 days. So glad my husband bought this and "made" me do this diet!****Update. I have lost a total of 12 pounds!!!! AND I have a week left!! I'm in shock!!! Thank you, Dr. Kellyann!!

I can't begin to describe how great this diet is. I lost 15 lbs. On top of that this diet has cured my depression and anxiety, it's lowered my resting heart rate from 140 to 75, it's given me more energy than I can spend, and it's made me sleep more soundly than I've ever slept. I used to have no energy for working out but now I have so much energy that I WANT to exercise to burn it off! Unlike other diets I've tried, this one makes me want to stay on it forever. I just feel so GOOD. It's incredible how much your diet impacts so many aspects of your health.

Dr Kellyann used the principles in the Bone Broth Diet to help my husband and I lose 237 pounds to date. I went along just to support him and I shockingly lost 30 pounds and my skin is like new. I can't believe what I see when I look in the mirror. I tear up. I'm filled with gratitude. This book works!

I am a 65 year old guy who is about 60# overweight. I bought this book and used it as Dr. Kellyann suggests. Without any exercise at all, I've lost 35# in 8 consecutive weeks of dieting, plus I feel much healthier, more energetic and my facial skin looks a little younger., Specifically, I lost 14# in the first 2 weeks, then 9# more in the next 2 weeks, then 7# more in the next 2 weeks and then 5# more in the past 2 weeks. During those 8 weeks, I over-indulged in unhealthy food and drinks on about 7 different days when attending social events. I've tried all the popular diet plans before with limited results. The Bone Broth Diet is by far the easiest and most effective diet I've ever tried. The key to this diet is the bone broth itself. I'm consuming nothing but 6 cups of beef bone broth on two, non-consecutive mini-fast days per week as the book advises. Tip - I bought my first beef broth from local health store and it was weak, expensive at \$2.00 per cup, and not very satisfying. As a result, those mini-fasting days were tough to tolerate. So, I started making my own beef broth in my crock pot for 24 hours with tap water, onions, celery, carrots, pepper, Himalayan salt, garlic, and grass fed beef bones from a local farm - total cost \$.50 per cup. It is delicious and very satisfying, so now the mini-fasting days are a breeze. This is such an easy diet that I'm going to continue dieting a few more weeks to see how much more weight I can lose.

This is a clean paleo diet (no dairy, grains, sugar etc) plus two days a week that you fast and only drink bone broth. Bone broth is super good for you. There. I just saved you the money. Edit: it has some decent recipes. Also bone broth *is* really excellent for you.

This book is not only informative but I believe has the answers to my inflammation problems...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 am sticking with the Bone Broth... If you eliminate 100% of sugar from your diet (very hard to do) and drink bone broth... You never get hungry and the energy is amazing!!! The pounds do go away! Good bone broth tastes like eating a good steak.

Good book to get you started on making your own high quality "bone broth" at home and to understand the health benefits. There are tips on using bone broth for fasting and dieting. I now give tips to friends on making their own homemade broth. Valuable book!

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