

7 Years Younger: The Anti-Aging Breakthrough Diet: Lose 20 Pounds (Or More!)



A delicious and yes! proven-to-work-big-time weight loss plan with cutting-edge anti-aging benefits. An innovative weight loss plan for men and women, the 7-week diet is built on the foods that science shows deliver anti-aging benefits. Adopt this easy-to-follow plan and you'll have better cholesterol levels, lower blood pressure, an in-control sugar level, a healthier heart, and a leaner body. And another big anti-aging bonus: Studies show many of the anti-aging foods found on this diet also nourish your skin so you can actually look younger. It's an added benefit that comes as a surprise to many, but it's a scientific fact: Eating certain foods can improve your skin in a variety of ways that give you vibrant color and can even diminish wrinkles. Along with the 7-week meal plan and fitness program, the diet includes more than ninety recipes for breakfast, lunch, and dinner. Throughout, there is abundant, proven advice on overcoming mental hurdles to achieve permanent diet success and ideas on how to personalize the plan to your specific situation by swapping out meals. Get ready to turn back the scale and the clock!

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