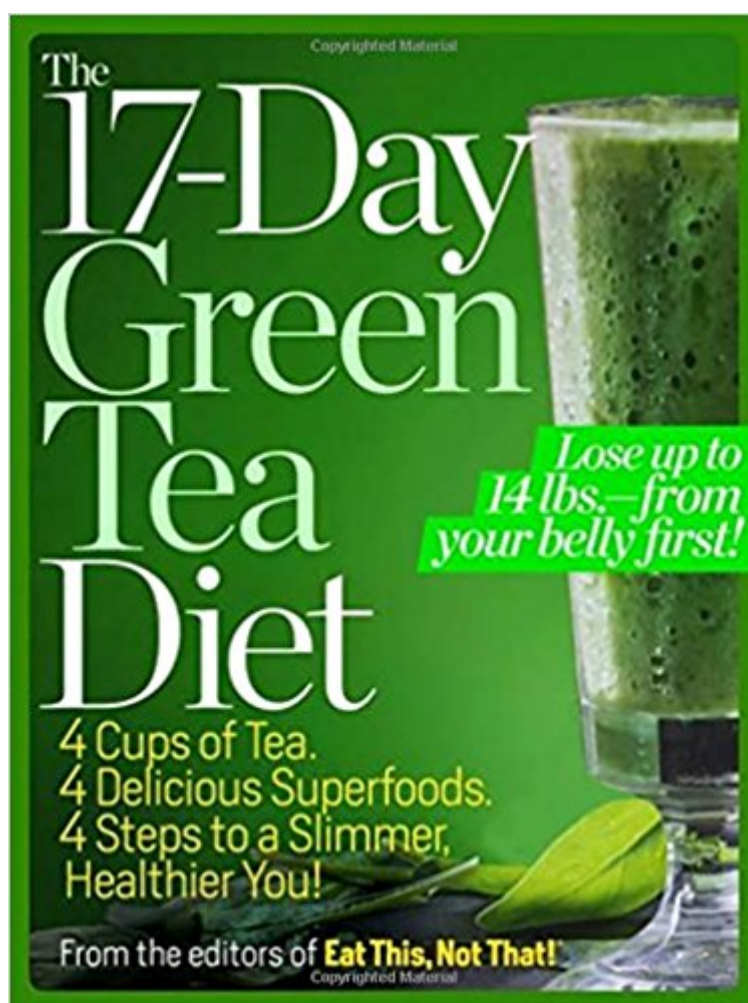


The book was found

The 17-Day Green Tea Diet: 4 Cups Of Tea, 4 Delicious Superfoods, 4 Steps To A Slimmer, Healthier You!



Synopsis

Flatten your belly, boost your metabolism, and strip away unwanted pounds with the most effective, least expensive, most scientifically proven weight-loss plan ever created! ~ It seems incredible. Impossible. And yet it's true: Fast, permanent weight-loss is just a sip away, thanks to this unique program developed by the bestselling authors of *Eat This, Not That!* ~ And all it takes is a cup of hot water and a humble bag of green tea. ~ The secret lies in a rare but powerful nutrient known as EGCG ~ found almost exclusively in green tea ~ that improves fat burning, inhibits your body's ability to build new fat cells, and protects you from each and every one of the major diseases of our day. Its effects are so powerful that, by combining it with the 4 unique superfoods of the 17-Day Green Tea Diet, you will: ~ Lose body fat ~ as much as 14 pounds in 17 days! ~ while eating all your favorite foods. Discover why green tea drinkers have, on average, 20 percent less body fat than non-drinkers. ~ Never feel hungry or deprived ~ even as the pounds melt away! Green tea quashes hunger, reduces stress, and even improves sleep. ~ Boost your metabolism ~ instantly! Discover how green tea improves the effects of exercise ~ and even helps tone your muscles. ~ Detox and cleanse your body, naturally. One study found that drinking tea may block your body from absorbing environmental toxins. ~ Slow the aging process and look, feel, and live younger. Those who drink the most green tea are less likely to die of any cause than those who do not, according to an eleven-year study. ~ With a complete, easy-to-use eating plan that works for everyone, plus delicious recipes for meals, snacks, and even desserts, the 17-Day Green Tea Diet is the perfect plan for anyone who wants proven results ~ fast!

Book Information

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Customer Reviews

The editors of Eat This, Not That command an audience of 4.1 million unique visitors to their websites, as well as 975,000 newsletter subscribers and more than 1 million social media followers.

I used to be able to lose weight pretty easily when I set my mind to it. Ten years ago I went on the Atkins Diet for six months and lost about 40 pounds. While I looked and felt a lot better, the stresses that caused me to eat so poorly didn't go away, and I really missed pizza and sandwich rolls, so I eventually gave it up and gained all of the weight back. Over the years since then I have tried other diet plans, but could never really stick with them. I even tried the Atkins Diet again, but it was not nearly as effective the second time. The other thing that was holding me back, though I didn't know it at the time, was my addiction to diet soda, which is full of all kinds of chemicals that make you crave sweets and generally mess with your metabolism. I was drinking at least four or five 20 ounce bottles a day. I got on a test panel for the Green Tea Diet and lost a bunch of weight right off the bat, about 8 pounds in the first 5 days. By the end of the second week I had lost 12 pounds. I was amazed that I was able to completely stop drinking soda, which was motivated by reading in this book how bad it is for you. When I tried this in the past I usually got headaches even if I replaced the caffeine with coffee, but when I replaced it with green tea it was like I never missed it. Also, every other diet I have been on felt like I was depriving myself of something, but the green tea really seems to prevent that. I sometimes look up at 2:00 or 2:30 and realize that I have forgotten to eat lunch which is something that never happened to me before. Also, the tea really does seem to reduce my stress level, and I don't find myself craving something like pizza or a cheeseburger just to make the stress go away. The book is called a "17-Day Diet" but I am not sure why you would stop there. This is an easy way to live. I am not much of a cook, so I don't really make the recipes they way they are shown in the book, but I do try to build my meals around the foods they recommend. They say you will consume 1,300 or so calories per day, but I doubt I am anywhere near that low, but I am still losing weight and feeling less stressed.

This could have been an article. Not a book. Just repeats itself and doesn't have very many recipes which is why I bought it. Very disappointed. =(

I love it! Lots of really good information besides diet info. I used the diet for one week and lost

weight. I intend to do the 17 days once the weather warms up here in the North. I no longer eat like I used to eat after reading this very helpful book.

Really helped me lose weight and I didn't realize how much I enjoy and appreciate green tea!!!

Way too much money for way too little content. You can buy a lot of green tea for this ridiculous price.

Incredibly informative. The information was invaluable. The part that was slightly bothersome about the book was portions of it read like I was watching an infomercial and I kept waiting to see the but if you act now, or for just so much more...Overall, 4 stars because the rest of the book provided knowledge, a balanced meal suggestion, and suggested but not required exercise regime. All shown in detail.

Great information in this book.

Interesting theory, I didnt want to try it for more than a couple days so cant comment on outcome

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