



The Bone Broth Diet Helper Cookbook: Quick and Easy Bone Broth Diet Recipes to Lose Weight, Boost Energy, Feel Younger, Fight Wrinkles and Much More (Paperback)

By Madison Miller

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Want to lose weight, feel younger, fight back those nasty wrinkles, and improve your health drastically with an easy to follow diet? It s time to try the bone broth diet! This book is an easy read straight to the point with quick and easy recipes for anyone looking to follow the bone broth diet. It is meant foremost as a helper cookbook to support your dieting efforts. In brief, the bone broth diet consists of 2 days of fasting on bone broth and five days of diet meals on the paleo diet, meaning wholesome, unprocessed food that nourishes your body and your mind. Bone broth has collagen your skin needs to look radiant and young, which is what people tend to lose over the years that results in wrinkly, flabby skin. Bone broth also helps to detoxify your body so you re getting rid of all that gunk that can sit inside you, rot your insides and in turn aging you inside and out. Bone broth also has anti-inflammatory properties, and recent studies have linked weight gain to...



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