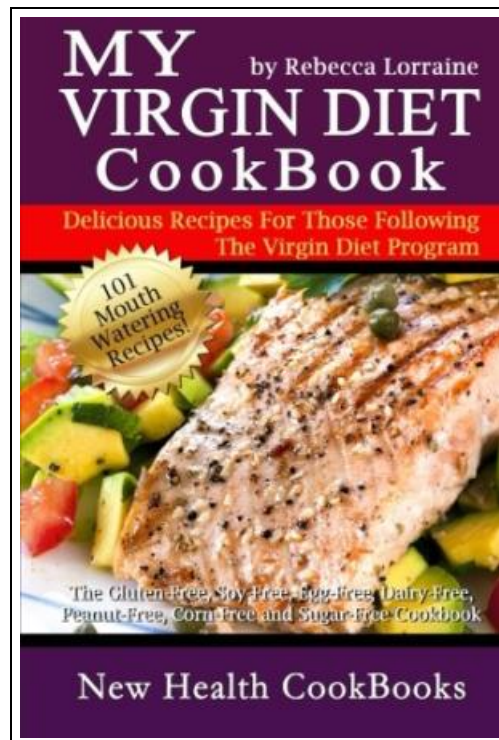


## My Virgin Diet Cookbook: The Gluten-Free, Soy-Free, Egg-Free, Dairy-Free, Peanut-Free, Corn-Free and Sugar-Free Cookbook



Filesize: 1.45 MB

### **Reviews**

*It is great and fantastic. I have go through and i am sure that i will likely to study again once again later on. I am just easily could possibly get a enjoyment of looking at a published book.*  
(Tad Stanton Sr.)

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Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.About My Virgin Diet Cookbook Note: This cookbook is by Rebecca Lorraine, one of JJ Virgin s successful students - based on recommendations in The Virgin Diet book. Also, be sure to watch for JJ Virgin s new cookbook in Feb. 2014. I first discovered The Virgin Diet when I stumbled across the author talking about her book on PBS. It didn t take long to get the feeling she was talking directly to me as she pointed out how so many people are frustrated with their unsuccessful weight loss attempts. We do all the right things, live on low-fat, low-carb foods, deprive ourselves of desserts and exercise regularly . . . All without positive results. I was so happy to hear that there may be hope for me; I had to give it a try. If you ve read The Virgin Diet by JJ Virgin, then you already know that many of the supposedly healthy foods in our diets may actually be making (or keeping) us fat, especially if our system is intolerant, and doesn t know how to process them. There are 7 high-FI foods (the seven that people are most commonly intolerant of) that you completely eliminate for 21 days. Then, over the next 28 days, you reintroduce 4 of the 7 one by one (Soy, Gluten, Eggs and Dairy) to determine whether or not your system is OK with the given food, or if you should eliminate that food all together. The other 3 high-FI foods (Sugar, Corn and Peanuts) should, as a rule, be avoided 95 of the time for a number of reasons related to overall health and well-being. Now, if you...



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