



## The Virgin Diet: Drop 7 Foods, Lose 7 Pounds, Just 7 Days

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By J. J. Virgin

Tantor Media, Inc, United States, 2012. CD-Audio. Book Condition: New. Unabridged. 195 x 135 mm. Language: English . Brand New. The key to weight loss isn't calories. It isn't fat. It isn't protein. It isn't even carbs. You can count them, cut them, and swap them all you want, but you won't lose weight if you're eating foods that your body can't tolerate. And the most common diet foods-like egg whites, wheat bread, and fat-free yogurt-are some of the worst offenders. These healthy foods are actually making you fat! In this book, celebrity nutritionist and fitness expert J. J. Virgin pinpoints the ten foods that sabotage weight loss. Just by eliminating these ten diet saboteurs, listeners will see incredible results: their fat will melt away, their metabolism will get a healthy boost, their energy levels will skyrocket and they will start to look (and feel!) younger. As Virgin explains, the body is a chemistry lab, not a calculator. These ten foods cause inflammation in the body, slowing the metabolism, creating mood swings and cravings and causing premature aging-not to mention a host of beauty problems. In addition to eliminating the ten foods, listeners will eat...



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