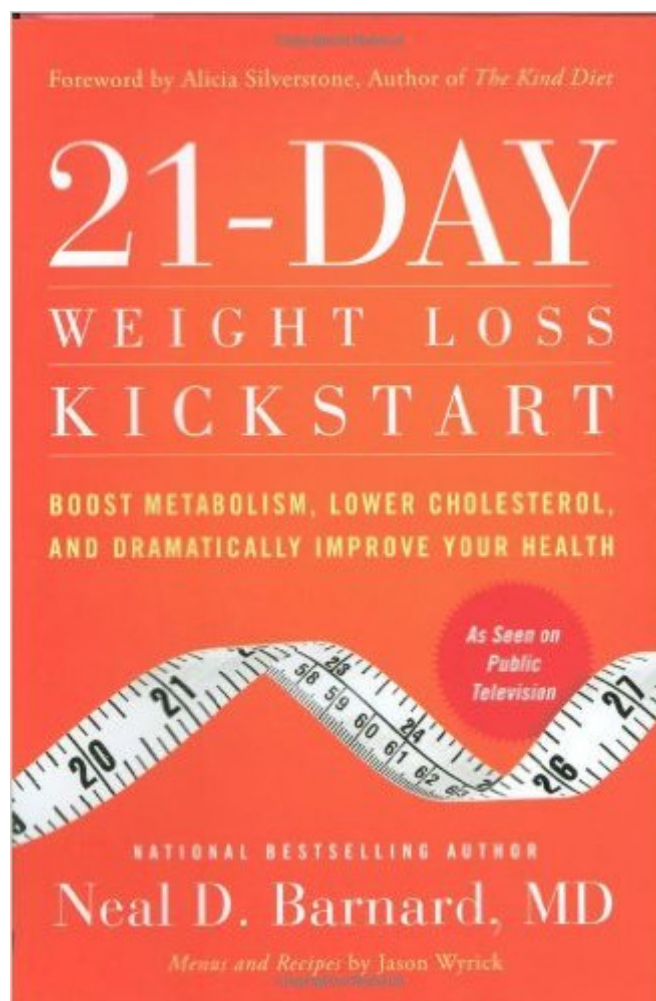


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# 21-Day Weight Loss Kickstart: Boost Metabolism, Lower Cholesterol, And Dramatically Improve Your Health



## Synopsis

For years, Dr. Neal D. Barnard has been at the forefront of cutting-edge research on what it really takes to lose weight and restore the body to optimal health. Now, with his proven, successful program, in just three short weeks you'll get fast results-drop pounds, lower cholesterol and blood pressure, improve blood sugar, and more. With Dr. Barnard's advice on how to easily start a plant-based diet, you'll learn the secrets to reprogramming your body quickly: Appetite reduction: Strategically choose the right foods to naturally and easily tame your appetite. Metabolism boost: Adjust eating patterns to burn calories faster for about three hours after each meal. Cardio protection: Discover the powerful foods that can help reduce cholesterol nearly as much as drugs do in just weeks. Whether you are one of the millions who are anxious to get a jumpstart on weight loss or who already know about the benefits of a plant-based diet but have no idea how or where to start, this book is the kickstart you've been waiting for. Complete with more than sixty recipes, daily meal plans for the 21-day program, tips for grocery shopping, and more, this book will teach you how to make the best food choices and get your body on the fast track to better health.

## Book Information

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## Customer Reviews

Today is my 21st day (April, 14 2012).I am one of those people who can stick to a diet, but can't lose weight. I've tried everything out there. On some diets I've even gained weight (the 90s Ornish plan with dairy, Nutrisystem, Atkins) while family members have lost weight eating the same exact things. This book explained WHY I didn't lose or even gained weight on diets and what I could do

that was different and might offer me some success. I thought I was doomed to feeling and looking lousy, and am so grateful I was wrong. I lost 6 lbs in three weeks, steadily, easily. If I can lose 6lbs with my stubborn metabolism, then I would guess most people might have even greater success. I was never hungry, and at the end of each day I'd lie in bed thinking how nice it is to have a sensation of satiety but not to feel bloated, starved, or guilty. To have enjoyed--really enjoyed--my food and felt healthy, had more energy, and been more comfortable in my body and my clothes. I have been craving this kind of feeling on a deep level, but have never been able to figure out how to effect it in my life. At first, I found the plan a little intimidating. But if you can make it through the first day you can make it through 21 days. Day 2 is even easier, and by the end of the first week you won't even have to think about it. My retired mother went on it with me, and she had no problem with it either. She is a diabetic and controls her diabetes very carefully with diet. She said her blood sugar fluctuated more than normal the first few days, but then stabilized nicely and she hasn't had a problem since then and is really enjoying being able to eat a wider variety of foods now, including some things she just couldn't eat at all before.

This is titled as a 3 week plan, but it really is intended to be more than that. Most people can stick to any diet for 3 weeks, right? Dr. Barnard believes that if we focus on the short term, the long term changes follow. You really can notice the difference in the way you feel after 3 weeks, and that is long enough to shift your eating habits. This is actually a plan rather than a diet. In fact, Dr. Barnard removes the word "diet" because he wants to remove the diet mentality. This is really more about health, and weight loss becomes a by-product. What Dr. Barnard states is if we set animal products aside and keep oils to a minimum, we will lose weight. It's that easy! No calorie counting, no carb restrictions and no exercise. You do that by eating more whole grains, fruits and veggies and legumes. These fill you up and keep you from binging on junk food. But.....The challenge for many people is giving up that big steak or burger you have been living on for most of your life. Most people are not ready to give their favorite foods. You will still see benefits if you eat more of the healthy foods and less of the meat products. There are some very tasty recipes, thanks to the help of executive chef Jason Wyrick. This helps shift your thinking away from the idea of bland, steamed vegetables every meal. Some examples of meals: \*Breakfast: Green apple oatmeal and lemon soy yogurt with blueberries or ginger banana breakfast smoothie and toast with jam. \*Lunch: Pita pizza with mixed greens, orange and fennel salad with tomato soup, rye bread and a fresh pear or balsamic zucchini sandwich, banana slices and French onion sourdough soup.

These are my results from putting Dr. Neal Barnard's 21-Day Weight Loss Kickstart into practice. 11.5 LBS. MY FIRST 21 DAYS (February 21 - March 14, 2011): When I got this book I jumped right in and tried out a couple of interesting-looking recipes, never stopped doing just that, and here I am 21 days later finding my body 11.5 lbs. lighter -- on average, that's a little more than 1/2 lb. a day. QUICK OVERVIEW OF BOOK: By eating only fruits, vegetables, whole grains, and legumes, and by setting aside all animal products, oils, and high-glycemic index foods, as Dr. Barnard recommends, my body's excess weight just melted away, effortlessly, with very little of my usual cravings. This is exactly what Alicia Silverstone describes from her experiences with these same food choices in the Forward. Thank you, Dr. Barnard, for practicing medicine with a fork rather than a scalpel, as you have previously stated. I really like the fact that the last third of the book is devoted to providing a fantastic example of menus and recipes; what a great jumping-off point. The first two recipes that I tried, Huevos Rancheros and Quick Black Bean Chili from Day 19, were off-the-charts delicious. Since then, my friends and I have been amazed at how tasty every other recipe has been that I've made for them. Thank you, Jason Wyrick! MY STORY, COMMITMENT & LEVEL OF EFFORT: Before discovering this book on I was pretty serious about losing weight and was already preparing my own meals in order to have direct control over the content of all food that I ate. I had previously spent some time learning about nutrition, attended some classes at a local university, and had seen a nutritionist.

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