



The 17-Day Green Tea Diet: 4 Cups of Tea, 4 Delicious Superfoods, 4 Steps to a Slimmer, Healthier You!

Galvanized Books

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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!

From the Trade Paperback edition.

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James Baron:

As people who live in often the modest era should be upgrade about what going on or data even knowledge to make all of them keep up with the era which can be always change and advance. Some of you maybe will certainly update themselves by examining books. It is a good choice to suit your needs but the problems coming to a person is you don't know what one you should start with. This The 17-Day Green Tea Diet: 4 Cups of Tea, 4 Delicious Superfoods, 4 Steps to a Slimmer, Healthier You! is our recommendation to cause you to keep up with the world. Why, because book serves what you want and wish in this era.

Keith Cochran:

A lot of people always spent all their free time to vacation or perhaps go to the outside with them friends and family or their friend. Do you realize? Many a lot of people spent many people free time just watching TV, or maybe playing video games all day long. If you would like try to find a new activity here is look different you can read the book. It is really fun for you personally. If you enjoy the book that you just read you can spent all day every day to reading a reserve. The book The 17-Day Green Tea Diet: 4 Cups of Tea, 4 Delicious Superfoods, 4 Steps to a Slimmer, Healthier You! it is quite good to read. There are a lot of people that recommended this book. We were holding enjoying reading this book. In case you did not have enough space to bring this book you can buy typically the e-book. You can m0ore effortlessly to read this book from the smart phone. The price is not to cover but this book has high quality.

James Furlow:

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Steven Delorme:

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