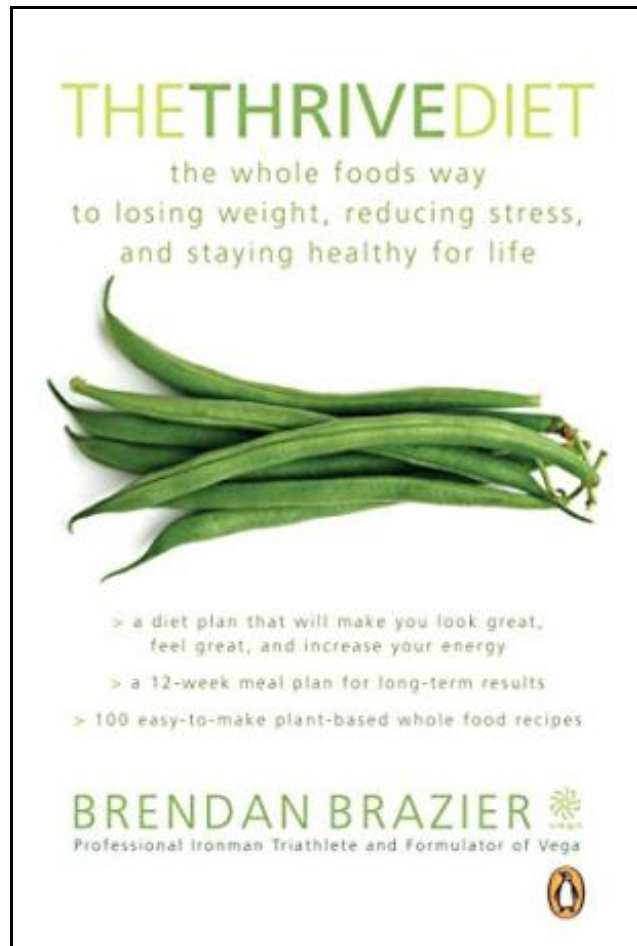


The Thrive Diet



Filesize: 7.41 MB

Reviews

It is great and fantastic. Better than never, though i am quite late in start reading this one. Your life period will likely be transform once you comprehensive reading this book.
(Blanca Davis)

THE THRIVE DIET



Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, The Thrive Diet, Brendan Brazier, This title helps to: reduce body fat; diminish visible signs of aging; boost energy and mental clarity; enhance mood; increase productivity; eliminate junk food cravings and hunger; build a stronger immune system; lower cholesterol; improve sleep quality; and, stay healthy for life. The Thrive Diet is a long-term eating plan that will help you achieve optimal health through stress-busting plant-based whole foods. It's an easy-to-follow diet that will help you understand why some foods create nutritional stress and how other foods can help eliminate it, giving you a lean body, sharp mind and everlasting energy. Fully researched and developed by Brendan Brazier, professional Ironman triathlete, "The Thrive Diet" features: the best whole foods; over 100 easy-to-make recipes with raw food options that are all wheat, gluten, soy, corn, refined sugar, and dairy free, including exercise-specific recipes for pre-workout snacks, energy gels, sports drinks and recovery foods; and, an easy-to-follow exercise plan that compliments "The Thrive Diet".



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