

The Core Balance Diet: 28 Days to Boost Your Metabolism and Lose Weight for Good

By Marcelle Pick

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Is your weight gain making you miserable? Have you noticed that you're packing on pounds in unpleasant places? Or is the scale—and the way you feel about yourself—just stuck, no matter how much you diet or exercise? If you've struggled without success to lose weight and keep it off, there's always a reason, and—surprise!—it probably has little to do with how hard you try or how many calories you count.

The Core Balance Diet is a breakthrough plan designed to restore your body's equilibrium and return you to a healthy, sustainable weight. **Marcelle Pick** draws upon decades of experience, both her patients' and her own, to help you:

- Learn simple lifestyle changes and smart nutrition choices that will show you how to tune in to your body and identify your fundamental obstacles to weight loss
- Adopt a customized two-week program geared at restoring your Core Balance and shedding those toxic pounds once and for all
- Enjoy delicious recipes made from whole foods that give your body the support it needs to heal
- Explore underlying issues and emotional patterns that may be getting in your way

The Core Balance Diet heralds a whole new chapter in weight loss, proving how easy it is to work with your body and the right foods – not against them – to rid yourself of weight and unhealthy habits for good. Within a month, you'll be on your way to a lean, fit, and balanced body that is ready to support you – and look great – for the rest of your life.

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The Core Balance Diet: 28 Days to Boost Your Metabolism and Lose Weight for Good By Marcelle Pick Bibliography

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