

Dr. Kellyann's Bone Broth Diet: Lose Up to 15 Pounds, 4 Inches--and Your Wrinkles!--in Just 21 Days

By Kellyann Petrucci

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The *New York Times* says it "ranks with green juice and coconut water as the next magic potion in the eternal quest for perfect health." ABC News calls it "the new juice craze." Celebrities like Gwyneth Paltrow, Shailene Woodley, Salma Hayek, and Kobe Bryant are hooked on it. It's bone broth--and it's the core of *New York Times* bestseller *Dr. Kellyann's Bone Broth Diet.*

As a naturopathic physician and weight-loss specialist, Dr. Kellyann has helped thousands of patients achieve spectacular weight loss and more youthful-looking skin through her bone broth diet. Packed with fat-burning nutrients, skin-tightening collagen components, and gut-healing and anti-inflammatory properties, bone broth is the key to looking and feeling younger than every before. In just 21 days, you, too, can unlock these miraculous results with Dr. Kellyann's delicious bone broth recipes and groundbreaking mini-fasting plan.

You'll learn the science of why bone broth works and how to lose weight safely and easily--cravings and hunger pains not included. The simple and tasty recipes for beef, turkey, chicken, and fish bone broths are loaded with flavor and nutrients. Unlike other diet plans that involve serious preparation and cooking, the bone broth diet allows you to spend less time in the kitchen and more time enjoying your newfound vibrancy. With easy fitness routines and mindful meditation exercises, *Dr. Kellyann's Bone Broth Diet* is your key to a healthier, happier, slimmer, and younger life.

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Editorial Review

Review

"Dr. Kellyann sBone Broth Diet "is totally dialed in. This is empowering, user-friendlyinformation supported by the most forward-thinking scientific researchavailable.
--DAVIDPERLMUTTER, MD, author of the #1 "NewYork Times "bestseller "Grain Brain: The Surprising Truth About Wheat, Carbs, and Sugar Your Brain s Silent Killers"

Here s what Kellyannand I know from decades of transforming people s lives: What you put on yourfork is more powerful than anything you ll find in a prescriptionbottle.
- MARK HYMAN, MD, "New York Times "bestselling author of "The Blood Sugar Solution"

"Wealth doesn't mean anything if you don't haveyour health. In this book, Dr. Kellyann gives you the tools you need to conqueryour weight problems, heal your body, stay young, and take your energy to anincredible level. Read it and take charge of your life.

- DAYMOND JOHN, co-host of ABC s Emmyaward-winning "Shark Tank" andbest-selling author of "The Brand Withinand Display of Power"

Your life isn t about losing a few pounds right now, andthen falling back into old habits. Instead, it s about empowering you to takecontrol of your body and your mind for the rest of your life. Dr. Kellyannoffers you the tools you need to be healthy, slim and young not just now, butforever.
--BRETTHOEBEL, creator of the 20 Minute Body andcelebrity trainer on NBC s "The Biggest Loser"

"Dr. Kellyann sBone Broth Diet "provides a terrific plan to lose weight. Fasting twice perweek has always been a great way to lose weight, but few could succeed. Dr.Petrucci makes it easy for you by adding nutrient-packed bone broth plus greatrecipes that are nourishing and satisfying. Her emphasis on clean sources offat and protein make great sense.
--STEVE MASLEY, MD, FAHAA, FACN, FAAFP, CNS, bestselling author of "The 30-Day Heart Tune-Up "and "SmartFat," and creator of the top health & wellness show on publictelevision, "30 Days to a Younger Heart"

"Dr. Kellyann sBone Broth Diet" is a must-read for anyone who wants to say goodbye toold habits and de-age their bodies. The easy-to-follow strategies will rescueyou from old patterns and jumpstart your metabolism. Dr. Kellyann s plan willhelp create the glow that comes from having endless energy, a trim body and aradiant complexion."
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About the Author
Kellyann Petrucci, MS, ND, is a board-certified naturopathic physician and certified nutrition consultant with a thriving practice in Bucks County, Pennsylvania. She is also a concierge doctor for celebrities in Los Angeles and New York. Petrucci is a regular guest on *The Doctors*, the *Dr. Oz Show*, and national news programs and is a regular contributor to the *Huffington Post* and *Mindbodygreen*.

Users Review

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Peter Wright:

This Dr. Kellyann's Bone Broth Diet: Lose Up to 15 Pounds, 4 Inches--and Your Wrinkles!--in Just 21 Days book is simply not ordinary book, you have after that it the world is in your hands. The benefit you obtain by reading this book will be information inside this publication incredible fresh, you will get facts which is getting deeper you actually read a lot of information you will get. This specific Dr. Kellyann's Bone Broth Diet: Lose Up to 15 Pounds, 4 Inches--and Your Wrinkles!--in Just 21 Days without we recognize teach the one who studying it become critical in thinking and analyzing. Don't be worry Dr. Kellyann's Bone Broth Diet: Lose Up to 15 Pounds, 4 Inches--and Your Wrinkles!--in Just 21 Days can bring whenever you are and not make your case space or bookshelves' grow to be full because you can have it inside your lovely laptop even telephone. This Dr. Kellyann's Bone Broth Diet: Lose Up to 15 Pounds, 4 Inches--and Your Wrinkles!--in Just 21 Days having good arrangement in word and also layout, so you will not sense uninterested in reading.

Aaron Ryan:

Spent a free time for you to be fun activity to complete! A lot of people spent their leisure time with their family, or their friends. Usually they doing activity like watching television, planning to beach, or picnic

from the park. They actually doing same every week. Do you feel it? Will you something different to fill your free time/ holiday? Can be reading a book can be option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the guide untitled Dr. Kellyann's Bone Broth Diet: Lose Up to 15 Pounds, 4 Inches--and Your Wrinkles!--in Just 21 Days can be good book to read. May be it may be best activity to you.

Richard Shumate:

Dr. Kellyann's Bone Broth Diet: Lose Up to 15 Pounds, 4 Inches--and Your Wrinkles!--in Just 21 Days can be one of your beginner books that are good idea. We recommend that straight away because this e-book has good vocabulary that could increase your knowledge in vocabulary, easy to understand, bit entertaining but still delivering the information. The article writer giving his/her effort to put every word into enjoyment arrangement in writing Dr. Kellyann's Bone Broth Diet: Lose Up to 15 Pounds, 4 Inches--and Your Wrinkles!--in Just 21 Days however doesn't forget the main point, giving the reader the hottest and based confirm resource info that maybe you can be among it. This great information can easily drawn you into brand-new stage of crucial considering.

Milan Allen:

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