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The Aging Cure: Reverse 10 Years In One Week With The FAT-MELTING CARB SWAP



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Synopsis

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FAT-MELTINGÃ Â Ã Â Ã Â
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Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â AGE
LESSÃ Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Pom Wonderful
PomegranateÃ Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â CARB
SWAPÃ¢â Â¢Ã Â Ã Â Ã Â
Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Activate Antioxidant Cherry
16-oz.
bottleÃ Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã
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Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Exotic
Berry 16-oz. bottleSugar =
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Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Sugar = 0gÃ Â For years, experts have told you that if you want to look and feel younger, you must resort to surgeries, creams, or expensive vitamins. Others have told you to simply give up. They were WRONG. The solution is a diet that avoids hidden sugar and is rich in antioxidants. This easy guide makes anti-aging effortless and affordable. It includes more than 300 options customized for carb lovers, chicken and seafood fans, meat lovers, vegans, and vegetarians. Get ready for a fresh start to your life!Ã Â Ã Â Angie lost 92
lbs.Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â
Amy lost 40 lbs.Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Jorge

lost 40 lbs.

Book Information

Spiral-bound: 264 pages

Publisher: Hay House; 1 Spi edition (February 1, 2013)

Language: English

ISBN-10: 1401937152

ISBN-13: 978-1401937157

Product Dimensions: 7.5 x 0.7 x 7.4 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 49 customer reviews

Best Sellers Rank: #924,524 in Books (See Top 100 in Books) #80 inÃ Â Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals #105 inÃ Â Books > Health, Fitness & Dieting > Aging > Diets & Nutrition #525 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb

Customer Reviews

Ã¢â ¬Å“Jorge gets it right by eliminating excessive sugar and processed carbohydrates.Ã¢â ¬Â•Ã¢â ¬â • Andrew Weil, M.D.

Jorge Cruise is internationally recognized as AmericaÃ¢â ¬â„¢s number one easy-diet expert and the author of six consecutive New York Times best-selling series, with more than six million books in print in over 15 languages. He has appeared on numerous television shows, including LIVE! with Kelly and Michaels, The Dr. Oz Show, The Rachael Ray Show, the Today show, and Good Morning America.Ã Â

But I haven’t tried the recipes yet, and lots of them look yummy. Cruise’s program is WORKING for me and I’m almost 65. Love it!The protein snacks are important to keep the old metabolism humming. I needed to lose 15 # and have lost 10 in a couple of months. The cool thing is, the loss has sped up for me as I stayed with the plan, instead of slowing down like everything else I’ve tried! And I’ve been careful but not perfect. OH, one more thing. I can’t believe how fruit was spiking my blood sugar and keeping me overweight. I ate a lot of fruit--healthy, right? Now, I’m delighted with a few blueberries or 1/4 of an apple--always along with protein, of course. And, I finally get that artificial sweeteners are death to my weight loss. Thank you, Mr. Cruise.

This book makes so much sense you just have be prepared for a lifestyle change for the better. GET THE SUGAR OUT OF YOUR LIFE IF YOU WANT TO LOSE WEIGHT, plain and simple. Nobody said it is easy especially if you enjoy a sweet or two, but if you can do it, it works. I haven't made many of the recipies, but they sound tasty and I will be trying them soon. I have cheated a time or two but very little. The food I miss the most is yogurt even if it is not the real sugar still not good for you. Oh well as we all know the best things if life aren't good for you, sad by true!

Great! Bought four of his books! Life changer. Spells it right and the colored pictures sold me!

This new book has great recipes, especially the pizzas. I am a Belly Fat Cure follower for life, and have found this style of eating the most easiest and delicious, compared to Atkins,etc. Anyhow, kudos to Jorge, and keep the recipes coming!!

I started with the fast results menu and saw a noticeable difference within the first week! This book has helped me identify food that will raise my insulin high and those that are likely to not. So, it has empowered me to make choices in what foods I eat. There is variety and I didn't feel hungry all the time. Hydration is an important factor when trying the different menus.

In the first two weeks, I lost 8 lbs. The weight loss has started slowing down (as Jorge predicted it would), but I continue to fit into clothes that I haven't worn in years. The best thing is is that I don't experience cravings or hunger. If I do start to feel hungry, I eat some pistachios or a cheese stick. I really recomment the Sugar & Carb Counter and/or buying the I-Phone app (only $4.99). I've just started Jorge's 8-minute workout, and love how easy it is. I'm a fan for life!

This is so easy to follow and so many options - what a great resource.Wish I'd known about it sooner, but I'm on track now -It doesn't matter if you're vegan or a meat eater - you can do this.Great information and not as restrictive as other lifestyle plans - very adaptable.

I enjoy all of Jorge Cruises' books they are easy to read and understand.

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