



## The Virgin Diet: Drop 7 Foods to Lose 7 Pounds in 7 Days

By JJ Virgin

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, The Virgin Diet: Drop 7 Foods to Lose 7 Pounds in 7 Days, JJ Virgin, Why food intolerance is the real cause of weight gain. The groundbreaking health and weight loss programme that's taken the US by storm. Lose the fat and feel better fast. Most people believe the secret to being skinny is eating everything in moderation. We've heard it a million times. But this is not true. All foods are not created equal. The secret to losing weight is finding the foods that make you fat. This book guides you to eliminate the seven foods most people are intolerant to for three weeks, while you eat the right proteins, fibres, fats and vegetables. After three weeks, you reintroduce foods, one at a time, to see which foods your body can tolerate. It's that simple. Most people lose 5-10 pounds in the first week! Eating in moderation and counting calories does not work. Different foods work better for different people. JJ Virgin will help you find the right foods for you. With details on foods to avoid, processes for reintroducing foods, easy recipes and tips for eating out and sustaining your...



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