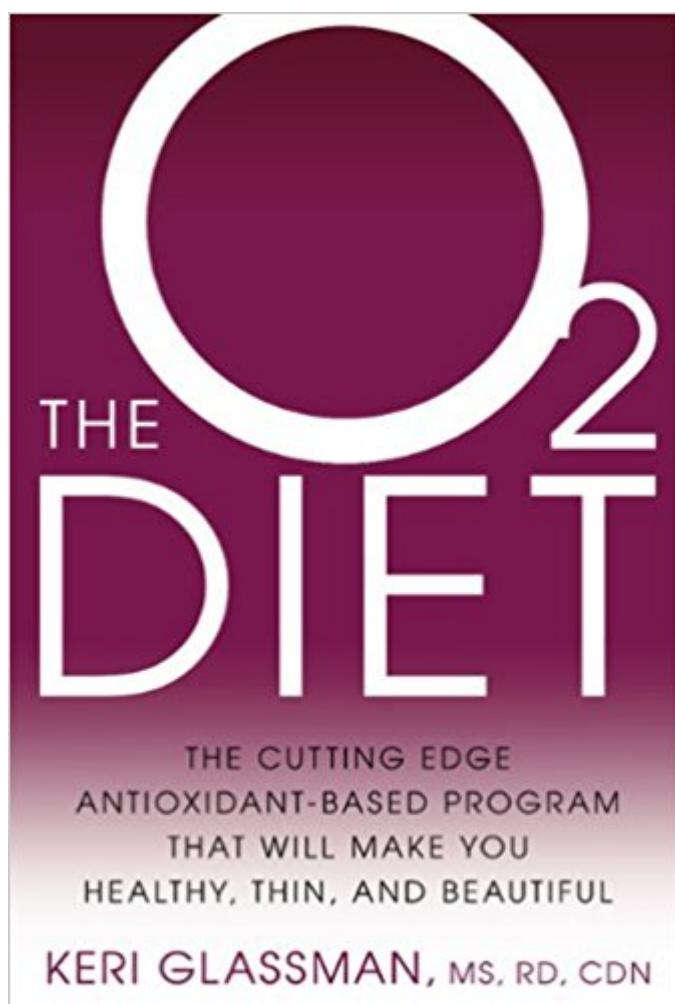


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# The O2 Diet: The Cutting Edge Antioxidant-Based Program That Will Make You Healthy, Thin, And Beautiful



## Synopsis

As seen on CBS's The Early Show, The O2 Diet - by Keri Glassman, MS, RD, CDN with Sarah Mahoney - translates cutting-edge science into an easy-to-do program that will leave you energetic, healthy, and beautiful inside and out. For once, it's not about counting calories or restricting what one eats; it's about eating more of the right things. The O2 Diet includes a 4-day cleanse that promotes rapid weight loss, improved appearance, and confidence-boosting results; a 4-week plan that includes do-it-yourself options and preplanned menus; and a 6-step, fail-proof plan to ordering from restaurant menus. The O2 Diet in paperback also includes all-new recipes and diet strategies that rev your metabolism and satiate your appetites to help you lose weight and feel great for life!

## Book Information

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## Customer Reviews

Jessica Mehalic, Senior Editor, US Weekly: Keri Glassman knows everything about nutrition! She's on my speed dial for diet and weight loss stories. Michele Promaulayko, Editor-in-Chief of Women's Health: Keri always wows me with her ability to make eating well seem more like a treat than a chore! The O2 Diet takes her weight-loss wisdom one step further by introducing you to the foods that will not only shrink your waistline, but will make your skin glow too! Polly Blitzer, Editor-in-Chief of BeautyBlitz.com: THIS BOOK IS A MUST-READ!!!! Keri Glassman and her A-team are truly the most intelligent and effective nutrition experts in the business. As a longtime magazine editor, I have interviewed just about every nutritionist and reviewed dozens of healthy eating guides. When I first met Keri and her perennially charming team, I knew Keri's wisdom, passion, expertise and no-nonsense approach set her practice apart from all others. That is why I became a loyal client

myself! They seamlessly weave cutting-edge nutrition science and human behavior into an accessible, holistic system that is tremendously effective! Keriâ™s philosophy relies on a thoughtful integration of science and lifestyle and ensures that your entire life gets a wellness makeover, not just your dinner plate. When I heard about Keriâ™s O2 Diet and ORAC, I knew she was on to something HUGE. This is the real deal â“ Keri presents helpful information in a foolproof guide. Once you pick up this easy-to-follow compendium, you will not be able to put it down.â She and her team are at the forefront of nutrition and have navigated the grocery aisles and restaurants menus so you donâ™t have to. Keri has identified ways to live your most nutritious life without a restrictive regimen â“ youâ™ll drop the pounds while packing on many healthy years! â Amanda Freeman, Co-founder, VitalJuice.com I just finished reading The O2 Diet and I'm already ORAC obsessed!â I can't put a piece of food in my mouth without thinking of its ORAC value. As an expert in the wellness space, it is rare to read about something completely innovative and applicable, but Keri Glassman has created novel eating guidelines that are easy to follow, and healthy for your mind, body (including skin) and soul - a rare combination! Keri's focus on what you SHOULD eat, rather than what you SHOULDN'T eat makes healthy eating fun and rewarding! The O2 Diet is very Vital Juice Approved! â Holly Phillips, MD, Medical Contributor, CBS "The Early Show", Medical Correspondent, CBS2 News, New York:Finally a prescription for antioxidants!â Keri Glassman expertly wraps up the science behind living longer into a diet anyone can follow! It's a recipe for good health! --This text refers to an out of print or unavailable edition of this title.

Keri Glassman, MS, RD, CDN, has a thriving nutrition practice in New York City and helps millions as a contributing editor to Women's Health magazine. She counsels individuals on a broad range of challenges â“ from weight loss to improving energy. A distinguished expert in the field of nutrition, she has appeared on the Today show, Good Morning America, The View, The Doctors and Dr. Oz. Glassman holds a Masters of Science degree in clinical nutrition from New York University. She was an All-American lacrosse player at Tufts University and has completed the New York City Marathon and several triathlons. She resides in Manhattan with her husband Brett and their children, Rex and Maizy.

What's great about this diet is that instead of limiting yourself to a certain calorie count or point count or carb count, you are MAXIMIZING what you eat and you have a goal of getting as much of something as possible!! It is so liberating to let go of being restrained and to embrace the idea of nourishing yourself. I have totally let go of thinking about calories/ fat/ carbs and I've lost 7 lbs

effortlessly. The real idea is... \*\*\*\*\*eating healthy = a healthy you\*\*\*\*\*!!!! Sounds too easy? It IS!The style in which the book is written feels like one of my girlfriends is talking to me- it's so user/ reader friendly and easy to understand. I love how casual the author is able to word it all - while still educating me!The recipes, meal plans and guides are very easy to use and extremely delicious. I've found such delights that I never expected. I LOVE the "blueberry soda" and drink it all day long. I'm moving on to other flavors and I even made it with apple-cinnamon tea and added cinnamon to boot (talking about super antioxidants)! I've now become a herb junkie and I'm adding oregano and other herbs to everything I cook. Not only am I getting huge amounts of antioxidants into my diet but my food tastes tons better... and with zero added guilt.I've developed my own "cinnamon dip" to have with my afternoon apple snack based on the information in this book. My coworkers are all gobbling up my apples and cinnamon!! Talk about delicious!! I also love the "beauty" section with the homemade facial treatments. Sighs! Talk about feeling indulgent. This is one health/ diet book you should definitely add to your library. You won't regret it! Stop limiting yourself today and start living healthy. Nourish yourself and love yourself - the rest will all fall into place!

I am on the last day of the 4 day cleanse. The book was easy to read and the diet is easy to follow so far since you have exactly the same thing for the first 4 days and its spelled out pretty clearly. I don't know how the rest of it is going to go when there's are more choices involved. I've lost 3 pounds, which is what the book says will happen in the initial cleanse period, but I'm not really impressed. Why? It's a VERY low calorie diet with lots of protein and very low carb. This is not novel.The argument for eating more antioxidants is valid, but I can't tell if I'm losing weight because I'm eating more antioxidants (I doubt it) or because I'm eating less than 1,000 calories a day (probably).Overall, this diet will help you lose weight and may help you change the way you look at some foods.

I read all the reviews before I bought the book.. some were saying it was similar to a lot of other books you may have already bought. It's true...there are a lot of the same principles. But, I can tell you, this is one book that is HELPFUL from start to finish, from shopping lists to eating on the run. I started it a month ago, and even with a few crazy weekends, I've lost 14 pounds.. I feel good, I'm RARELY hungry (which is a main concern for me!), and I am actually having cravings for red peppers or strawberries for snacks. Who'da thunk it? :)

I find Ms. Glassman's book a pleasure to read. It's meant for the average dieter with an interest in

food without overwhelming the reader with nonunderstandable science. Her style is conversational; I feel like I am listening to my private nutritionist at a fraction of the cost. As a person who has been on many diets, I thought I knew everything about food but she made me really look at food in a new way. As for the diet itself, I find it surprisingly easy to follow with a lot of variety and choices after the first four days. The quick-start beginning has really motivated me to continue. I have already recommended the program to fellow coworkers who are looking to eat healthier.

This book and the earlier "snack factor" are quite useful. As a cancer survivor, it's useful to find antioxidant information on food contained all in one "package", so to speak. As many of us can't "diet" due to medication considerations, the approach these books take is quite refreshing. One can improve one's eating in huge strides, without sacrificing all good foods, or getting on a diet marathon as society prescribes, especially for women. Although it's not specifically directed at cancer patients, I would like to see the medication issue addressed in further publications, as so much of what the books say is directed at cancer prevention; even if the author had included a warning of sorts for cancer patients, as many may not know that dieting can be dangerous, depending on where one is in treatment. That said, the description of the antioxidant value in individual foods is excellent. So far, I've loosely followed the ideas around healthy snacking and watching portions for over a week now. it works! Energy abounds!

I am really enjoying the advice and recipes in this book. The diet isn't hard to follow and after all of the holiday goodies, it's a healthy new way of eating. I have tried a lot of new foods that I didn't know anything about! Acai, quinoa, mashed cauliflower, who knew?! Fresh whole fruits and vegetables, lots of fish and seafood! I had never tried the greek yogurt and find it to be almost like ice cream. When you add blueberries and a couple of teaspoons of acai juice, it tastes like a forbidden dessert! I am also enjoying the green tea and incorporating fresh new teas like spiced chai.....it's wonderful. I have been trying to follow it for a little over a month now, have lost 5-6 pounds, and feel great! And a yogurt, honey and oatmeal facial scrub is a "must" for everyone to try, on the diet or not!! Buy, read and enjoy!

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