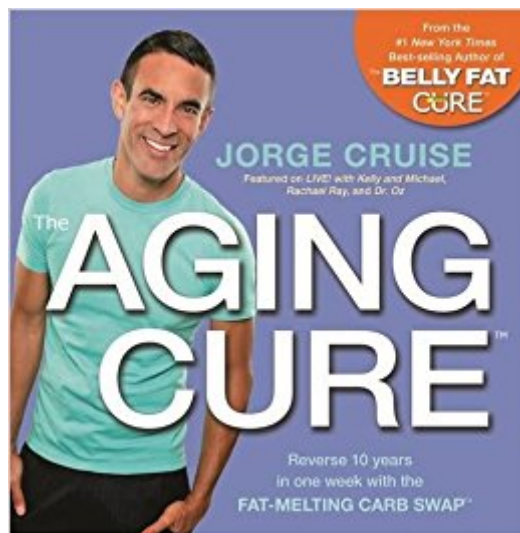




The book was found

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



Synopsis

AGE
MORE FAT-MELTING AGE LESS Pom Wonderful
Pomegranate CARB SWAP, Activate Antioxidant Cherry 16-oz.
bottle Exotic Berry 16-oz. bottle Sugar =
58g Sugar = 0g 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! Angie lost 92
lbs. Amy lost 40 lbs. 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 in Books > Health, Fitness &
Dieting > Nutrition > Antioxidants & Phytochemicals #105 in Books > Health, Fitness & Dieting >
Aging > Diets & Nutrition #525 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low

Carb

Customer Reviews

“Jorge gets it right by eliminating excessive sugar and processed carbohydrates.” Andrew Weil, M.D.

Jorge Cruise is internationally recognized as America'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.

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 to 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 recipes, 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 in life aren't good for you, sad but 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 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 recommend 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.

[Download to continue reading...](#)

The Aging Cure: Reverse 10 years in one week with the FAT-MELTING CARB SWAP Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) 10 Years Younger: Breakthrough Antioxidants That Reverse The Aging Process, Diminish Wrinkles And Help You Lose Weight For Good! (Anti-Aging, Anti Aging, ... Superfoods, Aging, Wrinkles, Anti Wrinkle) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb

recipes) Low Carb: The Ultimate Beginnerâ€™s Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) The Belly Fat Cure™; Discover the New Carb Swap System™ and Lose 4 to 9 lbs. Every Week Fatty Liver :The Natural Fatty Liver Cure, Proven Strategies to Reverse, Cure and Prevent Fatty Liver Forever ! (Fatty Liver Cure,Fatty Liver diet,Fatty ... Cure, Detox, Fat Chance, Cleanse Diet,) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Carb Cycling: The 7-Day Carb Cycle Transformation â€” Carb Cycling Diet, Carb Cycling Recipes, Carb Cycling Meal Plans Low Carb: Don't starve! How to fit into your old jeans in 7 days without starving with a Low Carb & High Protein Diet (low carb cookbook, low carb recipes, low carb cooking) Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) FAT BOMBS: 120 SWEET AND SAVORY KETO TREATS FOR KETOGENIC, LOW CARB, GLUTEN-FREE AND PALEO DIETS (keto, ketogenic diet, keto fat bombs, desserts, healthy recipes, fat bombs cookbook, paleo, low carb) Ketogenic Diet Fat Bombs: A Year of Keto Fat Bombs: 52 Sweet & Savory Low Carb Snack Recipes (Ketogenic Diet Fat Bomb Recipes for Rapid Weight Loss with Low Carb Desserts) Speak in a Week! Italian Week One [With Paperback Book] (Speak in a Week! Week 1) (Italian Edition) Low Carb: In 20 Minutes - Over 60 Easy One Skillet Recipes in 20 Minutes Or Less (Low Carb Cookbook, Low Carb Diet Cookbook, Low Carb Cookbooks) Aging Backwards: Reverse the Aging Process and Look 10 Years Younger in 30 Minutes a Day

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)