



21-Day Weight Loss Kickstart: Boost Metabolism, Lower Cholesterol, and Dramatically Improve Your Health

By Neal D. Barnard

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For years, Dr. Neal D. Barnard has been at the forefront of cutting-edge research on what it really takes to lose weight and restore the body to optimal health. Now, with his proven, successful program, in just three short weeks you'll get fast results-drop pounds, lower cholesterol and blood pressure, improve blood sugar, and more. With Dr. Barnard's advice on how to easily start a plant-based diet, you'll learn the secrets to reprogramming your body quickly:

- Appetite reduction: Strategically choose the *right* foods to naturally and easily tame your appetite.
- Metabolism boost: Adjust eating patterns to burn calories faster for about three hours after each meal.
- Cardio protection: Discover the powerful foods that can help reduce cholesterol nearly as much as drugs do in just weeks.

Whether you are one of the millions who are anxious to get a jumpstart on weight loss or who already know about the benefits of a plant-based diet but have no idea how or where to start, this book is the kickstart you've been waiting for. Complete with more than sixty recipes, daily meal plans for the 21-day program, tips for grocery shopping, and more, this book will teach you how to make the best food choices and get your body on the fast track to better health.

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Editorial Review

From Publishers Weekly

Following the success of his 2010 21-Day Vegan Kickstart online program, physician Barnard (*Breaking the Food Seduction*; *Foods That Fight Pain*, etc.) reworks his material for this guided comprehensive lifestyle change to be featured as a program on PBS stations. Day by day, Barnard discusses vegan choices, benefits and challenges. Readers will learn to substitute vegetables, fruits, legumes, whole grains, and plant-based protein for fatty animal products (meat, dairy, fish) and sugary fare; eat vegan in social situations and while traveling; promote weight loss, energy and sleep; relieve pain; prevent or reverse diabetes, heart disease and some cancers; and create meals that, Barnard contends, fulfill all nutritional requirements. Home food preparation is key, but Barnard offers options for dining at restaurants and fast-food chains and using convenience foods. While readers must commit to food shopping and cooking, Barnard motivates with promises of quick results and insights from medical professionals and celebrities, and tempts with generous breakfasts (pancakes with maple syrup; burritos with potatoes and spinach), easy desserts (a delicious chocolate cake), and assurances of weight loss without deprivation, calorie counts, and exercise routines. (Feb.)

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Review

"Dr. Barnard's 21-day program will change the way you eat and live. The research is cutting-edge, the recipes are delicious, and the eating plan is simple as can be. This book is the kickstart you need to finally lose weight and get healthy." -**Rory Freedman, #1 New York Times bestselling coauthor of *Skinny Bitch***

"This is not a diet; it's a way of eating and living that can transform your life. No one on the planet knows more about the benefits of a plant-based diet than Dr. Neal Barnard." -**Dean Ornish, MD, author of *The Spectrum* and *Dr. Dean Ornish's Program for Reversing Heart Disease***

"Get ready to transform the way you think about food, and get ready to change your life" -**Alicia Silverstone, author of *The Kind Diet***

"Dr. Barnard's plan is about eating better- not eating less; about finding health, as well as losing weight. The recipes look as tempting as the counsel is trustworthy. This is dietary guidance at its best." -**David L. Katz, MD, MPH, FACPM, FACP, Director of Yale University Prevention Research Center**

"Jump in and begin The 21 Weight Loss Kickstart! You'll have a new-found relationship with healthy foods that can revolutionize your health forever more." -**Rip Esselstyn, author of the *New York Times* bestselling *Engine 2 Diet***

"You want to look and feel better than ever? This is the book for you! Easy to understand information, a well laid out plan, and best of all, delicious food! No one makes plant-based eating more accessible. Dr. Barnard, you've done it again!" -**Marilu Henner**

About the Author

Neal Barnard, MD is a clinical researcher, author, and health advocate. He is an Adjunct Associate Professor of Medicine at the George Washington University School of Medicine and Health Sciences and president of the nonprofit Physician's Committee for Responsible Medicine. He has been the principal investigator or

coinvestigator on several clinical trials investigating the effects of diet on health. He is the author of several books and a frequent lecturer.

Users Review

From reader reviews:

Jill White:

This 21-Day Weight Loss Kickstart: Boost Metabolism, Lower Cholesterol, and Dramatically Improve Your Health are reliable for you who want to be described as a successful person, why. The key reason why of this 21-Day Weight Loss Kickstart: Boost Metabolism, Lower Cholesterol, and Dramatically Improve Your Health can be among the great books you must have is actually giving you more than just simple reading food but feed a person with information that maybe will shock your before knowledge. This book is definitely handy, you can bring it just about everywhere and whenever your conditions in the e-book and printed versions. Beside that this 21-Day Weight Loss Kickstart: Boost Metabolism, Lower Cholesterol, and Dramatically Improve Your Health giving you an enormous of experience like rich vocabulary, giving you demo of critical thinking that we understand it useful in your day pastime. So , let's have it appreciate reading.

Scott Anderson:

21-Day Weight Loss Kickstart: Boost Metabolism, Lower Cholesterol, and Dramatically Improve Your Health can be one of your nice books that are good idea. Most of us recommend that straight away because this guide has good vocabulary that will increase your knowledge in terminology, easy to understand, bit entertaining however delivering the information. The author giving his/her effort to set every word into delight arrangement in writing 21-Day Weight Loss Kickstart: Boost Metabolism, Lower Cholesterol, and Dramatically Improve Your Health nevertheless doesn't forget the main stage, giving the reader the hottest and also based confirm resource information that maybe you can be certainly one of it. This great information can drawn you into completely new stage of crucial considering.

Bennie Gale:

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Lillian Trimmer:

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