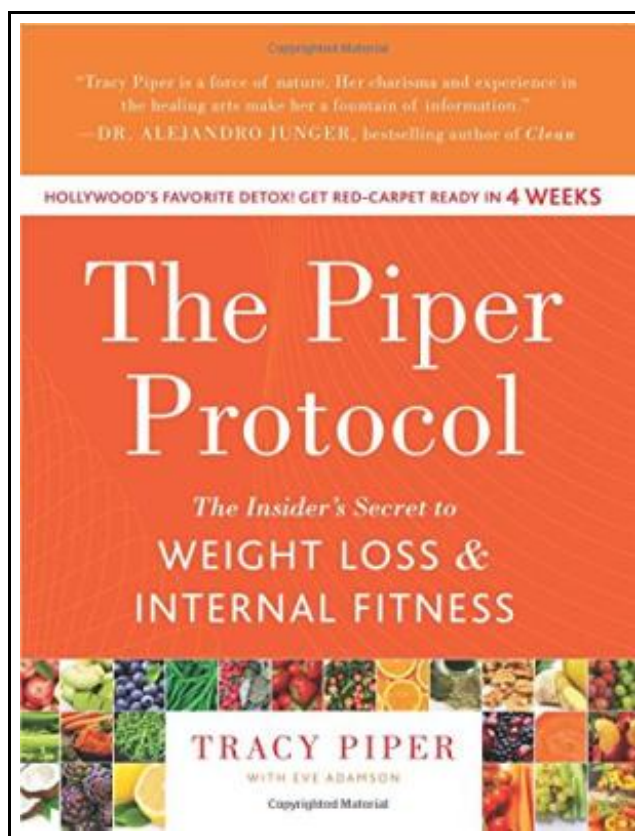


The Piper Protocol: The Insider's Secret to Weight Loss and Internal Fitness



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THE PIPER PROTOCOL: THE INSIDER'S SECRET TO WEIGHT LOSS AND INTERNAL FITNESS



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HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, The Piper Protocol: The Insider's Secret to Weight Loss and Internal Fitness, Tracy Piper, Eve Adamson, A-list celebrity cleanse expert Tracy Piper guides you through a four-week intensive cleanse program structured to change the way you look and feel. Tracy Piper is the go-to guru that A-list celebrities-including actors, models, and musicians, as well as media moguls, eminent doctors and health professionals, and captains of industry rely on to look and feel their best. Now with The Piper Protocol, the star cleansing expert-Hollywood's best-kept secret-can turn you into one of the "beautiful people." Tracy's cleanse program offers an amazing promise: lose 25 pounds in the first month. But weight loss is just the beginning. Tracy's structured four-week eating plan will change the way you feel and change the way you live. Taking a holistic view, it focuses on weight loss and overall wellness. It's not entirely vegan. It's not entirely raw. But it's very specific, and it works. In The Piper Protocol, she takes you on a tour through the body and explains why cleansing is the key to physical and emotional health; describes how food interacts with the body; and provides a detailed, 28-day eating and supplementation plan that will help you lose up to 25 pounds and start you on the path to a new life. Including step-by-step instructions, helpful drawings, 16 pages of beautiful photography, and delicious recipes for cleansing and rejuvenating foods as well as powerful home remedies, The Piper Protocol will help you slim down, rev up, and get gorgeous.



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