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The Sirtfood Diet: The Amazing Benefits of Activating Your Skinny Gene, Including Recipes! (Paperback)

By Josh West

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English. Brand new Book. Sirtfood Diet. A Beginners Guide & Recipe Book on Sirtfoods & Their Amazing Benefits Inside this book you will learn about the Sirtfood diet. This is not a fad diet and this is not merely a how-to book. This book will take you through how the Sirtfood diet really works inside the human body to trigger genetic changes to release weight, and lead you to better health and longevity. The Sirtfood diet was created by two experts in nutritional medicine, who have studied the inner workings of how special compounds called Sirtuins work. These compounds, or protein combinations, are found in certain foods called "Sirtfoods." These Sirtfoods help us to live longer, have less inflammation, feel more energetic and mobile, and especially important to us here, to maintain lean muscle mass and help us to release our skinny genes! Discover this amazing diet now Everyone is always skeptical of any new diet plan that hits the scene. A new diet book gets published almost weekly, but this diet is different. In fact, it is not just a diet but a lifestyle. It is also scientifically...



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