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## The Sirtfood Diet: The revolutionary plan for health and weight loss (Paperback)

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By Aidan Goggins, Glen Matten

Hodder Stoughton General Division, United Kingdom, 2016. Paperback. Book Condition: New. 198 x 144 mm. Language: English . Brand New Book. Welcome to the official Sirt Food Diet - the revolutionary way to lose 7lb in 7 days. Add healthy Sirt foods to your diet for effective and sustained weight loss, incredible energy and glowing health. Switch on your body's fat-burning powers, supercharge weight loss and help stave off disease with this easy-to-follow diet developed by the experts in nutritional medicine who proved the impact of Sirtfoods. Dark chocolate, coffee, kale - these are all foods that activate sirtuins and switch on the so-called skinny gene pathways in the body. These are the same pathways more commonly activated by fasting and exercise - meaning they help the body to burn fat, increase muscle and improve health. Based on trials that showed an increase in lean muscle, as well as consistent weight loss of 7lbs over the course of just one week, The Sirtfood Diet is revolutionizing sports nutrition and healthy eating. Written by the nutritional experts behind those trials, and the only book rooted in their scientific research, The Sirtfood Diet gives you: - a simple, healthy way of...



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