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The Thrive Diet

By Brendan Brazier

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, The Thrive Diet, Brendan Brazier, This title helps to: reduce body fat; diminish visible signs of aging; boost energy and mental clarity; enhance mood; increase productivity; eliminate junk food cravings and hunger; build a stronger immune system; lower cholesterol; improve sleep quality; and, stay healthy for life. The Thrive Diet is a long-term eating plan that will help you achieve optimal health through stress-busting plant-based whole foods. It's an easy-to-follow diet that will help you understand why some foods create nutritional stress and how other foods can help eliminate it, giving you a lean body, sharp mind and everlasting energy. Fully researched and developed by Brendan Brazier, professional Ironman triathlete, "The Thrive Diet" features: the best whole foods; over 100 easy-to-make recipes with raw food options that are all wheat, gluten, soy, corn, refined sugar, and dairy free, including exercise-specific recipes for pre-workout snacks, energy gels, sports drinks and recovery foods; and, an easy-to-follow exercise plan that compliments "The Thrive Diet".



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