



## The Omni Diet: The Revolutionary 70 Plant + 30 Protein Program to Lose Weight, Reverse Disease, Fight Inflammation, and Change Your Life Forever

By Tana Amen

St Martin s Press, United States, 2015. Paperback. Book Condition: New. Reprint. 190 x 106 mm. Language: English . Brand New Book. The Omni Diet is an easy-to-follow program built on a 70/30 plant-to-protein model that restores energy, slashes the risk of disease, produces dramatic weight loss, and promotes health from the inside out. With The Omni Diet, Tana has helped thousands of people lose weight, successfully reverse symptoms of diabetes, IBS, fibromyalgia, lupus, and other autoimmune disorders. Now she s bringing her life-changing plan to you. With more than one hundred quick, delicious recipes, daily menus, easy-to-follow exercises, commonsense advice, and simple tips, you will see results in your weight and overall health immediately. Follow Tana Amen s revolutionary, paradigm-shifting plan and experience its life-changing results as you change your health for good.



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