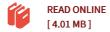


## The Omni Diet: The Revolutionary 70 Plant + 30 Protein Program to Lose Weight, Reverse Disease, Fight Inflammation, and Change Your Life Forever

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, fybromyalgia, 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.



## Reviews

This book may be really worth a read through, and far better than other. it was actually writtern extremely completely and valuable. I am just very easily will get a satisfaction of looking at a published ebook.

-- Lillie Toy

It is easy in read through easier to fully grasp, it had been writtern very completely and useful. I am pleased to let you know that here is the greatest book we have read during my personal life and could be he very best book for possibly. -- Miss Marge Jerde