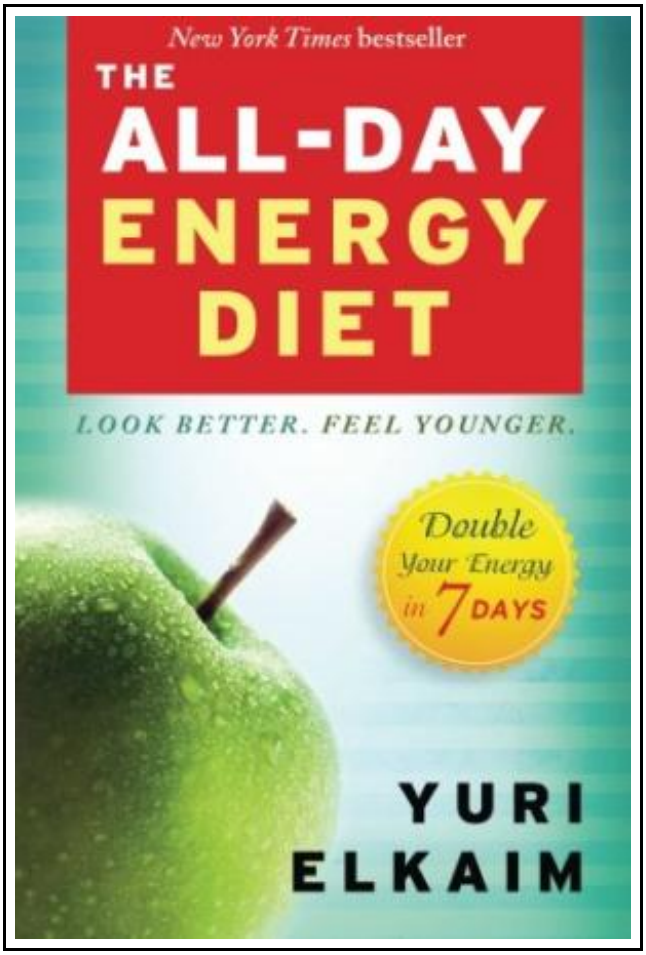
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Reviews

This publication is wonderful. it was actually writtern very completely and beneficial. You may like the way the writer compose this publication.
(Prof. Aisha Mosciski PhD)

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Hay House Inc. Paperback. Book Condition: new. BRAND NEW, All Day Energy Diet: Double Your Energy in 7 Days, Yuri Elkaim, * Feel Alive and Youth Again * Reclaim Your Health * Accomplish Your Biggest Goals * Unleash That Super-parent (or Grandparent) Inside of You * Be More Productive * Feel Great about Yourself! These are health and fitness expert Yuri Elkaim's promises to you as you incorpate the All-day Energy Diet into your life. Follow it to the letter, or choose your favourite energy pick-me ups - either way, you'll look and feel great in just seven days' time. Yuri knows, because he has experienced it in his own life and seen it happen with thousands of clients. It doesn't matter whether you're the unhealthiest, most lethargic person in the world or a super-healthy fitness buff. If you're a human from planet Earth, this can work for you, too. At least, you can say good-bye to those sluggish mornings and dragging, dreary workdays. No longer will you be sidelines, lying on the couch at night in utter fatigue. Finally, you can get the knowledge and tools you need to make things better and enjoy the health and body you deserve. Inside, you will discover: 7 energy commandments you'll likely never find in a medical book; 3 everyday foods in your kitchen that are robbing you of your energy; the super-simple 30-second at-home eye exam that reveals your 'stress score'; the #1 reason most people feel sick, are overweight, and walk around like zombies .and how to fix it; the 9-question test that unveils whether or not you're even digesting your food; the most important food group to be eating for more energy and enviable health (hint: it's probably not what you think); the biggest mistake people make when juicing,...

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