

# THE VIRGIN DIET

Why Food Intolerance is the *Real* Cause of Weight Gain

JJ VIRGIN, CNS, CHFS



DROP  
TERRIBLE  
LOSE  
7 POUNDS  
JUST  
7 DAYS

## LOSE FAT FAST. KEEP IT OFF FOREVER.

"You must read this book if you think you're doing everything right and still struggling to lose weight!"

—**Suzanne Somers**, bestselling author of 23 books, including *Bombshell*

"Lose weight, boost your metabolism and reclaim your health, for life."

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"Food sensitivity is a hidden epidemic—this eye-opening book will change the way you think of food so you can lose weight for good."

—**Frank Lipman, MD**, author of *Revive: Stop Feeling Spent and Start Living Again*

"I highly recommend *The Virgin Diet* for anyone who has ever struggled with their weight."

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"The ultimate plan to slim down, boost energy and feel your very best, whether you're vegan, vegetarian or omnivore!"

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fitness experts—food intolerance is a reaction to certain foods like dairy or gluten can sabotage your health by triggering inflammation and causing a host of nasty symptoms like bloating, breakouts, headaches, achy joints and—worst of all—stubborn weight gain.

On *The Virgin Diet*, you'll eat plenty of anti-inflammatory, healing foods to reclaim your health and reset your metabolism, while avoiding the 7 foods that are most likely to cause food intolerance. You'll never feel hungry or deprived, and in just one week, you'll drop up to 7 pounds, lose belly bloat, gain energy, clear up inflammation and look and feel years younger. And that's just the beginning!

WITH THREE POWERFUL CYCLES,  
YOU'LL ACHIEVE FAST AND LASTING FAT LOSS:

### CYCLE 1: TRANSFORM

your body in just 21 days by eliminating the 7 foods.

### CYCLE 2: CUSTOMIZE

the diet for your unique body chemistry by testing the foods to see what works for you and what doesn't.

### CYCLE 3: SUSTAIN

your body and keep it off forever having to "diet" again.

\$15

# The Virgin Diet Supreme Fast Weight Loss Logic

**CL Gary**



## **The Virgin Diet Supreme Fast Weight Loss Logic:**

## Unveiling the Energy of Verbal Artistry: An Emotional Sojourn through **The Virgin Diet Supreme Fast Weight Loss Logic**

In a global inundated with monitors and the cacophony of instant connection, the profound power and mental resonance of verbal artistry frequently diminish in to obscurity, eclipsed by the constant barrage of sound and distractions. However, set within the lyrical pages of **The Virgin Diet Supreme Fast Weight Loss Logic**, a charming work of literary beauty that impulses with natural thoughts, lies an wonderful trip waiting to be embarked upon. Written by way of a virtuoso wordsmith, this interesting opus books viewers on a mental odyssey, delicately exposing the latent possible and profound affect embedded within the intricate web of language. Within the heart-wrenching expanse with this evocative examination, we will embark upon an introspective exploration of the book is key themes, dissect their captivating writing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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