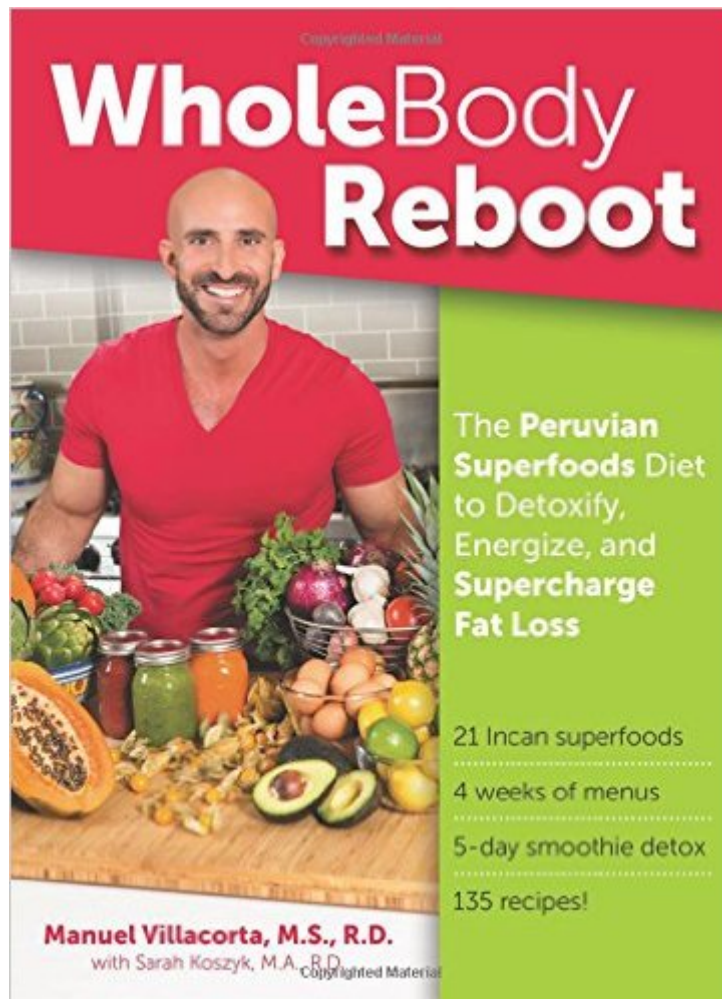


The book was found

Whole Body Reboot: The Peruvian Superfoods Diet To Detoxify, Energize, And Supercharge Fat Loss



Synopsis

What exactly is the superfood Incan diet, and what makes eating the Peruvian way so beneficial? In his third book, Manuel Villacorta lays out the important elements that make his dieting plan a well-seasoned recipe for long-lasting health. "Superfood" is not just a buzz-word or a passing vogue; it's the integral component to leading a healthy lifestyle, a word many of us are recognizing by the minute. As these once obscure products find broader distribution and consumers have greater access, superfoods are finding their way into mainstream supermarkets, gradually becoming a staple to the American diet. The benefits of consuming Peruvian superfoods are astonishing: from fighting cancer and reducing inflammation to boosting energy and enhancing memory • these foods have it all. In his Peruvian superfoods diet, Villacorta provides simple yet thorough explanations of weight-loss, anti-aging, and disease-fighting concepts by using an appealing page layout displaying beautiful color photography, easy-to-read bullet points, and sidebars summarizing each health benefit. What makes Villacorta's book so enticing, aside from his mouth-watering recipes, is that he offers specific meal plans geared towards both men and women looking to lose weight and lead a healthier life. He has also created custom 7-day meal plans for vegans, vegetarians, omnivores, and gluten-free diet preferences. By using the core principles from his first book, *Eating Free*, Villacorta proves to his readers that they can successfully follow a super-health weight-loss plan, easily gain the skill in cooking from scratch, dine with elegance, and reduce every-day stress.

Book Information

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Customer Reviews

Wow... this is extremely hard to review! I normally go into health books with the idea that I am going to get something out of them and take it back to the hubby while we do our grocery list. I had my hopes up big time with this one as all the gorgeous ingredients on the cover are exactly what I want in my diet! Sadly, the book didn't quite live up to my expectations in some ways. Firstly, I will not do the first week of this diet. It sounds horrible. The idea is interesting but I cannot imagine living on smoothies for an entire week. What Manuel Villacorta says to do is to go by the color for the day, mix up all the fabulous foods for that color and drink it! Red sounded interesting (maybe) but as I read this to my hubby I knew this was not going to happen. Honestly, I was really hesitant at the first reading also. Manuel Villacorta does say that if you cannot live on smoothies alone then you can add plain brown rice or other very plain ingredients as substitutes. I do realize this is to gain a health advantage that I have not yet reached but man... I cannot imagine this at all! As I continued to read I got more and more frustrated. People talk daily about hardcore diets and what I expected was a way to incorporate these Peruvian superfoods into my diet, or to help me to figure out what superfoods I should be eating, not to starve myself! Now he isn't technically saying to starve yourself but if you do not like fruit (insert hubby here) then you are seriously going to be in trouble. Also, we live in a tiny town. Our local grocery store is not going to have most of these ingredients. He did mention some other ingredients that can replace but I do not think he did it often enough.

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