

# Download 17 Day Diet Plan Four Phases To Permanent Weight Loss

17 Day Diet Plan: Four Phases to Permanent Weight Loss [Cathy Wilson] on Amazon.com. \*FREE\* shipping on qualifying offers. 17 Day Diet Plan: Four Phases to Permanent Weight Loss reveals dynamite information to LOSE WEIGHT FAST AND KEEP IT OFF FOR GOOD! It's the natural diet that sticks. Finally! Cathy Wilson delivers an eating strategy that makes sense. 17 Day Diet Plan: Four Phases to Permanent Weight Loss reveals dynamite information to LOSE WEIGHT FAST AND KEEP IT OFF FOR GOOD! It's the natural diet that sticks. Finally! Cathy Wilson delivers an eating strategy that makes sense. There's no starvation, absurd exercising or weighing every ounce of food you eat - IT'S RIDICULOUS! The 17 Day Diet phases are the key to why the diet works, the aims are twofold, to lose weight (obviously) but also to help you make healthier food choices so the weight lost isn't regained. The phases are designed to optimize your metabolism for burning fat, partly through confusing your body so it doesn't have the chance to become accustomed to the diet regime in order that you continue ... The plan requires 17 minutes of daily exercise and the following of four different cycles each lasting 17 days. The science behind the 17 day diet is that it surprises the body's metabolic system by changing eating habits every 17 days to avoid plateaus, a weight loss of 10-12 pounds is common during the first phase. 17 Day Diet Phases