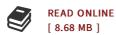# The Time Machine Diet: Travel Back to Your Naturally Healthy Energetic Self (Paperback)

By Vadym Graifer

Reality Trader Services, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. If you think those extra pounds have taken an irreversible toll on your health - don t give up just yet. The Time Machine Diet is the blueprint to your younger, leaner, naturally healthy self. Inside, the author details his weight-loss journey, where he reversed the effects of Type 2 diabetes and hypertension. Modifying his nutrition and eating patterns, he lost 75 pounds, eliminating the need for medications in the process. The methods discussed in the book avoid most of the strict limitations of many popular diets; instead, they focus on healthy foods and better eating patterns. The Time Machine Diet combines time-tested recipes and techniques with the latest groundbreaking research, producing spectacular results while enhancing quality of life and an enjoyable eating regimen. The Three Prongs of The Time Machine Diet: Replacing sugary and starchy food and drink with healthy equivalents Cultivating a healthy gut bacteria with delicious home-made fermented foods Utilizing intermittent fasting to produce swift and sustained weight loss Relating experiences and discoveries from the author s journey, the book is highly practical. The recipes and hands-on...

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