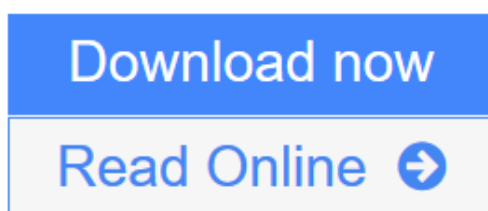




The 10-Day Belly Slimdown: Lose Your Belly, Heal Your Gut, Enjoy a Lighter, Younger You

Kellyann Petrucci



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"This isn't another gimmicky diet--it's a powerful eating strategy that will take your extra pounds off quickly, safely, and permanently." - Mark Hyman, MD, Director, Cleveland Clinic Center for Functional Medicine, #1 *New York Times* bestselling author of *Eat Fat Get Thin*

"The best gift you can give yourself is a slim, beautiful, healthy belly--and in this book, Dr. Kellyann, an expert I trust, tells you exactly how to get it." - Mehmet Oz, M.D.

The *New York Times* bestselling author of *Dr. Kellyann's Bone Broth Diet* reveals her powerful belly-slimming plan that will help you lose up to 10 pounds in 10 days!

Are you sick and tired of your belly fat? Frustrated with diets that don't take it off? Angry that you don't look the way you want to look, and can't wear the clothes you want to wear? Naturopathic physician and weight loss specialist Dr. Kellyann Petrucci has spent over 20 years showing people how to do the impossible: take off stubborn belly fat.

After guiding thousands of amazing transformations over her career, Dr. Petrucci has targeted the most powerful ways to flatten your belly--deprivation not included! In *The 10-Day Belly Slimdown*, you will learn the #1 biggest secret to rapid belly-blasting: "mini-fasting." This simple but revolutionary shift in the timing of your meals means you'll eat within a seven-hour window each day. While you're mini-fasting, you'll never feel hungry--luscious, satisfying bone broth will quench cravings and melt off pounds, collagen-packed shakes will kick your metabolism into overdrive, and "slim-gestion" foods, herbs, and spices will fight bloat, lower inflammation, and cleanse your gut. In combination, these strategies deliver incredible results quickly and safely.

The 10-Day Belly Slimdown includes daily meal plans, batch cooking tips to make meal prep a snap, 80 delicious new recipes, and a sensible maintenance plan. As you heal your belly from the inside out, you'll feel younger, happier, and lighter than you thought possible.

The 10-Day Belly Slimdown: Lose Your Belly, Heal Your Gut, Enjoy a Lighter, Younger You Details

Date : Published February 20th 2018 by Harmony

ISBN : 9781524762995

Author : Kellyann Petrucci

Format : Hardcover 304 pages

Genre : Nonfiction, Health



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a Lighter, Younger You Kellyann Petrucci**

From Reader Review The 10-Day Belly Slimdown: Lose Your Belly, Heal Your Gut, Enjoy a Lighter, Younger You for online ebook

Arlena says

Title: The 10-Day Belly Slimdown
Author: Kellyann Petrucci
Publisher: Harmony; 1 edition
Reviewed By: Arlena Dean
Rating: Five
Review:

"The 10-Day Belly Slimdown: Lose Your Belly, Heal Your Gut, Enjoy a Lighter, Younger You by Kellyann Petrucci

My Thoughts....

After reading "The 10-Day Belly Slimdown I found the book sounds good with the book offering a simple 'daily meal plans, batch cooking tips, recipes to make meal easy to make, 80 delicious new recipes, and with a sensible maintenance plan. However, I do wish there were photos. I will say this 10-Day program sounds somewhat easier than the 21-Day program. If this will help ones to lose weight, help with ones blood work and to feel good what can be better than this? Getting ones cholesterol lowered is another great thing. However, I think it is important to know that it is not just a weight loss plan but a 'life style choice.' If you need help with food cravings then there is information in this read that is there to help for you. Be ready for a super easy plans that are there to help with bloating and fat. I will say the chicken and beef broth sound good. So, if you are looking for a new way of eating healthy and possibility loosing weight then this read would be for you with a lots of excellent tools [tons of resources] to use and in the end feeling good and looking ones best.

I enjoyed reading through 'The 10-Day Belly Slimdown' where I found the read a easy read to understand by this well known Doctor Kellyann Petrucci.

I received this book from Blogging for Books for this review.

Andrienne says

Who doesn't want a flat stomach? Author provides her bone broth miracle cure and plenty of recipes. The book clearly states that it's a 10-day diet so be prepared to go on some drastic change in what you will eat. She embraces fat (which is a good thing) and provides a few exercise suggestions. I wasn't quite impressed with the before and after photos though. I feel like you can't really accomplish much in 10 days so the photos could have been omitted and it wouldn't have mattered. I read up a few hard-to-pronounce and ultimately, remember phyto nutrients and amino acids that I would try to incorporate in my diet (by remembering the herb or plant it came from).

Mary Evans says

This book reads like an infomercial. One meal a day is not for me.

Tena says

I won an Advanced Readers Copy #GoodreadsGiveaway

Beth says

Amazing diet and new way of eating for life. I've never had such an easy time following a diet and getting results. I was familiar with a lot of the nutritional information that Dr. KellyAnn covered in the book, from doing my own research and reading other books such as JJ Virgin's Sugar Impact Diet and Virgin Diet. But I felt that this book covered the basics in a much simpler and quick format. My only criticism is that some of the case studies seemed to imply much quicker results than one can really expect. But I myself lost 5 pounds, and was very happy to do so without experiencing hypoglycemia or cravings.

Lisa says

I am sick of diets but this book makes sense to me so I am going to try it. But first I have to make the bone broth and buy the stuff for the shakes and smoothies and get some other groceries. I feel like it is getting back to nature which is always a step in the right direction. Shortening the window on the hours you eat during the day is easy enough to try, I hope it works. Certainly grazing all day having several meals and snacks is not working for me. I was raised that breakfast is the most important meal of the day but now I am skipping it. Cutting out sugar is key, but hard to do. And cooking from scratch, I know I should but some days I don't want to. One thing I will say, I'm not sure how many of these recipes I want to try, they don't look that appealing to me.

Peggy says

Sounds great

I haven't started yet so reading the book was great. I look forward to getting everything together and doing the diet.

Ashley Hite says

This is not a diet book but this is a great book for a quick fast/plan to drop some weight before an event or kick start a diet plan. Dr Kellyann focuses on shrinking the window of time you eat, filling up on bone broth and collagen while eating clean healthy meals. This is a jump start program that ties into her previous books

about her bone broth diet. She includes a lot of helpful recipes including making your own bone broth. Along with the daily meal plan, she has testimonials, workout options and references tons of medical studies.

I am excited to try her quick diet plan. The tone of the book was a little self help meets infomercial which was a little harder for me to get through.

This will be a good cleanse starter for those looking to shed some excess weight quickly.

Lindsey says

I am more a fan of diet books that help you live a healthier lifestyle and this book was more about a quick fix to loose some weight. This will not help you in the long run, but it might just help you feel better at the moment and start you of on a better journey for health. It is a very limited diet of a smoothie, green drink or broth, and a small meal. Not really sustainable in the long run, but if you do need a starting point I can see how this would appeal to people. This might be a great way to get past stubborn cravings that hurt your weight loss. I'm a little skeptic, but hopeful. I was given a copy of this book from Blogging for Books for an honest review.

Jill says

This is another weight-loss book that promises you will lose belly fat in a short period of time (10 days to be exact). Kellyann Petrucci, MS, ND, is the author of "The 10-Day Belly Slimdown" and also serves as concierge doctor to Hollywood celebrities.

Her diet consists of bone broth and slimming shakes as well as fruits and vegetables and poultry and fish. While the diet promises to help you lose belly fat in 10 days, if you need to lose more weight, that is not covered in this book. Also, some ingredients and products will need to be purchased either from her or a health-food store.

She doesn't recommend artificial sweeteners and you can only drink unsweetened black coffee, unsweetened black, white, green or herbal tea or water.

The before and after pictures do not show a drastic change in weight in 10 days. This book appears to be for those who need to lose a few pounds. I can see where her diet would heal your gut and make you healthier, though, and this may be an excellent benefit of her diet.

For this diet, you would need to prepare your own food. Eating out does not appear to be an option. You will have to stick to the diet religiously in order to see results. Her website is a helpful resource should you decide to try her diet. Also, right now, she is offering a great deal when you purchase her book.

Disclosure of Material Connection: I received this book free from Blogging for Books, as part of Waterbrook Multnomah's Book Review Blogger Program. I was not required to write a review. The opinions I have expressed are my own. I am disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255: "Guides Concerning the Use of Endorsements and Testimonials in Advertising."

Sheila Sibbo says

Great plan,

This plan is super easy and truly works. The health benefits are innumerable along with blasting belly bloat and fat.

Victoria says

Having lost 15 pounds, I'm a fan of Bone Broth and a fan of Dr. Kellyann's 21-Day Bone Broth Diet book. However, I'm not a fan of smoothies, which is a big part of this 10-Day Belly book. I find her encouragement and enthusiasm very uplifting. There is new info in this book, and 10 days is easy accomplish if you don't want to do the total detoxing 21 day plan in the previous book.

Mary Jackson _TheMaryReader says

This is the book I have looking for my whole adult life since having children. I have been skinny ,fat, skinny, fat, my while life.

This is NOT a diet book. This is a life saver, a Life changing book.

It is full of insight on so much to do with your over all health. Wrinkles, thinning hair, chipping nails, poor skin. Oh did I mention it will help you lose up to 10 pounds in 10 days and tell you how to keep it off.

It is full of great recipes to continue after the first 10 days.

I would say this is a life style change that is so worth it on many levels.

Hard to believe that so much is packed into this one book.

Please don't think this is a hard book to read and understand. Dr. KellyAnn tells it like it is and the wording is very easy to understand.

She has great tips for food prep and making batches for the week.

A very well thought out book, written by a fantastic well known Doctor.

I gladly HIGHLY recommend this book. I gave this book 5 stars!

The Mary Reader received this book from the publisher for review. A favorable review was not required and all views expressed are our own.

Rachel Devaughn says

I was really excited about getting this brand new book in the mail! It's important to know what to expect ahead of time with this book so you aren't disappointed. I think this plan would be great for those suffering from Gut issues. This plan will help heal you intestinal tract and cleanse you.

If you are looking for a diet plan just to lose your belly fat or pounds before an event, in my opinion this plan wouldn't be for you. You are pretty much just drinking water, smoothies, broth, and having a small dinner meal; for the span of 10 days. That takes along of will power and determination!

As mentioned in the book, by drastically changing your diet like this; you may experience flu like symptoms, brain fog, fatigue, etc.

Unless I have to follow this plan for medical reasons, I do not see myself following this plan or even attempting it. I believe in following "diet" plans or meal plans that are sustainable and something I can do long term as a lifestyle change. With working full time, being a mother, and fitness instructor; this is no way I would have the energy or will power to follow this plan for even 1 day!

The book was well written and I enjoyed looking through it seeing the different broth recipes and food ideas. Again, if you are interested in broth recipes or doing a cleanse for your gut than this book is for you!

I received a copy of this e-book complimentary for blog and social media review. All opinions are my own.

Ellen Moreno says

Great Book to get started with I like all of Kellyann's books very good info love bone broth so good for you.
