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By Kellyann Petrucci

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The *New York Times* says it "ranks with green juice and coconut water as the next magic potion in the eternal quest for perfect health." ABC News calls it "the new juice craze." Celebrities like Gwyneth Paltrow, Shailene Woodley, Salma Hayek, and Kobe Bryant are hooked on it. It's bone broth--and it's the core of *New York Times* bestseller *Dr. Kellyann's Bone Broth Diet*.

As a naturopathic physician and weight-loss specialist, Dr. Kellyann has helped thousands of patients achieve spectacular weight loss and more youthful-looking skin through her bone broth diet. Packed with fat-burning nutrients, skin-tightening collagen components, and gut-healing and anti-inflammatory properties, bone broth is the key to looking and feeling younger than ever before. In just 21 days, you, too, can unlock these miraculous results with Dr. Kellyann's delicious bone broth recipes and groundbreaking mini-fasting plan.

You'll learn the science of why bone broth works and how to lose weight safely and easily--cravings and hunger pains not included. The simple and tasty recipes for beef, turkey, chicken, and fish bone broths are loaded with flavor and nutrients. Unlike other diet plans that involve serious preparation and cooking, the bone broth diet allows you to spend less time in the kitchen and more time enjoying your newfound vibrancy. With easy fitness routines and mindful meditation exercises, *Dr. Kellyann's Bone Broth Diet* is your key to a healthier, happier, slimmer, and younger life.

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### Editorial Review

#### Review

"Dr. Kellyann's Bone Broth Diet" is totally dialed in. This is empowering, user-friendly information supported by the most forward-thinking scientific research available.

--DAVID PERLMUTTER, MD, author of the #1 "New York Times" bestseller "Grain Brain: The Surprising Truth About Wheat, Carbs, and Sugar Your Brain's Silent Killers"

Here's what Kellyann and I know from decades of transforming people's lives: What you put on your fork is more powerful than anything you'll find in a prescription bottle.

- MARK HYMAN, MD, "New York Times" bestselling author of "The Blood Sugar Solution"

"Wealth doesn't mean anything if you don't have your health. In this book, Dr. Kellyann gives you the tools you need to conquer your weight problems, heal your body, stay young, and take your energy to an incredible level. Read it and take charge of your life.

- DAYMOND JOHN, co-host of ABC's Emmy award-winning "Shark Tank" and best-selling author of "The Brand Within and Display of Power"

Your life isn't about losing a few pounds right now, and then falling back into old habits. Instead, it's about empowering you to take control of your body and your mind for the rest of your life. Dr. Kellyann offers you the tools you need to be healthy, slim and young not just now, but forever.

--BRET THOEBEL, creator of the 20 Minute Body and celebrity trainer on NBC's "The Biggest Loser"

"Dr. Kellyann's Bone Broth Diet" provides a terrific plan to lose weight. Fasting twice per week has always been a great way to lose weight, but few could succeed. Dr. Petrucci makes it easy for you by adding nutrient-packed bone broth plus great recipes that are nourishing and satisfying. Her emphasis on clean sources of fat and protein make great sense.

--STEVE MASLEY, MD, FAHA, FACN, FAFAP, CNS, bestselling author of "The 30-Day Heart Tune-Up" and "Smart Fat," and creator of the top health & wellness show on public television, "30 Days to a Younger Heart"

"Dr. Kellyann's Bone Broth Diet" is a must-read for anyone who wants to say goodbye to old habits and degage their bodies. The easy-to-follow strategies will rescue you from old patterns and jumpstart your metabolism. Dr. Kellyann's plan will help create the glow that comes from having endless energy, a trim body and a radiant complexion."

--KATHY SMITH, "New York Times" bestselling author and fitness DVD Hall-Of-Famer"

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About the Author

**Kellyann Petrucci, MS, ND**, is a board-certified naturopathic physician and certified nutrition consultant with a thriving practice in Bucks County, Pennsylvania. She is also a concierge doctor for celebrities in Los Angeles and New York. Petrucci is a regular guest on *The Doctors*, the *Dr. Oz Show*, and national news programs and is a regular contributor to the *Huffington Post* and *Mindbodygreen*.

## Users Review

**From reader reviews:**

**Martha Williams:**

Often the book *Dr. Kellyann's Bone Broth Diet: Lose Up to 15 Pounds, 4 Inches--and Your Wrinkles!--in Just 21 Days* will bring you to definitely the new experience of reading a new book. The author style to describe the idea is very unique. In case you try to find new book to learn, this book very suited to you. The book *Dr. Kellyann's Bone Broth Diet: Lose Up to 15 Pounds, 4 Inches--and Your Wrinkles!--in Just 21 Days* is much recommended to you you just read. You can also get the e-book from the official web site, so you can more easily to read the book.

**Megan Snyder:**

*Dr. Kellyann's Bone Broth Diet: Lose Up to 15 Pounds, 4 Inches--and Your Wrinkles!--in Just 21 Days* can be one of your beginning books that are good idea. Most of us recommend that straight away because this guide has good vocabulary which could increase your knowledge in terminology, easy to understand, bit entertaining but still delivering the information. The article author giving his/her effort that will put every word into delight arrangement in writing *Dr. Kellyann's Bone Broth Diet: Lose Up to 15 Pounds, 4 Inches--and Your Wrinkles!--in Just 21 Days* although doesn't forget the main place, giving the reader the hottest in addition to based confirm resource details that maybe you can be among it. This great information can

certainly drawn you into brand-new stage of crucial contemplating.

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