



7 Years Younger The Anti-Aging Breakthrough Diet: Lose 20 Pounds (Or More!)

By Editors of Good Housekeeping

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Get slimmer and younger in just 7 short weeks! Banish the wrinkles and the fat with this delicious and - *yes!* - proven-to-work *big time* weight loss plan for men and women. It's built on the foods science shows deliver cutting-edge anti-aging benefits. Adopt this easy-to-follow 7-week plan and you'll have a leaner body as well as better cholesterol levels, lower blood pressure, and a healthier heart. Another big anti-aging bonus: Studies reveal many of the foods found on this diet also nourish your skin in a variety of ways that can actually make you look younger. Along with the 7-week meal plan and fitness program, the diet includes more than 90 recipes for breakfast, lunch, and dinner. Throughout, there is abundant advice on overcoming mental hurdles to achieve permanent diet success and ideas on how to personalize the plan to your specific situation by swapping out meals. Lose weight *and* reverse the signs of aging!

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