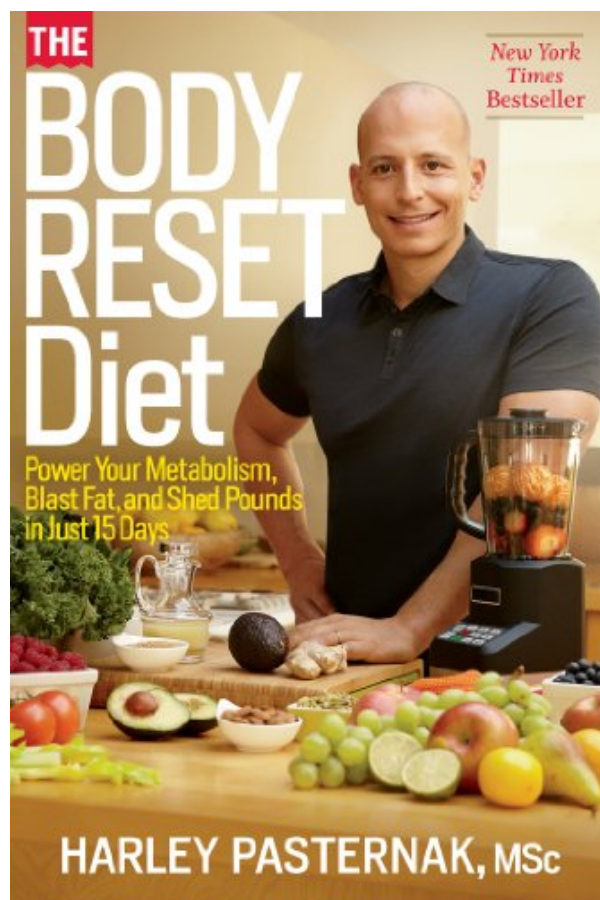
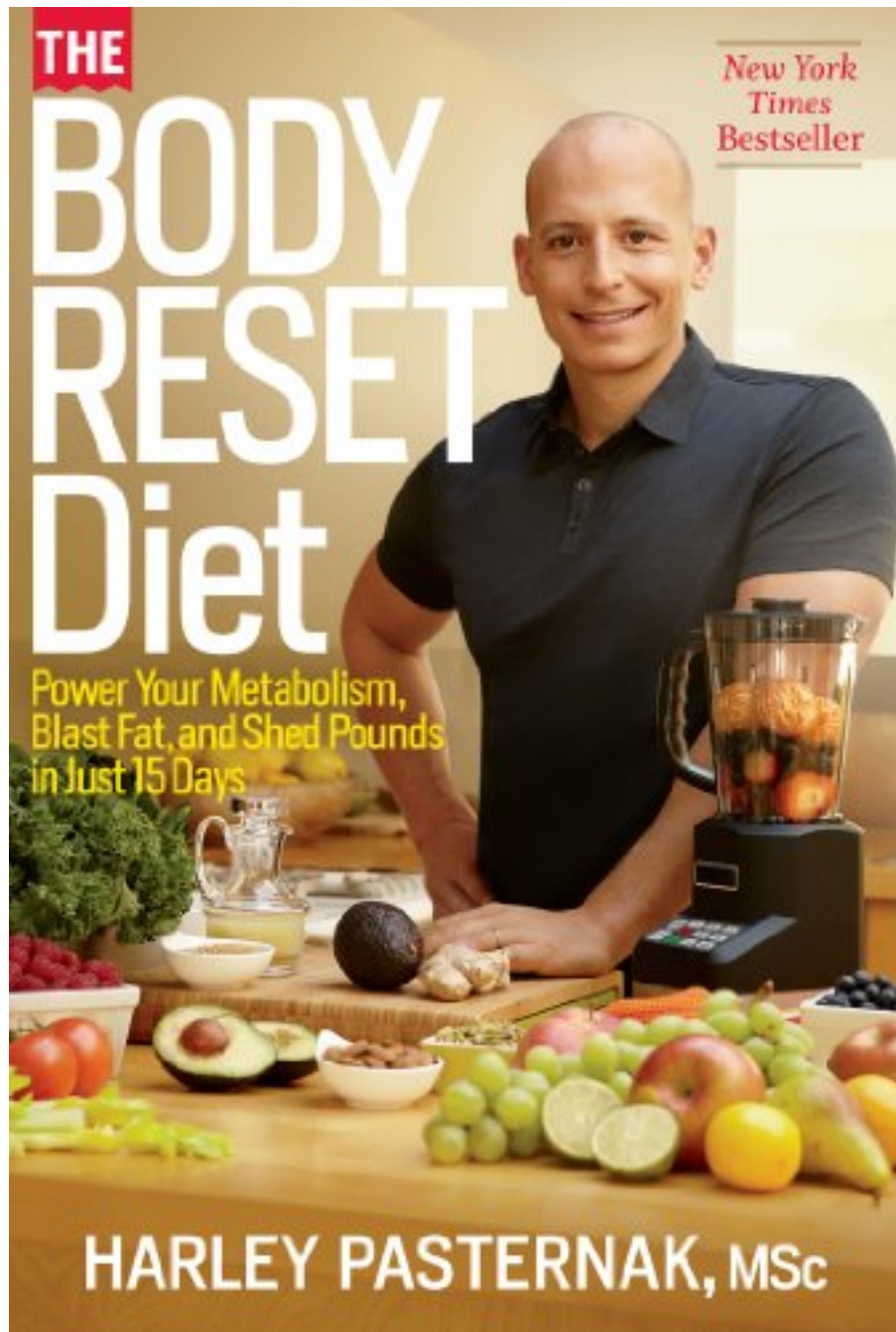


# **THE BODY RESET DIET: POWER YOUR METABOLISM, BLAST FAT, AND SHED POUNDS IN JUST 15 DAYS BY HARLEY PASTERNAK**



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## Review

"I live for Harley's smoothies! They are so easy to make, help me feel full, and taste incredible!"

--Kim Kardashian

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""The Body Reset Diet" makes healthy eating easier. The smoothies are simple to prepare, taste great, and are the perfect breakfast or snack when I'm on the go."

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"I tried every diet out there and failed. Nothing was sustainable. Harley taught me how to get be in the best shape of my life by eating more and working out less!"

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## About the Author

HARLEY PASTERNAK, MSc, is the New York Times bestselling author of *The 5-Factor Diet* and was a cohost on ABC's *The Revolution*. He holds a master's of science in exercise physiology and nutritional sciences from the University of Toronto. He lives in Los Angeles.

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America has gone way overboard trying to beat the bulge. We've tried every diet out there?low-carb, low-fat, all-grapefruit?and spent hours toiling on treadmills and machines, to no avail. It's time for readers to hit the reset button and start over with a new perspective on weight loss.

In The Body Reset Diet, celebrity trainer and New York Times bestselling author Harley Pasternak offers readers the ultimate plan for a thinner, healthier, happier life. This three-phase program focuses on the easiest, most effective way to slim down: blending. The 5-day jump-start includes delicious, expertly crafted smoothies (White Peach Ginger, Apple Pie, and Pina Colada, to name a few), dips, snacks, and soups that keep readers satisfied while boosting their metabolism. Over the following 10 days, the plan reintroduces healthy combinations of classic dishes along with the blended recipes to keep the metabolism humming, so readers will continue to torch calories and shed pounds.

The plan also explains how the easiest form of exercise?walking?along with light resistance training is all it takes to achieve the celebrity-worthy physique that we all desire. No equipment necessary! Whether readers are looking to lose significant weight or just those last 5 pounds, The Body Reset Diet offers a proven program to reset, slim down, and get healthy in just 15 days?and stay that way for good!

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- Binding: Paperback
- 256 pages

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#### Most helpful customer reviews

92 of 95 people found the following review helpful.

Reset Your Body!

By Cathy Juntura

I'm not the type of person who typically tries these so-called "fad diets," but I'm at a point in my life where I can no longer be choosy. I came across the Body Reset Diet and the name alone captured my interest. I figured my body could use a little reset button. I also knew that metabolism was important for maintaining a healthy weight. So, I decided to give this a shot, and I'm glad I did. Exercise and I have never really gotten along, but if you use all the dietary principles outlined in the book, you don't really have to do a lot of exercise. I literally go for walks around the neighborhood and I hardly even see them as "exercise." Of course, the food is the primary engine for increasing your metabolic rate. Although it's mostly liquefied (soups, smoothies, etc.), the food isn't actually that bad.

I've paired the Body Reset Diet with a book called Simple Natural Cures: Cheap & Effective Remedies for Everyday Common Ailments by Kevin Richardson, and I love how both guides have given me a different outlook on life. Although most of Richardson's book deals with cures for well-known maladies, it also comes with a nutritional guide at the end. I've used plenty of the cures in the book, and the nutritional guide has paired nicely with the Body Reset Diet. Both are designed to keep your metabolism moving and help you shed pounds and stay healthy. It's certainly been enormously beneficial to have both of these books in my possession.

Using the Body Reset Diet and Simple Natural Cures, I was able to lose about 10 pounds in 15 days, which is unheard of. Having never really been on a conventional diet before, I wasn't expecting much, but this has been a godsend. Perhaps my favorite aspect of the entire program is the fact that I don't have to do any strenuous exercise. A little walking and a little weight training are all I really have to do. Of course, if I'm feeling sick or I have some other kind of illness, I always flip open Simple Natural Cures and it helps me continue with the Body Reset regimen with ease.

77 of 83 people found the following review helpful.

Definitely worth your time and money

By Katie

I love how simple this book and the program are to follow! I lost 5 lbs during the fifteen day program and am continuing my smoothie and walking regimen a week later. The concept behind the program makes sense and to see results so quickly is very encouraging. I am a lifelong athlete who, now in my thirties, never

would have thought that merely walking 10,000+ steps a day would make such a difference. I also never realized that I wasn't already doing so! I lost 2" in my thighs and dropped a pant size. Yesterday was my first day back at the gym and I look forward to using Harley's program to help me drop another 5-10 lbs and improve my fitness level. I would (and have) recommend this book to anyone!

367 of 417 people found the following review helpful.

**DID NOT WORK**

By Katygirl

I am over 40 and purchased this book because my metabolism has s-l-o-w-e-d down and I've gained 20 lbs over the last 2 years due to stress and a job loss which led to emotional eating. I followed the diet religiously the first five days and was STARVING by day 5...after work I came home and ate some steel cut oatmeal and added a tablespoon each of raisins and pecans so I could go to sleep without stomach pains. On page 110, he asks (after the first five days) "...how many pounds have you lost? three? five? even more?" I lost ZERO. ZILCH. NADA. NOTHING.

I have tried to eat healthy for the last 10 years, so the smoothies for me were no surprise. I cannot afford a Vitamix, but purchased one of those "blast" appliances for Christmas and it mixes pretty well. I eat kale and/or spinach every day anyway, along with various other vegetables. I was not used to eating so much fruit, though, as the carbs are really high. I was willing to give the entire program a try.

I'm thinking the reviews which suggest weight loss come from people who are 1) young, with still active metabolisms (see the celebrity endorsements), or 2) folks with a lot more than 20 pounds to lose who are used to eating massive amounts of unhealthy food every day, and so eating nutritional food and less calories resulted in weight loss.

I am extremely disappointed; I was not looking to drop 10 pounds, but was looking, as advertised, for something that would "power my metabolism, blast fat, and shed pounds in just 15 days" (from the cover). This was a waste of money for me; I wish I could get my money back.

P.S. my comments were removed from the official website; apparently, the author does not appreciate anything less than complete endorsement. Too bad, as this appears he is only interested in the money he makes off of unsuspecting consumers.

**FOLLOW UP:**

I continued this program for a total of 3 weeks, and actually GAINED 1 1/2 pounds. I believe that is because of the increase in carbs due to the high amount of fruits suggested in the program. I am used to eating a lot more vegetables. This program did not kick start anything; I did not lose weight, did not have an increase in energy, and do not feel like my metabolism increased. Again, I wish I could receive a refund. :-(

See all 332 customer reviews...

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