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Dr. Kellyann's Bone Broth Diet: Lose up to 15 Pounds, 4 Inches - and Your Wrinkles! - in Just 21 Days

Kellyann Petrucci

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[Read by Erin Bennett]

Centered on the newest health craze, *Dr. Kellyann's Bone Broth Diet* is a twenty-one-day plan to lose up to twenty pounds and see fewer wrinkles.

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 and Kobe Bryant are hooked on it. It's bone broth -- and it's the core of *Dr. Kellyann's Bone Broth Diet*.

Naturopathic physician and weight-loss specialist Kellyann Petrucci knows the healing power of bone broth. The cornerstone of her booming health practice (as well as so many family recipes), bone broth is packed with fat-burning, skin-tightening collagen; has anti-inflammatory properties; helps heal the gut; and warms and satisfies the entire body. In *Dr. Kellyann's Bone Broth Diet*, Dr. Petrucci couples delicious bone broth recipes with a groundbreaking intermittent fasting plan, helping you achieve spectacular weight loss and more youthful looking skin in just twenty-one days.

Dr. Petrucci walks you through the science of why bone broth works, then arms you with a plan to lose weight safely and easily -- with no cravings, weakness, or hunger pains. She'll introduce you to simple but gourmet recipes for beef, turkey, chicken, and fish bone broths and soups that are loaded with flavor and nutrients, and she'll show you easy ways to cut down on time spent in the kitchen. Also incorporating easy resistance training routines and mindfulness meditation exercises, Dr. Petrucci gives you everything you need to succeed.

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