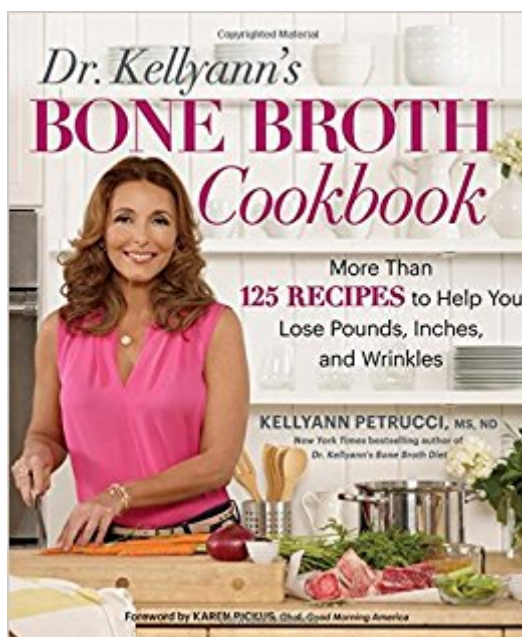


The book was found

Dr. Kellyann's Bone Broth Cookbook: 125 Recipes To Help You Lose Pounds, Inches, And Wrinkles



Synopsis

Become a slimmer, younger, healthier you with more than 125 recipes centered on the latest health craze: bone broth. Thousands of people have already discovered the powerful promise in the New York Times bestseller Dr. Kellyann's Bone Broth Diet. Weight loss, firmer skin, and boundless energy are just some of the benefits of sipping bone broth. It's why celebrities like Gwyneth Paltrow, Shailene Woodley, Salma Hayek, and Kobe Bryant are hooked on it. And it's why Dr. Kellyann has been recommending a diet rich in bone broth to her patients for years. In Dr. Kellyann's Bone Broth Cookbook, you'll discover even more recipes to help you burn fat, heal your gut, and tighten your skin. Each meal is as mouth-watering as it is packed with essential nutrients for glowing health—cravings and hunger pains not included. You'll enjoy more than just bone broth with fabulous recipes for beef, poultry, fish, lamb, eggs, and more, plus a bonus recipes for your maintenance phase. They're all designed with easy preparation and fast cooking in mind, so you can spend less time in the kitchen and more time enjoying your newfound vibrancy. Dr. Kellyann's Bone Broth Cookbook is your ticket to slimming down, looking younger, and ending cravings for good.

Book Information

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Customer Reviews

KELLYANN PETRUCCI, MS, ND, is a board-certified naturopathic physician, certified nutrition consultant, and the New York Times bestselling author of Dr. Kellyann's Bone Broth Diet. She is also a concierge doctor for celebrities in Los Angeles and New York and is featured on the public television special 21 Days to a Slimmer, Younger You. Dr. Petrucci is a regular guest on television

shows including The Doctors, and Dr. Oz, and national news programs. She is one of the few practitioners in the United States certified in biological medicine by the Paracelsus Klinik Lustnühle AG in Switzerland. She lives in Bucks County, PA.

I'm a big fan of bone broth and was so excited when this book arrived. It didn't disappoint. The recipes produce mouth-watering, yummy dishes that are easy to make and nutritious to boot. Who knew there were so many ways to use this healing broth.

We have followed the cookbook and have lost one pound per day amazing

Love the cookbook. Great recipes and ideas. I joined the Bone Broth bandwagon!

I am appreciative of the bone broth plan.

I am so please with this cookbook. Eat clean and enjoy delicious meals.

Just started reading it and I must say so far there are a lot of things in this book that go hand-in-hand with The Prime book about Ayurveda.

Great recipes that are simple to prepare and delicious! I absolutely love every recipe in this book!

Love Kellyanne's book....very informative....you do not need to buy anything else with this diet.....

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