


## Glow15: A Science Based Plan to Lose Weight, Rejuvenate Your Skin and Invigorate Your Life (Hardback)

By Naomi Whittel

Houghton Mifflin Harcourt Publishing Company, United States, 2018. Hardback. Condition: New. Language: English . Brand New Book. Have you put on weight in recent years that you can't lose? Do you crave more energy and stamina in your day? Is your skin drier than it used to be? Has your hair started to feel dry and look limp? If you said yes to one or more of these questions, then Glow15 is your answer. Based on the breakthrough Nobel Prize-winning science of autophagy--the process by which cells remove toxins, recycle parts, and repair their own damage--Glow15 is a lifestyle plan that will make you look and feel younger. In just 15 days, you'll begin to harness the power of autophagy to drop pounds, get glowing skin, and restore your energy through - DIET Discover IFPC: a combination of intermittent fasting and protein cycling to lose weight--and wrinkles. - ENERGY Drink an autophagy-activating ketogenic tea to boost your metabolism. - EXERCISE Do less to get more out of your workouts. - SLEEP Identify your sleep type and create a customized routine for your best rest yet. - BEAUTY Find the newest ingredients and cutting-edge treatments to get glowing. Naomi...

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