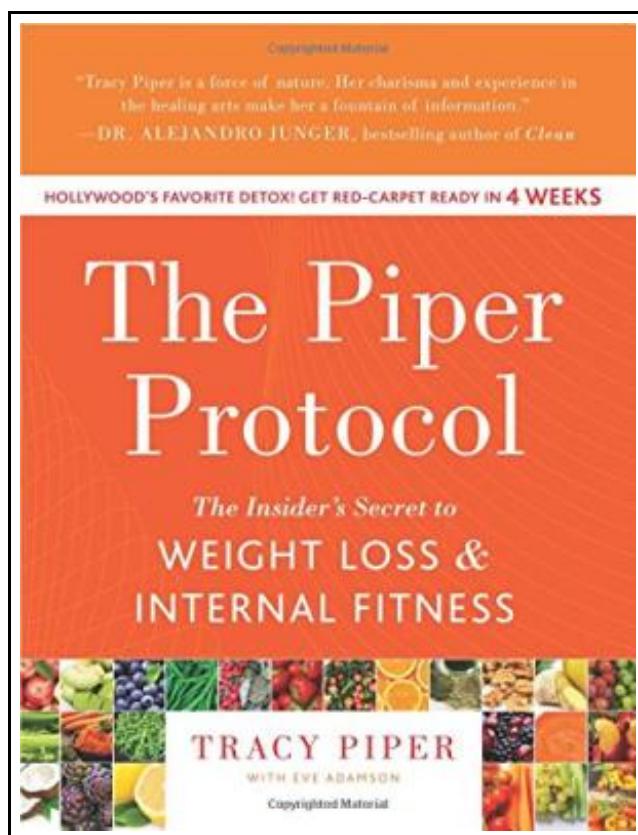


The Piper Protocol: The Insider's Secret to Weight Loss and Internal Fitness



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Reviews

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HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, **The Piper Protocol: The Insider's Secret to Weight Loss and Internal Fitness**, Tracy Piper, Eve Adamson, A-list celebrity cleanse expert Tracy Piper guides you through a four-week intensive cleanse program structured to change the way you look and feel. Tracy Piper is the go-to guru that A-list celebrities—including actors, models, and musicians, as well as media moguls, eminent doctors and health professionals, and captains of industry rely on to look and feel their best. Now with **The Piper Protocol**, the star cleansing expert—Hollywood's best-kept secret—can turn you into one of the "beautiful people." Tracy's cleanse program offers an amazing promise: lose 25 pounds in the first month. But weight loss is just the beginning. Tracy's structured four-week eating plan will change the way you feel and change the way you live. Taking a holistic view, it focuses on weight loss and overall wellness. It's not entirely vegan. It's not entirely raw. But it's very specific, and it works. In **The Piper Protocol**, she takes you on a tour through the body and explains why cleansing is the key to physical and emotional health; describes how food interacts with the body; and provides a detailed, 28-day eating and supplementation plan that will help you lose up to 25 pounds and start you on the path to a new life. Including step-by-step instructions, helpful drawings, 16 pages of beautiful photography, and delicious recipes for cleansing and rejuvenating foods as well as powerful home remedies, **The Piper Protocol** will help you slim down, rev up, and get gorgeous.

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