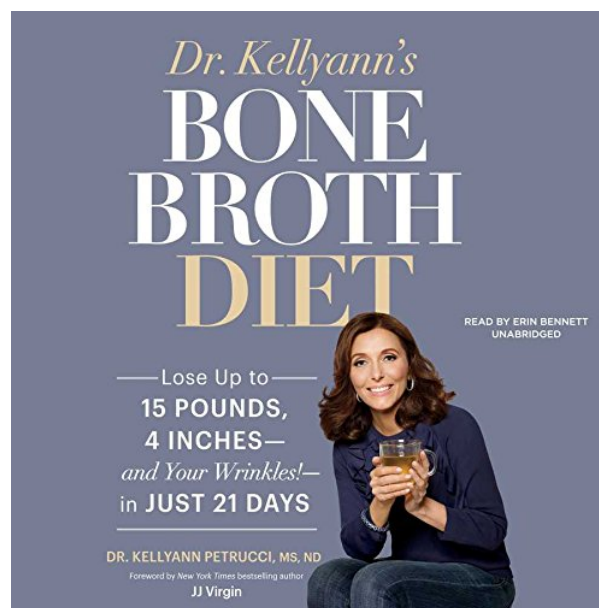
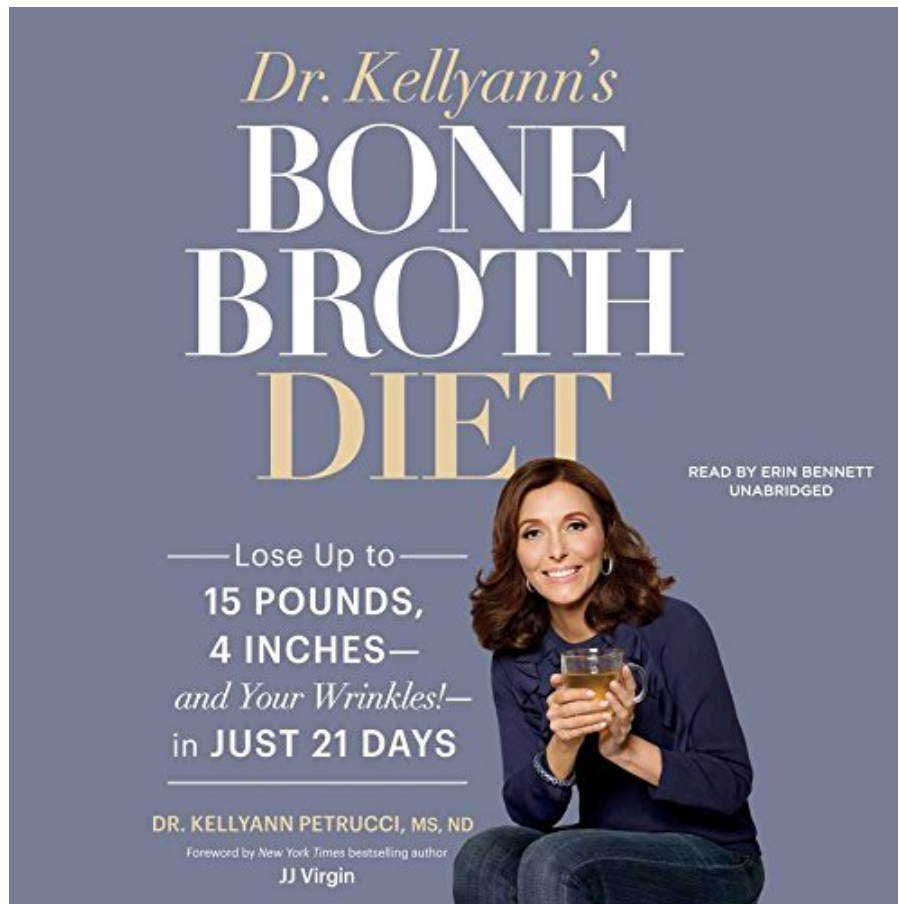


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## Most helpful customer reviews

696 of 730 people found the following review helpful.

JUST TRY IT!! You will NOT be disappointed!

By Mike fjell

After my husband purchased the book and suggested we do it together, I decided why not. He was offering to do the cooking, so I sat back and did what he told me to. I wasn't too thrilled with the idea, but since he did the hardwork, what could I lose? The first two days were bloody hell. I had body aches and fell like absolute crap! So I starting reading the book and found out this was called the "carb flu". Despite of doing the Paleo before and not having these symptoms (I chalk it up to having too much carb storage after the binge eating of the holidays), I decided to stick it out since Dr. Kellyann said this was normal and stay the course! So glad that I did! We have 9 days left of the 21 days and I feel

amazing!!!! At first the broth was a little nasty to me, but now I love it. (A little bit of Crystal hot sauce helps me a ton!) The other day I had so much energy that I cleaned my house from top to bottom from the second I woke up to the moment I went to bed! It was crazy!!

My kids told me yesterday when I walked through the door, "Whoa, Mom!! You've lost weight!" I was beaming!! My skin also looks great! (I had a brown sun spot downright disappear from my forehead! No joke!) The craziest thing is that I don't have sweet cravings anymore. I know I will be able to do the maintenance program, no problem. But I do miss my red wine! That's the hardest part. But my body needed the break from alcohol and sleep has never been better.

Oh yeah!!! Get this! This diet has cured my husband's insomnia. I'm. Dead. Serious. He is hypoglycemic and would wake him up in the middle to eat and this diet has stabilized his blood sugars so he sleeps like a log. It's crazy to him! (His skin looks amazing too, by the way. He actually looks like he has a slight tan!

I wish I would've taken before pictures. But honestly I didn't think I'd have these kind of results and I also didn't think I would able to stick to the diet 100%. But I have and I will for the next 9 days.

So glad my husband bought this and "made" me do this diet!

\*\*\*\*Update. I have lost a total of 12 pounds!!!! AND I have a week left!! I'm in shock!!! Thank you, Dr. Kellyann!!

422 of 446 people found the following review helpful.

The proof is in the pudding!!

By Mary V

I can't begin to describe how great this diet is. I lost 15 lbs. On top of that this diet has cured my depression and anxiety, it's lowered my resting heart rate from 140 to 75, it's given me more energy than I can spend, and it's made me sleep more soundly than I've ever slept. I used to have no energy for working out but now I have so much energy that I WANT to exercise to burn it off! Unlike other diets I've tried, this one makes me want to stay on it forever. I just feel so GOOD. It's incredible how much your diet impacts so many aspects of your health.

275 of 298 people found the following review helpful.

Best diet I've ever tried - I lost 35# in 8 weeks

By Rora

I am a 65 year old guy who is about 60# overweight. I bought this book and used it as Dr. Kellyann suggests. Without any exercise at all, I've lost 35# in 8 consecutive weeks of dieting, plus I feel much healthier, more energetic and my facial skin looks a little younger., Specifically, I lost 14# in the first 2 weeks, then 9# more in the next 2 weeks, then 7# more in the next 2 weeks and then 5# more in the past 2 weeks. During those 8 weeks, I over-indulged in unhealthy food and drinks on about 7 different days when attending social events. I've tried all the popular diet plans before with limited results. The Bone Broth Diet is by far the easiest and most effective diet I've ever tried. The key to this diet is the bone broth itself. I'm consuming nothing but 6



cups of beef bone broth on two, non-consecutive mini-fast days per week as the book advises. Tip - I bought my first beef broth from local health store and it was weak, expensive at \$2.00 per cup, and not very satisfying. As a result, those mini-fasting days were tough to tolerate. So, I started making my own beef broth in my crock pot for 24 hours with tap water, onions, celery, carrots, pepper, Himalayan salt, garlic, and grass fed beef bones from a local farm - total cost \$.50 per cup. It is delicious and very satisfying, so now the mini-fasting days are a breeze. This is such an easy diet that I'm going to continue dieting a few more weeks to see how much more weight I can lose.

[See all 733 customer reviews...](#)

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