



# **The O2 Diet: The Cutting Edge Antioxidant-Based Program That Will Make You Healthy, Thin, and Beautiful**

*Keri Glassman, Sarah Mahoney*

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As seen on CBS's The Early Show, The O2 Diet - by Keri Glassman, MS, RD, CDN with Sarah Mahoney - translates cutting-edge science into an easy-to-do program that will leave you energetic, healthy, and beautiful?inside and out.

For once, it's not about counting calories or restricting what one eats; it's about eating more of the right things. The O2 Diet includes a 4-day cleanse that promotes rapid weight loss, improved appearance, and confidence-boosting results; a 4-week plan that includes do-it-yourself options and preplanned menus; and a 6-step, fail-proof plan to ordering from restaurant menus.

The O2 Diet in paperback also includes all-new recipes and diet strategies that rev your metabolism and sate your appetites to help you lose weight and feel great for life!

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