



Vegan for Fit. Attila Hildmann's 30-Day Challenge : English edition

De Becker Joest Volk Verlag

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The first 100 test subjects lost over 970 pounds with Attila Hildmann's 30-Day Challenge. For the first time in their lives, these volunteers ate a diet for 30 days free of chemical additives, animal products, and starchy foods high in calories. Instead, they ate lots of natural, healthy products and delicious superfoods as part of Attila Hildmann's nutrition plan, and they began an exercise program of their own choosing. During the Challenge, the test subjects learned how to lose weight without going hungry while enjoying delicious foods such as pumpkin fries, noodles made from zucchini, and dairy-free ice cream. You can read what many of the Challengers say about their experience and see before and after photos in the accompanying insert. With Vegan for Fit, everyone has the possibility to achieve a total reset of their body and spirit in 30 days and to profit from the unique advantages that this type of diet offers. Losing a significant amount of weight is not the only thing you will experience by following the Vegan for Fit plan. Totally doing without those things that are questionable for your health, such as food additives, saturated fats, cholesterol, animal hormones, separating agents, artificial coloring, emulsifiers, and empty calories will also improve your metabolism and lead to a totally new, healthy body. At the end of the 30 days, many of the test subjects decided to completely or partially change their former eating habits. Even if we've consumed chemical additives, over a long period of time, our bodies can recover in a remarkably short amount of time. Many diet-related and lifestyle diseases will disappear on their own or will improve significantly."

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Présentation de l'éditeur

In the last two years, Attila Hildmann has revolutionized the German-language cooking and diet market, which is the second largest in the world after the U.S. He is now one of the most popular talk show guests. His own transformation from a lazy chubby guy to a model athlete in top physical form (Hildman speaking about himself) has led people to follow his example after all, it was his father's early diet-related death that motivated him to take action. Attila Hildmann's recipes are inspiring huge numbers of people who always wanted to do something for their health, but were never able to follow through. The first 100 test subjects lost over 970 pounds with Attila Hildmann's 30-Day Challenge. For the first time in their lives, these volunteers ate a diet for 30 days free of chemical additives, animal products, and starchy foods high in calories. Instead, they ate lots of natural, healthy products and delicious superfoods as part of Attila Hildmann's nutrition plan, and they began an exercise program of their own choosing. During the Challenge, the test subjects learned how to lose weight while feeling full and enjoying delicious foods such as pumpkin fries, noodles made from zucchini, and dairy-free ice cream. You can read what many of the Challengers say about their experience and see before and after photos in the accompanying insert. There are now thousands of people who have successfully completed their own Challenge. With Vegan for Fit, everyone has the possibility to achieve a total reset of their body and spirit in 30 days and to profit from the unique advantages that this type of diet offers. For the first time in your life Losing a significant amount of weight is not the only thing you will experience. Totally doing without those things that are questionable, such as hydrogenated fats, cholesterol, animal hormones, artificial coloring, emulsifiers, and empty calories, will significantly improve your metabolism and lead to a totally new, healthy body. The good news Even if we've consumed chemical additives over a long period of time, our bodies can recover in a remarkably short amount of time. Many diet-related and lifestyle diseases will disappear on their own or will improve significantly. Vegan for Fit is one of the diets today that is richest in vital substances. Attila Hildmann, an aspiring physicist and nutrition specialist, has created a plan based on modern scientific findings which all agree that a balanced, plant-based diet is the best way to effectively protect yourself against heart attacks, cancer, strokes, and other diet-related diseases. *Biographie de l'auteur*

Attila Hildmann was born in 1981 in Berlin, where he still lives today. Since "Vegan for Fun" was released in 2011, he has revolutionized the German-language cooking and diet book market, which is the second largest in the world after the U.S. Attila is now one of the most popular talk show guests and can be seen in the media almost every day. His own transformation from a lazy chubby guy (Attila about himself) to a model athlete in top physical form has led people to follow his example after all, it was his father's early diet-related death that motivated him to take action. Attila lost over 77 pounds without going hungry, but rather by slowly cutting out animal products and completely changing his eating habits. With his bestsellers "Vegan for Fun" and "Vegan for Fit", Attila started a trend unprecedented in Europe. Never before had a vegan cookbook been Number 1 on bestseller lists, and it was also the bestselling book on amazon.de. Thousands of people have been motivated by his idea of a 30-Day Challenge. They have experienced how dramatically their physical and mental well-being have improved as a result of giving up animal products and integrating a balanced exercise plan into their lives. Attila Hildmann's recipes are inspiring huge numbers of people who always wanted to do something for their health, but were never able to follow through. The aspiring physicist and fitness fan has revolutionized vegan cuisine with his message that a vegan diet is not only healthy, but also full of variety, creative, and delicious.

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