

celebrity extreme weight loss diets

Celebrity Extreme Weight Loss Diets: Unveiling the Secrets Behind Dramatic Transformations

celebrity extreme weight loss diets have long fascinated the public and media alike. When a famous personality sheds an impressive amount of weight in a short timeframe, it sparks curiosity, admiration, and sometimes skepticism. How do they do it? Are these diets sustainable or safe? And most importantly, can we learn anything valuable from their approaches to weight management? In this article, we'll delve into the realm of celebrity extreme weight loss diets, exploring popular methods, the science behind them, and practical takeaways for anyone interested in healthy transformations.

What Drives Celebrities to Pursue Extreme Weight Loss Diets?

Celebrities often face immense pressure to maintain a particular image, especially in industries like film, television, and fashion. Roles might demand a rapid physical transformation, or a public appearance may call for a slimmer silhouette. Beyond professional reasons, personal health concerns or a desire for lifestyle change can motivate celebrities to embark on intense weight loss journeys.

However, it's important to understand that extreme weight loss diets carried out by celebrities are often supervised by nutritionists, trainers, and medical professionals. The resources they have access to are not always available to the general public, which raises important questions about safety and sustainability.

Understanding the Concept of Extreme Dieting

Extreme weight loss diets typically involve significantly reducing calorie intake, cutting out entire food groups, or following very restrictive eating plans. These diets aim to accelerate fat loss, often at the expense of long-term nutritional balance. While they can produce fast results, the risks include nutrient deficiencies, muscle loss, and metabolic slowdown.

Some common features of celebrity extreme weight loss diets include:

- Low-carb or ketogenic approaches to force the body into fat burning mode
- Intermittent fasting schedules to control eating windows
- Detox or juice cleanses to reset the digestive system
- High-protein diets to preserve lean muscle mass

Popular Celebrity Extreme Weight Loss Diets and Their Stories

Over the years, many celebrities have shared their weight loss methods publicly, inspiring fans and sparking trends. Let's explore some of the most talked-about extreme diets that have shaped the narrative around rapid celebrity weight loss.

The Keto Craze: From Hollywood to Worldwide

The ketogenic diet, which emphasizes high fat, moderate protein, and very low carbohydrates, has been a favorite among stars like Halle Berry and Kim Kardashian. By drastically reducing carbs, the body enters a state of ketosis, where it burns fat for energy instead of glucose.

This diet can lead to rapid weight loss, especially in the initial weeks, due to water loss and fat metabolism. However, it requires careful planning to maintain electrolyte balance and avoid fatigue.

The Master Cleanse: A Controversial Detox Diet

Made famous by celebrities like Beyoncé, the Master Cleanse is essentially a lemonade-based fast that lasts anywhere from 10 to 40 days. It involves consuming a mixture of lemon juice, maple syrup, cayenne pepper, and water, with no solid food intake.

While some report quick weight loss and a sense of mental clarity, nutritionists warn against the risks of prolonged fasting, including muscle breakdown and nutrient deficiencies.

Intermittent Fasting: Flexible Yet Effective

Actors like Hugh Jackman and Jennifer Aniston have credited intermittent fasting for their lean physiques. This approach isn't about what you eat but when you eat. Common patterns include the 16/8 method (16 hours fasting, 8 hours eating window) or alternate day fasting.

Intermittent fasting can help control calorie intake naturally and improve metabolic health, but it's essential to focus on nutrient-dense foods during eating periods to avoid malnutrition.

Plant-Based and Vegan Diets for Weight Loss

Some celebrities, including Ariana Grande and Natalie Portman, have adopted vegan or predominantly plant-based diets to lose weight and improve overall health. These diets focus on whole grains, fruits, vegetables, legumes, and nuts while eliminating animal products.

Plant-based diets tend to be rich in fiber and low in calories, which can promote satiety and weight loss. However, attention must be paid to protein intake, vitamin B12, and iron.

The Science Behind Celebrity Extreme Weight Loss Diets

Understanding the mechanisms that drive rapid weight loss can help demystify these celebrity diets and highlight what might work safely for the average person.

Caloric Deficit: The Universal Principle

At its core, weight loss depends on burning more calories than consumed. Extreme weight loss diets often create a steep caloric deficit, which accelerates fat burning. However, an excessively low calorie diet can slow metabolism and lead to muscle loss.

Macronutrient Manipulation and Metabolism

Adjusting macronutrients — carbohydrates, fats, and proteins — affects hormones like insulin and leptin, which regulate hunger and fat storage. For example, low-carb ketogenic diets reduce insulin spikes, promoting fat mobilization.

Protein-rich diets help preserve muscle and keep you feeling full longer, which is why many celebrity plans emphasize high protein.

The Role of Hydration and Detoxification

Many extreme diets incorporate detox strategies, including increased water intake, herbal teas, and specific cleansing protocols. While the body naturally detoxifies via the liver and kidneys, staying hydrated supports metabolism and can reduce bloating.

Risks and Considerations of Celebrity Extreme

Weight Loss Diets

While the transformations might look inspiring, it's essential to approach extreme diets with caution.

- **Potential Nutritional Deficiencies:** Restrictive diets may lack essential vitamins and minerals.
- **Mental Health Impact:** Obsessive dieting can lead to disordered eating patterns and stress.
- **Muscle Loss:** Rapid weight loss without adequate protein and strength training might reduce muscle mass.
- **Yo-Yo Effect:** Extreme diets are often not sustainable, leading to weight regain over time.

Consulting a healthcare professional before starting any intense diet plan is crucial, especially if underlying health issues exist.

Lessons We Can Learn from Celebrity Weight Loss Journeys

Despite the risks, celebrity extreme weight loss diets highlight several valuable insights:

Consistency and Discipline Are Key

Rapid transformations don't happen overnight. Celebrities often commit to strict routines involving diet, exercise, and lifestyle changes over weeks or months.

Personalized Approaches Work Best

There is no one-size-fits-all diet. What works for one celebrity may not be suitable for another. Factors such as genetics, activity level, and health conditions influence outcomes.

Balance and Sustainability Matter

Long-term health requires sustainable habits. Incorporating balanced meals, regular physical activity, and mental well-being practices tends to yield the best results.

Professional Support Enhances Safety

Dietitians, trainers, and medical professionals can tailor plans to individual needs and monitor progress, reducing risks associated with extreme dieting.

Practical Tips Inspired by Celebrity Diets for Healthy Weight Loss

You don't need to follow an extreme diet to benefit from celebrity insights. Here are practical tips to enhance your weight loss journey:

- **Focus on whole, nutrient-dense foods:** Prioritize vegetables, lean proteins, healthy fats, and whole grains.
- **Stay hydrated:** Drink plenty of water daily to support metabolism and digestion.
- **Incorporate intermittent fasting mindfully:** Try time-restricted eating if it suits your lifestyle.
- **Engage in regular physical activity:** Combine cardio, strength training, and flexibility exercises.
- **Listen to your body:** Avoid extreme restrictions that cause fatigue or mood changes.
- **Seek professional guidance:** A healthcare provider can help tailor a safe and effective plan.

Exploring celebrity extreme weight loss diets offers a window into the possibilities and pitfalls of rapid transformations. While their methods can be inspiring, the true takeaway lies in adopting balanced, sustainable habits that promote long-term health and well-being. After all, the most successful weight loss journey is one that enhances your life, not just your appearance.

Frequently Asked Questions

What are some popular extreme weight loss diets followed by celebrities?

Popular extreme weight loss diets followed by celebrities include the ketogenic diet, intermittent fasting, juice cleanses, the cabbage soup diet, and the Master Cleanse.

Are celebrity extreme weight loss diets safe to follow?

Many celebrity extreme weight loss diets can be unsafe if not properly managed, as they often involve severe calorie restriction or elimination of essential nutrients. It's important to consult a healthcare professional before trying any extreme diet.

How do celebrities manage to lose weight quickly for movie roles or events?

Celebrities often work with nutritionists, personal trainers, and sometimes medical professionals to follow strict, regimented diets combined with intense workout routines to achieve rapid weight loss for roles or events.

What are the risks associated with extreme weight loss diets promoted by celebrities?

Risks include nutrient deficiencies, muscle loss, metabolic slowdown, gallstones, and potential long-term damage to metabolism and mental health. Extreme diets may also lead to disordered eating patterns.

Can extreme weight loss diets lead to sustainable long-term results?

Extreme weight loss diets are generally not sustainable long-term because they are often too restrictive. Most people regain weight once they return to normal eating habits. Sustainable weight loss typically involves balanced nutrition and regular exercise.

How can someone safely approach weight loss inspired by celebrity diets?

To safely approach weight loss inspired by celebrity diets, individuals should focus on balanced nutrition, moderate calorie reduction, regular physical activity, and seek guidance from healthcare professionals rather than replicating extreme or fad diets exactly.

Additional Resources

Celebrity Extreme Weight Loss Diets: An Investigative Review of Trends and Impacts

celebrity extreme weight loss diets have long captured public fascination, often making headlines for their rapid transformations and dramatic before-and-after images. These diets, sometimes bordering on the unconventional or controversial, are pursued by high-profile figures to meet rigorous aesthetic demands of the entertainment industry or personal health goals. While such regimens can generate impressive results, they also raise important questions about sustainability, safety, and the psychological effects of rapid body changes. This article delves into the spectrum of celebrity extreme weight loss diets, analyzing their underlying principles, efficacy, and implications for the broader

public.

Understanding Celebrity Extreme Weight Loss Diets

Celebrity extreme weight loss diets typically involve aggressive caloric restrictions, elimination of entire food groups, or adoption of niche eating plans designed to expedite fat loss. These approaches often go beyond standard weight management advice, leveraging high-profile endorsements to gain traction among fans and followers. However, the nature of these diets varies widely—from ketogenic and intermittent fasting protocols to more radical methods such as liquid cleanses or mono-diets.

The motivation behind such diets is multifaceted. For many celebrities, there is a professional impetus to achieve a specific physique rapidly, whether for a film role, red carpet event, or brand endorsement. Others may turn to extreme dieting as a response to personal health concerns or life changes. Regardless of intent, these diets commonly promise quick results but may come with hidden risks.

Common Types of Celebrity Extreme Weight Loss Diets

1. **The Ketogenic Diet**: This high-fat, low-carbohydrate diet has gained popularity among celebrities like Halle Berry and Kim Kardashian. By forcing the body into ketosis, it promotes fat burning over glucose metabolism. While effective for some, the diet requires strict macronutrient monitoring and can cause side effects such as fatigue and nutrient deficiencies.
2. **Intermittent Fasting (IF)**: Practiced by stars like Hugh Jackman and Jennifer Aniston, IF involves cycling between periods of eating and fasting. Variations such as the 16:8 method (16 hours fasting, 8 hours eating) claim to enhance metabolism and reduce calorie intake. Although evidence supports some metabolic benefits, prolonged fasting may not be suitable for everyone.
3. **Juice Cleanses and Detox Diets**: Celebrity endorsements of juice cleanses, such as those by Beyoncé or Miranda Kerr, focus on detoxification and quick weight loss through liquid-only diets over a few days. These diets drastically reduce calorie intake but often lack essential nutrients, raising concerns about muscle loss and metabolic slowdown.
4. **Mono-Diets and Extreme Caloric Deficits**: Some celebrities adopt highly restrictive diets centering on a single food or extremely low-calorie plans. For example, extreme protein-only diets or consuming fewer than 800 calories daily have been reported. While these methods can yield rapid weight loss, they may also trigger adverse effects including hormonal imbalances and diminished energy levels.

Analyzing the Health Implications and Sustainability

Extreme weight loss diets promoted by celebrities are often scrutinized for their long-term viability. Rapid weight loss achieved through severe dietary limitations can lead to immediate results but might compromise metabolic health and psychological well-being over time.

Potential Benefits

- **Quick Physical Transformation**: The most obvious benefit is rapid reduction in body weight and fat percentage, which can motivate individuals to pursue healthier lifestyles.
- **Increased Public Awareness**: Celebrity endorsements can bring attention to specific diets, encouraging people to reconsider their eating habits.
- **Short-Term Health Markers**: Some diets, like ketogenic or IF, have been linked to improvements in blood sugar regulation and inflammatory markers.

Risks and Drawbacks

- **Nutritional Deficiencies**: Eliminating entire food groups or severely restricting calories can lead to shortages in vitamins, minerals, and essential macronutrients critical for bodily functions.
- **Muscle Loss**: Rapid weight loss without adequate protein intake or resistance training may result in loss of lean muscle mass.
- **Metabolic Slowdown**: Prolonged caloric deficits can reduce basal metabolic rate, making sustained weight management more difficult.
- **Psychological Stress**: Rigid dieting regimens may trigger disordered eating patterns or exacerbate body image issues.
- **Lack of Medical Supervision**: Many celebrity diets lack oversight by qualified nutritionists or physicians, increasing the risk of adverse outcomes.

Celebrity Extreme Weight Loss Diets in Context: What Does Science Say?

Scientific literature offers mixed insights into the efficacy and safety of extreme diets. Studies on ketogenic diets demonstrate short-term weight loss and metabolic benefits but caution about long-term cardiovascular risks. Intermittent fasting shows promise for weight control and metabolic health, yet evidence for its superiority over traditional calorie restriction remains inconclusive.

Conversely, liquid cleanses and mono-diets lack robust scientific support and are generally discouraged by health professionals. The abrupt elimination of solid foods can impair gut microbiota diversity and energy metabolism.

It is important to emphasize that individual variation plays a significant role in diet success. Genetic factors, baseline metabolic health, and lifestyle determine how one responds to extreme dieting. Therefore, the one-size-fits-all approach often seen in celebrity regimes may not be appropriate for the general population.

Comparing Celebrity Diets to Standard Weight Loss Guidelines

Standard weight loss recommendations from entities such as the Centers for Disease Control and Prevention (CDC) advocate for gradual weight reduction—about 1 to 2 pounds per week—through balanced caloric deficits and physical activity. This contrasts with celebrity extreme diets promising double or triple that pace.

- **Standard Approach:** Focuses on nutrient-dense foods, portion control, and sustainable lifestyle changes.
- **Celebrity Extreme Diets:** Often prioritize rapid results, sometimes at the expense of nutrient balance and mental health.

The discrepancy highlights the potential risks of attempting to emulate celebrity diet plans without personalized guidance.

The Cultural Influence and Ethical Considerations

Celebrity extreme weight loss diets resonate widely, shaping societal perceptions of beauty and health. The media's amplification of these transformations can create unrealistic expectations, particularly among impressionable audiences.

There is an ethical dimension to celebrity endorsements of extreme diets. Transparent communication about the risks, the role of medical supervision, and the use of complementary strategies such as fitness routines or professional coaching is often lacking. Without this context, fans may pursue similar diets unsafely.

Moreover, the glorification of rapid weight loss may inadvertently perpetuate stigma around natural body diversity and promote unhealthy relationships with food.

Strategies for Responsible Communication

- Celebrities and influencers should collaborate with qualified health experts to provide balanced information.
- Media outlets can highlight both successes and challenges associated with these diets.
- Public health campaigns might leverage celebrity influence to promote evidence-based,

sustainable weight management approaches.

Conclusion: Navigating Celebrity Extreme Weight Loss Diets with Caution

Celebrity extreme weight loss diets continue to captivate audiences with their promise of swift transformation. However, their application warrants careful examination beyond glossy headlines. While some regimens like ketogenic and intermittent fasting demonstrate potential benefits under professional supervision, others such as juice cleanses and extreme caloric deprivation pose significant health risks.

Individuals inspired by celebrity transformations should prioritize evidence-based practices, consult healthcare providers, and focus on long-term wellness rather than short-term aesthetics. Ultimately, a balanced, personalized approach remains the cornerstone of effective and safe weight management.

Celebrity Extreme Weight Loss Diets

celebrity extreme weight loss diets: Wacky Celebrity Facts Evelyn Cho, AI, 2025-02-12
Wacky Celebrity Facts dives into the eccentric world of famous people, exploring their unusual habits and quirks behind the scenes. It examines how fame and fortune can lead to uncommon behaviors, highlighting the peculiarities that often defy expectations. For example, some celebrities acquire bizarre collections, while others follow unconventional wellness routines. The book is structured around three main themes: unusual purchases, wellness regimes, and bizarre beliefs. It presents case studies based on verifiable information, avoiding psychological speculation. Did you know some celebrities own haunted properties or adhere to strange superstitions? The book offers a fact-based look at celebrity culture, aiming to understand the impacts and pressures of fame rather than sensationalizing it. By focusing on observable behaviors and their cultural implications, Wacky Celebrity Facts provides a clearer perspective on the psychological effects of fame. The book progresses from defining celebrity eccentricity to examining specific examples, concluding with a broader reflection on fame, fortune, and their impact on society. This unique approach presents information objectively, allowing readers to form their own conclusions about celebrity culture.

celebrity extreme weight loss diets: Strange Celebrity Habits Ophelia Kincaid, AI, 2025-03-31
Strange Celebrity Habits explores the fascinating, often bizarre routines of famous people, revealing the human experiences hidden beneath the glossy veneer of celebrity culture. It examines how constant media attention and the pressure to maintain a flawless public image can lead to unique coping mechanisms. For example, some celebrities develop elaborate pre-performance rituals to manage anxiety, demonstrating the profound impact of fame on mental health. The book analyzes these idiosyncratic behaviors, not as mere eccentricities, but as reflections of deeper psychological and cultural forces. The book progresses through key sections, first introducing the psychology of fame and its effects on mental well-being, then delving into specific categories of unusual celebrity habits, from strict dietary regimens to unconventional sleep patterns. Finally, it explores the cultural impact of these behaviors, examining how they are perceived and how they influence trends. By drawing from biographies, interviews, and academic studies, Strange Celebrity Habits offers readers a nuanced understanding of the complex interplay between public persona and private reality,

providing a unique lens through which to view the lives of famous figures.

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celebrity extreme weight loss diets: The Crack Head Diet for Beginners Dr. Brandon Day , 2023-06-21 If you're going to waste your money another stupid diet book that doesn't work, spend it on this one. Jane Johnson, Diet Guru and Bestselling Author of How to Stop Being So Fat! Did you ever wonder why crackheads are all really skinny? Best selling author and comedian, Dr. Brandon Day, spent the past year examining this phenomenon, and it isn't because they do Keto, cut carbs, intermittent fasting, Weight Watchers, or any of those other gimmicky weigh loss plans. Crackheads don't count their steps or have Fitbits. They don't do Pilates, hot yoga, or CrossFit either. Crackheads are all really skinny because they smoke a shit ton of crack. Next to gastric bypass surgery and a few eating disorders, crack is the single greatest weight loss method on the market right now. This book will reframe we as a society look at crack cocaine so we can harness it's hidden potential to give us all the smoking hot beach body you were after. Once you start smoking crack, you'll never have to buy another diet book again! -Body Positive Weekly

celebrity extreme weight loss diets: Strange Celebrity Facts Emily Williams, AI, 2025-03-29 Strange Celebrity Facts explores the hidden lives of famous people, revealing the unusual habits and unexpected quirks that shaped their journeys. It delves into celebrity culture, examining how fame and fortune can amplify eccentricities. Did you know some celebrated actors battled crippling stage fright, or that certain musicians were terrified of performing? The book uncovers these strange celebrity facts, offering insights into human behavior and the pressures faced by those in the spotlight. The book progresses through sections examining phobias and anxieties, obsessions and rituals, and unconventional spending habits. It draws upon biographies, interviews, and psychological studies to present a well-researched analysis. By exploring these famous people's peculiar habits, the book reveals a nuanced understanding of the interplay between personality, environment, and achievement, moving beyond mere gossip to offer a relatable and thought-provoking exploration of human nature.

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secrets, and wondering if they are a good option for you, it may be best to take a look at the specific regimens a certain celebrity is using. There are many celebrity diet secrets out there that do promote effective weight loss, you just need to make sure that these methods of getting fit are actually healthy. When you see photos of Cameron Diaz's slim silhouette or Jessica Alba's flat post pregnancy tummy you probably wonder just how Hollywood stars stay so lean or snap back into shape so quickly. While many swear their svelte bods come from eating right and exercising round the clock, the truth is that some celebs may go to strange and interesting lengths to get or stay pin thin. Here, the skinny on exactly what the big names do to get red-carpet ready—from the healthy strategies you'll want to steal to the just plain wacky ideas you'll want to avoid.

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celebrity extreme weight loss diets: Deadly Biocultures Nadine Ehlers, Shiloh Krupar, 2019-12-17 A trenchant analysis of the dark side of regulatory life-making today In their seemingly relentless pursuit of life, do contemporary U.S. “biocultures”—where biomedicine extends beyond the formal institutions of the clinic, hospital, and lab to everyday cultural practices—also engage in a deadly endeavor? Challenging us to question their implications, *Deadly Biocultures* shows that efforts to “make live” are accompanied by the twin operation of “let die”: they validate and enhance lives seen as economically viable, self-sustaining, productive, and oriented toward the future and optimism while reinforcing inequitable distributions of life based on race, class, gender, and dis/ability. Affirming life can obscure death, create deadly conditions, and even kill. *Deadly Biocultures* examines the affirmation to hope, target, thrive, secure, and green in the respective biocultures of cancer, race-based health, fatness, aging, and the afterlife. Its chapters focus on specific practices, technologies, or techniques that ostensibly affirm life and suggest life's inextricable links to capital but that also engender a politics of death and erasure. The authors ultimately ask: what alternative social forms and individual practices might be mapped onto or intersect with biomedicine for more equitable biofutures?

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This isn't just a book, it's a transformative experience. Through insightful exploration, Anita delves into the damaging consequences of adhering to narrow beauty standards. By exposing the underpinnings of the cosmetic industry and shedding light on the beauty myth, she encourages readers to reject superficial judgment. This book is a rallying call for you to embrace your individuality, reject self-doubt, and rewrite the narrative surrounding looks, self-esteem, and personal empowerment. Inside, you'll: Explore the roots of beauty standards, from historical norms to modern influences, unraveling their impact on self-perception. Gain insights into the hidden advantages of conforming to conventional beauty ideals and how they affect various aspects of life. Discover the evolving interplay between feminism and appearance, and how it shapes our understanding of empowerment. If you've read books like *The Beauty Myth*, *Women Don't Owe You Pretty*, or *Ain't I a Woman*, you will love *Ugly: Redefining Beauty Standards*.

celebrity extreme weight loss diets: *The Diet Fix* Yoni Freedhoff M.D., 2014-03-04 With *The Diet Fix*, weight loss expert Dr. Yoni Freedhoff offers a groundbreaking, useable guide to begin living happily while losing weight permanently. It is time to break the cycle of traumatic dieting. Despite the success stories publicized by Atkins, South Beach, Weight Watchers, and others, 90% of all diets end in failure. How can we fix the way we lose weight so that we make results last? Whether used on its own or in conjunction with any other diet, Dr. Freedhoff's program shows how to replace a toxic dieting mindset with positive beliefs and behaviors. Dr. Freedhoff has uncovered the flawed thinking that sabotages even the most earnest weight loss efforts. The majority of dieting or weight loss programs call for regular sacrifice: Give up an entire food group; fight hunger day and night; undertake exhausting and grueling exercise regiments. These approaches are unrealistic, unhealthy, and make it nearly impossible to maintain results. Now, at last, there is hope. In *The Diet Fix*, Dr. Freedhoff offers a tested program for breaking down the negative thought patterns that prevent people from losing weight and keeping it off. Through the course of years of research and patient treatment, he has developed a 10-Day Reset that supports losing weight while maintaining a healthy, enjoyable lifestyle. This reset is designed to eliminate the habits that so often lead to weight gain: use it to shut down cravings, prevent indulgences from turning into binges, and break up with the scale once and for all. The 10-Day Reset can make any diet more effective, whether it's low-carb, low-fat, meal replacement, calorie tracking, or anything in between.

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How It Can Be the Solution to Your Sleep Disorder to create the inner conditions needed for a truly restful night. You will try on yourself how meditation can become a stunning aid to promote restful sleep naturally and without drugs. · Find Out How Emotional Eating Can Sabotage Your Weight-Loss Efforts, and get tips to get control of your eating habits. When negative emotions threaten to trigger emotional eating, you can take steps to control cravings; inside the book, you will find a complete list of these steps to stop overeating following your emotions. · ... & Lot More! Using hypnosis, losing weight will be simple, will no longer be a sacrifice. It helps you change your relationship with food, and will teach you to eat in a healthy and balanced way. Hypnotic gastric banding will help you believe your stomach is the size of a golf ball by preventing you from eating when you are NOT hungry and to have a much healthier relationship with food. With this guide in your hands, you will start losing weight, stop food addiction, and eat healthy with rapid weight loss hypnosis and meditation! Order Your Copy Now and Kick Start Your Diet With the Amazing Power of Hypnosis!

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