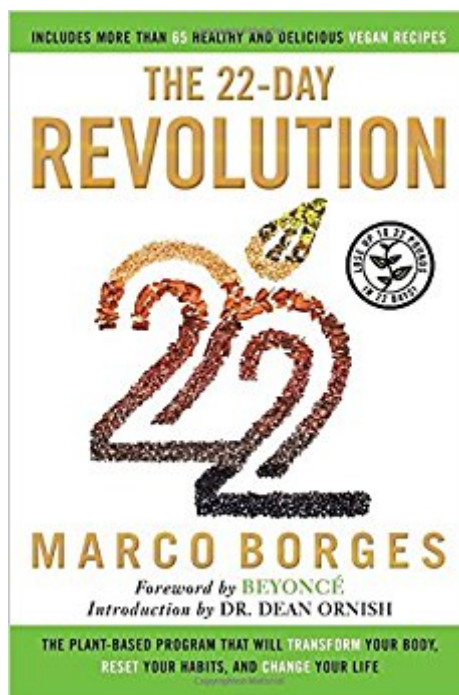




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# The 22-Day Revolution: The Plant-Based Program That Will Transform Your Body, Reset Your Habits, And Change Your Life



## Synopsis

THE NEW YORK TIMES A BESTSELLER A groundbreaking vegan program designed to transform your mental, emotional, and physical health in just 22 days • includes a Foreword by Beyoncé, and an Introduction by Dr. Dean Ornish. Founded on the principle that it takes 21 days to make or break a habit, The 22-Day Revolution is a plant-based diet designed to create lifelong habits that will empower you to live a healthier lifestyle, to lose weight, or to reverse serious health concerns. The benefits of a vegan diet cannot be overstated, as it has been proven to help prevent cancer, lower cholesterol levels, reduce the risk of heart disease, decrease blood pressure, and even reverse diabetes. As one of today's most sought-after health experts, exercise physiologist Marco Borges has spent years helping his exclusive list of high-profile clients permanently change their lives and bodies through his innovative methods. Celebrities from Beyoncé, Jay-Z, Jennifer Lopez, and Pharrell Williams, to Gloria Estefan and Shakira have all turned to him for his expertise. Beyoncé is such an avid supporter that she's partnered with Borges to launch 22 Days Nutrition, his plant-based home delivery meal service. Now, for the first time, Borges unveils his coveted and revolutionary manifesto, featuring the comprehensive fundamentals of starting a plant-based diet. Inside, you'll find motivating strategies, benefits and tips for staying the course, delicious recipes, and a detailed 22-day meal plan. With this program, you will lead a healthier, more energetic, and more productive life • helping you to live the life you want, not just the one you have.

## Book Information

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## Customer Reviews

Praise for Marco Borges and The 22 Day Revolution – “If a Houston-born foodie like me can do it, you can too – as you just need to try it for 22 days.” – •Beyoncé, from the Foreword – “Marco Borges embodies the core values that he writes about in this book. What he describes here can make a powerful difference in your health and well-being.” – •Dr. Dean Ornish, from the Introduction – “Diet and exercise are the building blocks for a healthy life, and Marco understands not only the scientific benefits to the human body, but also how to present the information in a way that is accessible, manageable, and inspirational.” – •Ryan Seacrest, TV/Radio Host and Producer – “A plant-based diet can and will change your life. In The 22-Day Revolution, Marco Borges will show you the best foods for a trim waistline, a strong heart, and a healthy brain.” – •Neal Barnard, MD, President and Founder of the Physicians Committee for Responsible Medicine

Marco Borges is an exercise physiologist, founder of 22 Days Nutrition, author and plant-based living advocate. Passionate about guiding people to develop healthier lifestyles, he has spent the last 20 years as a lifestyle coach and touring the world empowering others with tools for ultimate wellness. He is also the author of Power Moves: The Four Motions To Transform Your Body For Life. He lives in Miami with his wife and their three sons.

It is so hard to make the transition from a traditional diet to plant based diet, but this book provides a weekly shopping list and easy to follow menus. The program does take more prep time, however running to pick up fast food or going to lunch also takes time. Time preparing the plant based meal options is time well spent. I'm not a morning person, however within a day of making the change, I was able to get up an hour and a half earlier to add exercise to my morning routine. The uncomfortableness in my stomach disappeared and it feels good to be a little hungry and look forward to the next meal instead of eating mindlessly. I am a Registered Nurse who previously worked on a cardiac floor at a hospital. I now work for a health and wellbeing company that supports plant based diets and disease prevention. I have seen firsthand how people lower blood pressure, improve heart health, lose weight, and lower A1c with lifestyle management including a plant based diet and exercise. As far as the cost of fresh fruits and vegetable, I see many people who pay \$300-\$700 a month for preventable diseases such as heart disease and type 2 diabetes. I'd rather pay a little more for real foods. Yesterday my coworkers had a surprise birthday potluck for me at work. As Registered Nurses who work for a health and wellbeing company, I would think that some

of the food would be healthy, however we had noodles, fried chicken, cake, and ice cream. Today I feel like I have a food hangover. It was hard to wake up, even 2 hours later than I have been getting up and my abdomen feels bloated. I want to remember this feeling, because when I doubt that I am making the right choice, I want to think about how good my body feels on a plant based diet and how I no longer have a feeling of fatigue throughout the day. I make the meals for myself and my husband, however he sometimes adds a chicken breast to the meal. I have seen that he is slowly transitioning away from the adding animal proteins and even takes plant based meals for lunch. I'm so excited to find a very easy to follow plan that includes an introduction by Dr. Dean Ornish. Dr. Ornish is a name that I respect and I know that he know is committed to improving heart health. The book is so easy to read and Marco Borges provides real stories about people who have made the change, difficulties they faces, and how it changed their lives.

Love this book and their food plan, yes it's hard to keep up with the diet but after the first days eating plant based you will start to feel more energy, your skin will change and losing weight is not hard. it's my second time doing the diet, the first time I lost 10 pounds.

Great and easy to follow book. Life changing! I did the 22 days, lost 11 lbs and have continued to live the plant based lifestyle and am down 20 lbs. no going back!! Never felt better!! If you're looking to get healthy or want to go vegan but are unsure where/how to start, this is the best!

Compelling read, inspiring without hitting you over the head with it. I'm gonna try it. Thanks!

great book strictly vegan....it worked lost 20 lbs

Sounded interesting...but it's for people who have the time to process and do it! It was more common sense to me to eat in moderation and go for a walk!

Great bit of explaining how meats, dairy, and how the production and eating of all that stuff is harmful not only to our bodies, but to our environment as well. The portions in the recipes are huge, and I couldn't eat it all in one sitting, so I ended up saving it for another day, as I was the only one doing this diet in my household.

Well designed program, with surprisingly (to me) tasty recipes. I've lost weight and feel much better.

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