



# The H2O Diet: How to Eat, Exercise, Drink and Dream.

*Jeannette Murueta , Gene Coates*

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Pair it with your favorite diet and double your weight loss results!

The H2O Diet presents an authentic, permanent weight-loss strategy to naturally redirect your eating and drinking, so you can regain a healthy body and spirit.

Combined with your favorite diet, The H2O Diet Book can help you double your weight loss results.

With this diet, you will love the way you feel. By drinking water at the right times to keep your body hydrated and burning fat--even after you enjoyed your favorite meals--you will feel lighter and more energetic. Love the way you look. Before you take your shower every morning, do your daily 3-to-5-minute exercise routine to tone the muscles in your face, breasts or chest, arms and legs, etc., to make you look more attractive and younger. Be healthy. By drinking the water you need and eating a healthy diet, you will flush the toxins from your body and will feel much healthier.

This is a book to keep on your night table to help you stay fit and slim all year long. Always remember: you can gain control over your weight with The H2O Diet Book.

## The H2O Diet: How to Eat, Exercise, Drink and Dream. Details

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# **From Reader Review The H2O Diet: How to Eat, Exercise, Drink and Dream. for online ebook**

**William Carswell says**

For me it was very informative on what happens to the human body when drinking water at certain times.

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**Lin says**

This book is not just about water or a diet, it covers spiritual matters, vices and author's opinions. It was all over the place and the last chapter almost did me in with it's exercise in creative writing. If it was the first chapter I probably would have given up on the book then and there.

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**Carla says**

**A huge amount of information**

A huge amount of information is presented, but I found the basic principles of this diet to be so complicated and convoluted that I'm sure what the dietary recommendations are.

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**Lynne says**

**out of date with nutritional recommendations**

Nutritional info is woefully out of date. For example, the book recommends avoiding saturated fat, eating soy and skim milk, cooking in olive oil, and limiting eggs to two per day. Makes me distrust anything else in the book.

It is meandering and unfocused. I ended up scrolling through much of it and never found an actual diet.

The only redeeming quality (assuming it is true) is the easy to understand explanation for why complex carbs and insulin can knock you out of fat burning mode.

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**rose says**

I enjoyed the book and hope to put the information to use soon

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