



The Aztec Diet: Chia Power: The Superfood that Gets You Skinny and Keeps You Healthy

Bob Arnot

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Chia Power can make you skinny, strong, and healthy

The Aztecs cultivated the world's most nutritious foods, which provided them with the strength to build one of civilization's greatest empires. The key to the astounding fitness and energy levels of the Aztec warriors? The miracle superfood: chia. Already fueling endurance athletes and distance runners like those featured in the bestselling book *Born to Run*, chia is quickly gaining popularity as the biggest diet breakthrough in years. Now, in *The Aztec Diet*, *New York Times* bestselling author Dr. Bob Arnot incorporates the eating habits of this mighty civilization into our modern-day lives to unlock the answer to lasting weight-loss success.

Follow *The Aztec Diet's* three-phase plan to lose weight quickly and effortlessly, improve overall health and wellness, end hunger cravings, and eliminate the exhaustion that accompanies blood-sugar spikes and drops.

- Phase I jump-starts your weight loss, supercharging your metabolism with three chia smoothies per day.
- Phase II keeps you satisfied, replacing the midday smoothie with a delicious and nutritious lunch to help avoid the all-too-familiar dieter's plateau.
- Phase III maintains your target weight for good with a guide to smart food choices and healthful recipes to keep your mind and body in top form.

With simple, delicious recipes and countless ways to include the superfood benefits of chia in every meal, *The Aztec Diet* provides all the tools necessary to keep you motivated and on track as you begin the journey to a better, healthier you.

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