

Dr. Kellyann: There are 3 Deceptive Diet Fads I've warned patients to stay away from for years.

That in my experience can be seriously health-damaging and dangerous.

Dr Oz: Here with a no holds barred investigation // is weight loss expert Kellyann Petrucci.

Dr. Kellyann: One of these popular diets // is actually turning millions of Americans into what I call "skinny fat."

Dr. Kellyann: We numb our bodies.

We don't pay attention.

Dr. Kellyann: People bonk on diets because they crash because they don't get the energy.

Dr. Kellyann: We go from thing to thing to thing.

Dr. Kellyann: And guess what?

Exactly what we didn't want, we got.

Dr. Kellyann: We got fat and we got sick.

Dr Oz: What is the biggest mistake people make?

Dr. Kellyann: I want everyone to flip the switch.

Dr. Kellyann: You just have to know my **secret slim-down weapon**.

Is intermittent fasting actually making you gain weight?

You spend all day starving...

Longingly looking at your friends, coworkers, and family members indulge in salty french fries, creamy pastas, and warm chocolate chip cookies you're not able to eat...

Because you're hoping to lose a few pounds before a big event or a sunny beach vacation or simply just because.

You step on the scale and maybe see you're down a pound or two...

But then the next day rolls around and you decide to have just *one little treat* because you've earned it...

And BAM!

Not only are the pounds back...

But this time, they've brought all their friends.

It's a vicious cycle that I like to call the "Hamster Wheel of Hell."

Why?

Because it's a never ending story of dieting, overindulging, dieting, overindulging, dieting.

And frankly, it's exhausting... and it's no way to live your life.

So if you're looking to shed some pounds FOR GOOD and gain a ton of confidence, then you'll want to pay special attention to this.

Because the secret to losing weight has never been easier and it **doesn't** mean you can't eat.

How do I know all of this?

Well, it's my job.

Hi, I'm Dr. Kellyann Petrucci, but you can call me Dr. Kellyann.

I'm a nutritionist, a doctor specializing in biological medicine with more than twenty years of clinical experience, and a downright health nut.

My forte is transforming people.

And I'm *really* good at it.

Over the course of my career, I've helped hundreds of thousands of people lose weight and become their healthiest, sexiest, and most energetic selves again...

All through this one simple method.

No starving required.

You may have seen a couple of my transformations on the show *The Doctors*...

where I helped a husband and wife who were desperate to lose weight and regain their health drop 250 pounds...

...and have even given big-time Hollywood celebrities that perfect figure for the red carpet.

And the secret to these amazing success stories?

Well, that's why I'm making this video presentation.

Because even if you're not a celebrity or one of my personal patients... it's my firm belief that you should be living your most fabulous life starting right now.

That's why I'm going to show you an easy and effortless way to detox, lose weight, and regain the vitality you had 20, 30, or even 40 years ago.

Now, while I pierced the stratosphere with my New York Times bestselling book *The Bone Broth Diet*, that's not what I'm here to tell you about today.

Because I've discovered more **cutting-edge**, scientific research that's going to turn your life around.

And I'm 100% positive that my **new, super simple at-home routine** is going to be just as big as bone broth.

So you don't want you to miss out!

If you're game, here's my promise to you.

This **carefree technique** will rejuvenate you.

It's going to make you feel lighter.

It's going to blast that bloat and start to make your skin glow...

...in just 5 days.

After five days, you're going to have the energy of a teenager.

Or what I like to call "tiger blood."

You're going to begin to feel young and well again.

I mean truly deep-down well for maybe the first time in years.

I know, because it worked for me when I was at my lowest.

In just a moment, I'm going to tell you about my own crash-and-burn.

This is a very scary story for me to share, but I need to.

Because you need to learn from me.

I did one simple thing to transform my life, and it can transform your life right now.

I'm going to teach your body how to kick in youth.

And I'll show you why it's so important to **step back and reset** in order to heighten your immune system.

Because it's not just about enhancing your energy or getting rid of the bloat.

You have to build armor around yourself and prepare your body for battle at all times.

We know this now more than ever.

We want our immune system fired up because at the end of the day, everything... and I mean everything... rises and falls on your immune system.

Your mood, your skin, your weight, your vitality...

I learned that more than twenty years ago while studying biological medicine with the world-renowned Mozart of Medicine, Dr. Thomas Rau, at the Marion Foundation and Paracelsus Clinic in Switzerland.

Biological medicine changed my entire perspective on health.

Because it combines modern practices with ancient methods for a more holistic approach.

And it goes even beyond functional medicine.

It's a spiritual medicine.

It's a scientific medicine.

It's such a different, special and extraordinary medicine!

And when I returned to the states, I brought back tools of the trade that no one had ever heard of!

I'm talking about completely avant garde and completely ahead of the trend approaches to whole body wellness...

...like the importance of gut health and nurturing your microbiome with probiotics and prebiotics.

I was doing that long before it hit the mainstream.

Yet somehow, even with my extensive and extremely exclusive medical training, every decade I find it gets more and more challenging for my patients to stay healthy and youthful.

And it's not all their fault.

Why?

Because there are so many things around us that are **depleters**.

They just suck the life right out of you, like that.

It may sound crazy, but if bananas could talk, you'd know why.

I'll tell you what I mean in a sec.

Look, this is your chance to knockout those depleters,

to start fresh,

to repair that "damage of the decades,"

and to get back on track...

in less than a week.

Believe me, what I'm officially revealing today... is about to sweep the nation.

I mean, it's no secret that I started a revolutionary movement and created shockwaves across the country back in 2015...

when I revealed the miraculous benefits of bone broth...

for melting fat from your body with ease and keeping your skin radiant and stunning.

Next thing I knew, top news programs like Good Morning America were calling...

DKA: Toasting!? Are we cheering? Are we cheering?

Dr. Oz wanted to meet me...

Dr Oz: Can you explain to everybody what bone broth is?

I was even featured on Jeopardy!

Alex Trebek: Dr. Kellyann says you shed pounds & wrinkles with this alliterative stock made from short ribs or a chicken carcass.

Celebrities... respected news anchors... and other beauty experts were blown away... and they all wanted more from me!

So I went back to work.

And my brand new health discovery is next level.

It goes beyond bone broth.

For the first time ever, I'm going to publicly reveal exactly how I've helped my celebrity patients **banish the bloat...**

...and lose up to five pounds in just five days with this one **smart eating tactic.**

It's the easy way so many of them get red-carpet ready!

I'm not kidding you!

This is how you can become smoking hot like an ageless movie star.

Anyone can do it.

You just have to know my **secret slim-down weapon.**

And don't worry.

It's not a crazy or trendy diet.

There are already so many of those out there that in my experience can be seriously health-damaging and dangerous.

In fact, there are **3 Deceptive Diet Fads** I've warned patients to stay away from for years.

One of these popular diets actually messes with your hormones so much that it will train your body to hold onto fat and even ruin your sleep!¹

Another one is actually turning millions of Americans into what I call “skinny fat.”

Trust me, that’s NOT the kind of skinny you want to be.

So instead, I’ve scoured the medical research to find science-backed, groundbreaking nutrients that will do amazing things for your body.

Like a special fiber that grabs onto three times the amount of fat in your gut than the everyday fiber you’ll find at your local grocery store.²

And a powerful protein missing from the standard American diet that studies are confirming will give you more energy during the day while also helping you sleep better at night.³

Because it’s not about taking things away... it’s about adding.

Here’s what I always like to say: Nutrients In, Toxins Out!

That’s the conveyor belt of nutrition.

And when you get the right nutrients into your body, your body will naturally kick into high gear to do all the dirty work for you...

...and get those nasty toxins O-U-T... OUT!

Then your cells will perk up like watering a wilted flower.

You’ll have the rocket fire energy of a 20-year-old, with a bit more wisdom of course.

Your skin will begin to glow like the sky on the 4th of July!

¹<https://journals.physiology.org/doi/full/10.1152/ajpendo.90769.2008?view=long&pmid=19050176https://journals.physiology.org/doi/full/10.1152/ajpendo.90769.2008?view=long&pmid=19050176>
<https://onlinelibrary.wiley.com/doi/pdf/10.1046/j.1365-2869.2001.00269.x>

² Beneficial Effects of Viscous Dietary Fiber From Konjac-Mannan in Subjects With the Insulin Resistance Syndrome

³ <https://onlinelibrary.wiley.com/doi/pdf/10.1111/j.1479-8425.2007.00262.x>

Your mind will clear, your mood will brighten and perhaps best of all... your belly - tada!
- it's gonna shrink.

So let's talk about how you can detoxify, nourish and restore your body in just days
without all the white knuckling!

Because you should always pamper your body...

Don't punish it!

I learned that the hard way...

...the day I got an alarming wake-up call.

FLIGHT ATTENDANT: Please remain seated with your seatbelt securely fastened.

I was rushing home to see patients after doing yet another health segment for Good
Day LA.

In hindsight, I was trying to do way too much at once.

But like I've always said, you don't become a tiger by sitting around in your fluffy
slippers.

I remember turning to the passenger next to me and saying, "Hey, I'm Kellyann. And I'm
about ready to pass out."

Thank goodness, I wasn't "gone" for too long.

And the pilot didn't have to make an emergency landing or anything like that.

Now I can just imagine what the headlines would've been...

"Bone Broth Doctor's Sky-High Breakdown!"

I can laugh about it now, but in that moment, I was terrified.

What the heck was going on?

Luckily, there was another doctor on board who came to my rescue and got me back on my feet.

And just before we landed, he took my hand and he looked me right in the eye and he said something I'll never forget...

"Dr. Kellyann, you are burned out."

And he made me promise something to him...

That I would take care of not only my patients, but myself too.

And at that moment, I decided it was time to get my life back.

I realized that I needed a reset, and I needed it fast.

I needed to refresh and rejuvenate myself.

I needed to reboot my metabolism, my hormones, and even my mind.

I needed to be restored to a "me" I recognized.

I knew I had to find my own way out.

I also knew that whatever plan I came up with had to be powerful because I was in bad, bad shape.

It had to be quick because I needed results now.

And it had to be simple and comfortable because I couldn't handle any more stress.

So how can you be a tiger, a good spouse, a super mom and a supportive friend and anything else you wanna be... while still taking great care of yourself?

Well, that's what I've figured out.

I packed every single bit of knowledge I've gained over two decades as a weight-loss and anti-aging expert...

into an easy-breezy whole body reboot that you can do right in the comfort of your own home.

I'm not kidding when I say the results are incredible.

Within days of perfecting my plan, I started feeling like myself again.

I perked up.

I lost the bloat.

I got my energy back.

And those dark circles under my eyes went away.

And I swear even the whites of my eyes got brighter.

And best of all, I started feeling happy again.

I was so excited about my results that I just had to share this fabulous method with my patients.

And like me, they love it too.

They love how they look younger.

They love losing the bloat.

And they love how they feel... totally alive and invigorated.

It starts by knowing what you're really up against.

Because burnout, low energy, weight gain, dull skin... a lot of these things can be traced to the modern world we live in.

I'm talking about those depleters I mentioned earlier.

The things that grind you into the ground until you need to save yourself with this plan.

And there are three that I found through my research and clinical experience that are zapping Americans...

literally robbing millions of really great people like you and me of vibrant health and wellness.

When you let these depleters take over, you're going to pack on the pounds,

your energy will slump,

and your skin will sag and get dull,

your eyes will get puffy....

Your whole body will suffer!

What do you need to look out for?

Well, top on my list is oxidative stress.

Now, we all know that stress is something that can bring you to your knees fast.

In fact, stress can take you down faster than fast food.

But there's more to stress than just feeling frustrated, angry or nervous.

That emotional strain puts all the cells in your body into a chaotic state.

See, when your cells are healthy and stress-free, they flow through your body with ease and beauty.

They're the right size, the right color, the right shape.

Everything is working as it should.

Now, picture charred glass swishing around in those cells.

Those are free radicals that infiltrate your body when you're stressed.

And in this chaotic state, your cells are no longer “going with the flow”...

They actually start to attack you... from the inside out.

They crash and smash into each other... colliding into your tissue, into your DNA, into your fat cells...

Kinda like a ball in a pinball machine.

And the more they bump around, the more supercharged and destructive they'll get.

Plus, the cells themselves change... they get damaged and bruised.

That's oxidative stress my friends.

And if you don't do something to get those free radicals under control, well that's what's going to age you more than anything.

Think of a banana.

A bright yellow, beautiful banana.

We want to eat that banana because it looks so great.

But when we let that banana sit there on our counter for awhile...

...when we ignore it and we don't pay attention to that banana...

...it becomes more and more brown.

That's because that banana is becoming oxidized.

Oxidized is aging.

And we never want that oxidation to run rampant in our body...

because that can fuel your emotional stress even more, leading to poor sleep and dark, puffy circles under your eyes.

It can even make you stress-eat and pack on the pounds.

And it can completely wipe out every last ounce of energy you've got left.

But don't worry... you're not doomed like a week-old banana.

My 5-day plan will effectively target those rotten free radicals to minimize the damage and protect your body from way too much oxidative stress.

The science backing this is crystal clear.

I'll show you what I mean in just a second.

But first, let's talk about Depletor #2: Rapid Collagen Destruction

Collagen is a structural protein your body makes that holds everything together.

Think of it as Mother Nature's "glue."

In fact, roughly thirty percent of your body's protein is collagen.

It keeps your skin tight,

your bones and your muscles strong,

your hair and your fingernails from becoming brittle,

your teeth from falling out...

It's really the foundation for beauty and youth.

So you'll probably be pretty mad when you hear this shocker.

After your twenty-fifth birthday, your body's collagen production control center starts to slow down...

and it cranks out less and less collagen every year.

One to two percent less to be exact.

That means by the time you reach your fifties, you're going to have 30 to 60 percent less collagen than you did in your teens!

Which explains why you start to get saggy and baggy and old.

You get that ugly "cottage cheese" cellulite on your thighs.

You get wrinkles and eye bags.

Your hair gets brittle, and your fingernails break.

You start to look worn out.

And you know what, that's just what's happening on the outside.

What's happening on the inside is even worse.

Your bones are getting weaker, your joints are breaking down, and your gut is getting sluggish.

Every single day, you're aging faster and faster.

This rapid collagen destruction is like putting your body in a time machine, and it's not going in the right direction, believe me.

And get this... my number one depleter, oxidative stress, makes the little collagen that your body is producing stiff and less functional.

Spoiler alert!

So does my third depleter!

That's all pretty terrifying, right?

But guess what.

You can stop the clock right now, and even turn the hands back, by tricking your body into thinking it's younger.

It's all part of my science-backed plan that's already helped thousands lose weight and brighten their skin.

And you'll get more on that later.

So what's my third depleter that's also messing with your body's collagen production control center?

It's glycotoxins.

We all know that toxins are bad for us.

But these guys, they're really nasty!

Now quick warning for all of you with sweet teeth out there...

You may want to sit down and brace yourself.

Because glycotoxins come from sugar.

Basically, if it's sweet and tasty, it's probably loaded with glycotoxins.

Glycotoxins are also known as advanced glycation end products, or AGEs.

And I don't think it's a coincidence because they truly do AGE you.

They build up in your blood vessels, blocking the flow of your nutrient-rich blood.

They're like the gunk that gets stuck in your shower drain and doesn't let the water flow out.

You know, the really nasty stuff.

And the more these toxins pile up in your body,

the more your body will react by creating fat padding around your most vital organs to protect them from this toxic burden.

These fat-packing molecules also stiffen your tissues and collagen fibers... and they flat out irritate all the cells in your body.

So it's no surprise that studies show that too many AGEs can lead to memory issues, skin problems like wrinkles and age spots, and dangerous blood sugar levels.

I wish I could tell you some good news about AGEs, but it's all bad.

Not only are the foods in the standard American diet loaded with these suckers,

but the modern convenience of microwaving can increase AGEs in your food by up to 100 times!

So I'm not gonna lie... this depleter was a real challenge for me when I set out to create my fat-burning, energy-boosting, cell-rejuvenating plan.

Not only that, but I had to find a way to combat all three of these depleters in one fell swoop.

To restore my body cell by cell...

To push the toxins out and get the right nutrients in.

Something that could stand the test of time and not fall into that dreaded "diet fad" category.

Because as I mentioned earlier, there are so many deceptive diet fads out there.

The ones you've probably seen all over social media that your friend, your cousin or your neighbor swears by.

If not, consider yourself lucky.

See, I call them deceptive because they're not easy for most people to follow and more importantly, they're not sustainable.

Take keto for example.

As a doctor, I look at keto as an "emergency use only" diet.

Sure, I recommend it to get somebody out of a real crisis like chronic obesity or prediabetes.

But even so, it's more of a short term bandaid 'cause it can be brutal on your body.

It's like making somebody do a sprint after running a marathon.

See, keto changes not only your diet, but it completely shakes up the way your body makes energy.

Typically, we eat a lot of carbs that get turned into fuel for our body.

But on the ketogenic diet, every meal must follow the 60-30-10 ratio.

That's 60% fats, 30% proteins and only 10% carbs.

By cutting your carbs to nearly nothin', your body's metabolic control center needs something else to fuel it.

So what does it use instead?

Fat.

That's right... instead of burning carbs for energy, you burn fat.

This metabolic state is called ketosis.

And while it may sound like it's "just what the doctor ordered," don't be fooled.

Of course, you certainly can experience rapid weight loss on keto.

But things can also go very wrong on this high-fat, low-carb diet.

Because eating just "one too many" carbs is gonna make you blow up like a tick.

I know that sounds funny, but I'm not joking.

In my twenty years of clinical experience, I've seen way too many people try keto for weight loss...

and then, fall off the wagon because they gotta have those carbs...

only to gain all of the weight back and then some.

Look, take it from me, keto is just not the best way to lose weight and keep it off.

In some instances, it can even be downright dangerous in the long term.

Keto can result in low blood pressure, kidney stones, constipation, nutrient deficiencies and even an increased risk of heart disease.

And you know why?

Because people on keto think they can eat bacon, cream and butter all day long.

But these foods are loaded with unhealthy saturated fats and chock full of those nasty glycotoxins I warned you about earlier.

In fact, just 3 pieces of microwaved bacon will pollute your body with 90,000 AGEs!

That's six times more than the recommended daily limit.

Sorry bacon lovers!

Here's the bottom line with keto...

It's not for everybody and should only be used under clinical supervision for brief periods.

But there's another way to fight fat with fat just like keto does!

It's part of my new at-home method that's going to turn you into a natural fat burner!

I can't wait to tell you all the details in a moment.

Before I do, I need to warn you about two more deceptive diet fads.

Let's talk about fasting for a minute.

It's no secret that I've been a proponent of intermittent fasting for years.

I mean, I popularized the concept of an "eating window" when I shared it with millions on the Dr. Oz show years ago.

So what's my problem with it now?

Well for one, people are taking it way too literally and starving themselves for far too long.

Like I've said before, when you suddenly stop eating altogether...

your body goes into "conservation mode" and your metabolic control center can come to a near screeching halt.

And when that happens, any calories you take in, well they're gonna stick around a whole lot longer than before.

Because your body's afraid it may need them later.

Kind of like a squirrel frantically gathering nuts before the winter.

What's worse is the weight you're going to hold onto is likely gonna be all fat.

Your muscle's gonna go first.

Remember earlier when I said that there was a diet that trains your body to hold onto fat and ruins your sleep?

Well, intermittent fasting is what I was talking about.

It's one of those diets that can go sideways when you don't do it properly.

In fact, research is now confirming that prolonged intermittent fasting can be one of the most stressful things you can do to your body...

because it causes your cortisol levels to skyrocket, especially in women.

Cortisol is the “fight or flight” stress hormone.

It sounds an alarm in your body when something’s not right and controls how you react in stressful situations.

It also regulates your sleep cycle.

That’s why you don’t sleep well when you’re stressed.

And you already know that all of your external and emotional stress is going to wreak havoc on your insides...

fueling that internal oxidative stress that’s going to deplete you like nobody’s business.

The result?

Fatigue, wrinkles, brain fog and yes, even weight gain... all because you simply skipped a few too many meals.

So let’s think about this for a second.

Intermittent Fasting can stress you out, wreck your sleep, and make you hungry.

Why are so many people keen to try it?

And why do I believe there’s still some merit to it?

Because countless clinical trials have shown that when done right, a pause or a break in your eating pattern can lead to weight loss,

improved heart function and healthier blood sugar levels.

So guess what I did.

I discovered a way to fool your body into thinking you’re fasting!

So you can burn more calories while eating!

It's a simple hack to get you back on track without having to suffer.

And it's all part of my new routine that you can try yourself today.

You're gonna eat great, you're gonna sleep well, you're gonna feel relaxed and happy, and mark my words... you're gonna lose weight!

It's definitely better than my final deceptive diet fad, which is missing a key nutrient for better digestion.

I'm talking about juice cleanses.

You might as well call them sugar cleanses because when you do "just the juice", you're really just filling up on the sweet stuff.

No joke.

Check out this popular juice cleanse.

It's got 6 drinks a day.

Notice how each one has about 20 grams of sugar?⁴

Now I'm no mathematician, but I can tell you this...

That's like drinking a soda for breakfast, lunch and dinner.

Not the way to get healthy people!

Even a doctor like me doesn't have to tell you that.

I mean, you already know that sugar makes your cells wonky.

And I don't care that it's "natural" or "raw" or "pure" or anything else that these cocoo cleanses say to try to convince you it's OK.

⁴https://www.rawgeneration.com/products/skinny-cleanse-immunity-shots?variant=32293128011838&qclid=EA1aIQobChMI_8_Q5sqU6wIVAr7ACh3UmQNcEAYYASABEgKxT_D_BwE

It's still sugar.

It will still trigger your body to create those nasty toxins... the AGEs... that deplete you and make you look and feel tired, glum and old.

You know what else a juice cleanse is going to do for you?

It's going to make you "skinny fat."

Now, I warned you about this a little earlier, but let me explain.

Most people aren't over fat... they're under-muscled.

Because remember, it's not all about losing the bad weight... the fat.

It's also important that you hold onto the good weight... the muscle.

That's what's going to give you that truly lean, sexy, and beautiful figure.

And the way to do that is with protein.

So guess what's missing from your juice cleanse.

Yep... protein.

For years now, there's been a myth that you need to cut protein out for cleansing to work.

And that's absolutely not true!

In fact, it's the opposite.

Cleansing without protein is the reason most juicing regimens fail in the long run.

And they leave you looking haggard, feeling terrible, and worst of all "skinny fat."

Your body needs the building blocks of protein, amino acids, to build and maintain muscle,

absorb nutrients,

repair tissue,

optimize immune function,

and revitalize your cells from head to toe.

There's one amino acid in particular called glycine that I'm nuts about because it can also help you burn fat like crazy while your lean muscle stays right where you want it.

Now, just wait until you hear which protein is packed with glycine.

It's collagen!

Listen guys, I can't say this enough.

Collagen is absolutely crucial if you want to supercharge your weight loss efforts, soothe your upset stomach, and relieve those achy joints and blast those wrinkles.

And don't forget, once you hit twenty-five, your body automatically starts that rapid collagen destruction I already warned you about.

It's a devastating downhill slope that I've seen tons of patients really struggle with, but it's not hopeless.

Because I've discovered a simple way to boost your body's precious collagen level to where it was years, or even decades ago!

It helped me get the weight off, got my skin looking better, and plugged my metabolism back in.

So let's get into the good stuff... the nitty-gritty.

Here's Step 1 of my latest and most remarkable full body-brightening protocol...

that you can easily pull off in just five days or less right in the comfort of your own home.

Saturate your system with beautiful, clean, hydrolyzed collagen.

Yep!

You're gonna eat you some collagen!

And it's going to immediately begin to work on those lines, those wrinkles, and that nasty cellulite.

Don't worry, I know exactly how to make it really delicious for you.

And I'll share my simple recipe in just a minute.

But let's talk some science real quick.

Because first and foremost I am a researcher.

I base all of my strategy on the scientific evidence... ya know, the cold hard facts.

And study after study says this...

Giving your body the right collagen will hydrate your skin, increase your skin's collagen supply and actually help you look younger.

Here's how powerful collagen is when it comes to erasing wrinkles.

In one study, women took either a collagen peptide supplement or a placebo for eight weeks.

After those two short months, the group taking collagen had an average 20 percent more reduction in eye wrinkles compared to the placebo group.

And the maximum reduction was nearly 50 percent!

Beyond beautifying your skin, collagen will also accelerate fat loss,

it will heal and strengthen your gut wall,

it will give you more energy during the day while also helping you sleep better at night,

and it will pull toxins from your body.

Collagen nutrients in... toxins out!

Most doctors agree that adding at least 15 grams of collagen into your routine is also gonna help you build that gorgeous muscle.

Well, the yummy method that I've come up with will flood your body with four times that amount of this prized nutrient.

It's sweet.

It's savory.

And it's oh-so-good for you!

But I've got another beauty-boosting trick up my sleeve.

A way to amplify everything that collagen does for your body.

Step 2 of my plan is actually something that's gotten a bad rap for years.

It's fat.

Healthy fat.

And yes, there is such a thing.

This fat is gonna get rid of the other fat.

Now it seems crazy, but it's true.

Now, we've already talked about the downside of keto by loading your body with those unhealthy fats...

But there is an upside to ketosis.

Nourishing your body with the right fat will make you a natural fat burner.

And when I say “the right fat” I’m talking about Medium Chain Triglycerides, or MCTs.

By combining collagen with MCT oil powder, you’re going to be a lean, mean, fat-burning machine baby!

And I’m gonna be really honest with you here.

It’s not easy for your body to use fat for fuel.

It prefers to go after your muscles first.

However, MCT oil effortlessly shifts your body’s fuel source to fat, which helps you burn fat faster.

A study published in the International Journal of Obesity really blew my mind, even as a doctor with decades of research under my belt.

After just one week, patients who supplemented a low calorie diet with MCT oil lost nearly 20% more fat than those who did not.

Another even more recent study led by researchers at Columbia University found that women not only burn 45 more calories per day with MCT oil in their diet, but they also eat 63 less calories.

Now that’s more than a 100-calorie swing in your weight-loss favor!

In fact, your body starts running very efficiently on MCT oil.

And it eventually becomes so sophisticated that you could be sitting down at your computer and actually be burning fat.

And that’s music to my medical ears!

Now bear in mind, MCT oil didn’t help me and thousands of my patients lose weight and come back to life all by itself.

You also need that premium collagen.

Collagen and MCT oil are the one-two punch that will surely fight off your fat, fine lines and fatigue.

But it's not enough.

Not even close.

The plan I'm going to get you started on today requires one more really important super nutrient.

Now don't panic.

Because the smart eating technique I'm about to reveal...

will get all three of these health-boosting, body-beautifying nutrients into your system...

without the hassle of counting calories, measuring meals or even any cooking whatsoever.

I'm going to share everything you need to trim the fat, lower your stress, detoxify your cells and completely refresh yourself from top to bottom.

And Step 3 is the key to banishing the bloat and curbing your cravings.

It's a very special fiber I mentioned earlier that grabs onto the fat build up in your gut with three times more power than the leading fiber brand at your local grocery store.

You're not going to believe everything this bad boy can do for you.

Introducing Konjac Root.

This unique fiber, native to the mountains of Eastern China, is one of the most viscous in the world.

Now that's just science talk for sticky and thick.

And when it comes to fiber, the thicker, the better.

Because it'll make your waistline thinner.

So shut your eyes for a moment and I want you to picture a long, narrow tube in your body.

This is your intestines.

It's some 20-feet long.

And it takes a lot of twists and turns.

So it's very important that you add foods to your diet that cleanse this tube and doesn't clog it.

If there's even just one tiny blockage in there, your gut's going to expand.

It's gonna swell up like a balloon and you're gonna get that annoying bloat that makes it really hard to button those pants.

Non va bene! Not good!

But fiber is the broom that sweeps out your intestines.

Send in the Konjac Root and your entire digestive system will flow like a river... not a sludgy swamp.

It literally grabs onto the fat, the sugar and cholesterol in your gut before it gets fully absorbed into your body, cleaning out your GI tract with grace and ease.

And along it's purifying journey, it fills that tube with just enough, that you won't experience any of those annoying hunger pains.

You see, this fabulous fiber slows down the entire digestive process...

to keep you feeling fuller, longer,

to reduce spikes in your blood sugar,

and ultimately to promote weight loss in the long term.

So yeah, Konjac Root... it's pretty powerful stuff!

But here's where things get really exciting.

Because using every bit of knowledge I've gained over the past twenty years, I've discovered a novel way to merge Konjac Root Fiber, MCT Oil and Collagen.

It's the triple threat!

And when it's done right, well that's when sparks really fly!

See after I collapsed on that airplane years ago, I took some time to rest and to recover.

I did everything in my power to slow down and to pamper and restore my body.

But I still couldn't shake off that extra weight and the energy slumps.

Now, I do my best thinking in a nice, warm bubble bath.

And that's when it hit me.

I needed a plan that would turn my body into a natural fat-burner without the keto stress,

that would provide the digestive relief of intermittent fasting without the hunger,

and that would result in the rapid weight loss of juicing without the sugar... but with essential protein added of course!

I went to work and loaded this plan with my cell-cleansing, metabolism-boosting, fat-burning superfoods.

Then I experimented for months until I got it just right.

What happened next?

Well within days of starting my new routine, I started feeling like myself again.

My belly slimmed down, I lost the bloat, I got my energy back, the dark circles under my eyes went away, and I started feeling happy.

I'd jump-started my journey back to health, and now I was on a roll.

I was so excited about my plan that I couldn't help but tell my patients, especially the ones who already tried everything else.

Like me, they loved the results they got... the weight loss, the energy and the mood lift.

They loved how they looked... younger, sexier, more vibrant.

They also loved how they went from feeling depleted to feeling restored.

This plan is going to be the quick hit you need to get your body to drop that difficult weight,

to get your skin to start to bounce back the way you want it,

and to give you that rocket fuel energy.

And because you're going to push nutrients in and toxins out in just a matter of days, I decided to call my plan the **Cleanse & Reset**.

Whether you've got 5 days, 3 days or even just one day to treat yourself, this plan will detoxify, nourish and restore your body!

And please, don't let the word "cleanse" scare you.

This is important.

This is not some type of masochistic cayenne pepper-chugging exercise!

This is the cleanse of the future... the first of its kind!

Actually, you're going to eat so well and so often, you'll wonder how the results are coming so fast.

Here's my promise to you.

My Cleanse & Reset is so gentle that it won't tear you down, like harsh diets and detoxes do.

Instead, it's going to build you up because it's going to saturate your body with nutrients and scrub your cells clean of toxins.

You see, it's not about giving up food...it's all about loading yourself with the right foods.

Foods that will promote cellular regeneration to reduce oxidative stress.

Foods high in collagen to replenish what's naturally been depleted over time.

And foods extremely low in sugar to save yourself from the dangers of AGEs.

You're going to absolutely flood your body with what it needs for complete restoration...

clean, beautiful foods like collagen smoothies, green drinks, lemon sips and bone broth soup that deep-clean you right down to the cellular level.

At the same time, you're going to kick those depleters right to the curb.

You're going to lose that bloat.

You're going to end up with incredible energy, plump and improved skin, and "tiger blood."

And trust me, you want that tiger blood.

But the top three reasons you gotta try my Cleanse & Reset:

One—It's crazy easy.

Two—It's crazy delicious.

Three—It's not like any other eating plan you've ever tried.

First, let's talk about the easy part.

I know you don't need any more stress in your life.

Neither did I when I created this plan.

That's why this is my simplest plan ever... the ultimate Easy Button.

If you're afraid that it's gonna be stressful and complicated, fuhgeddaboutit.

I got you covered.

Everything you need is in this kit.

All you have to do is add water!

Now, let's talk about how delicious this plan is.

Did I mention that I'm an Italian girl?

And if there's anything we all know about Italian girls, it's that we love to eat!

So I don't do boring, tasteless meals.

Seriously, it's not in my DNA.

That's why you're going to love every single meal.

This smart, delicious and powerful eating plan cuts no corners...

to ensure you're getting all the nutrients you need to eliminate belly bloat,

hydrate your skin for a youthful glow at any age,

fight fatigue,

lift your spirits,

fuel your metabolic control center,

and kickoff your weight loss lifestyle with a bang!

You'll drop those pesky pounds in just five days while indulging, relaxing and simply spoiling yourself rotten.

And don't take it just from me.

My esteemed medical colleagues agree... like New York Times bestselling author Dr. David Perlmutter who said:

"This is a top-notch way to deal with the multiple toxic challenges posed by our modern world."

And world-renowned health leader Dr. Mark Hyman was simply amazed:

"Dr. Kellyann proves that a cleanse doesn't need to be harsh to work. This painless plan, centered around delicious foods packed with healing nutrition, gives you big results without stress or starvation."

In just a moment, I'm going to give you a special, risk-free opportunity to try my Cleanse & Reset to see for yourself how it can perk up your cells and give you that weight loss jumpstart.

You'll get all the meals and drinks you need to nourish your entire body... starting with 27 grams of MCT oil.

Every single bite you take is going to include a little dose of this healthy fat that's going to make you a natural fat burner and help crush your cravings.

I like to tell my patients this: MCT oil is like the ultimate cheerleader telling your body to save the muscle and lose the fat.

Next, 9 grams of premium konjac root fiber goes to work to sweep out your digestive system and force all of those nasty toxins out of your body.

This will almost instantly knock out any bloating or cramping, help to clear that brain fog, and boost your energy to the max.

And of course, this crazy-good cleanse is going to flood your body with 60 grams of grass-fed bovine hydrolyzed collagen daily.

This powerful protein is what makes my cleanse truly superior.

It's the bread and butter to my program because it's going to fill you up and nourish your muscles, so you don't get weak or wobbly.

You're gonna feel renewed and rebuilt.

Best of all, you'll sleep well since collagen is rich in the amino acid glycine that studies have confirmed can actually help calm your nerves at night.

So here's to some sweet dreams!

And at just 830 calories per day, you're getting a straight shot of the good stuff without any of the caloric crap.

So you'll be on the way to losing weight and slowing down the aging process.

It's just that stinking good.

Simply add water to each meal and give it a quick stir or shake.

I highly recommend using a shaker bottle for the berry and greens smoothie for a fast, totally mess-free method.

Then heat up a cup of water for your lemon chicken bone broth soup.

With my 5-Day Cleanse & Reset, you won't have to leave your home or buy a thing.

Everything you need for five days of gut-healing, skin-rejuvenating super nutrition is packed into one box...

no grocery shopping, no slicing, no dicing, and no real cooking required.

All the ingredients are 100% authentic, clean, natural and non-GMO.

The entire kit is dairy-free, soy-free, gluten-free, and extremely low in sugar thanks to the magnificent all-natural sweetener monk fruit.

It's also low-carb and paleo-friendly.

And it's all made right here in the United States in Dallas, Texas with the finest ingredients sourced worldwide.

Did I mention that while you're supercharging your body with healthy nutrition, you can lose up to eight pounds in the first five days?

How do I know?

I put my Cleanse & Reset to the ultimate test with 16 people across the country, and here are the results.

Every single participant lost weight... with an average of five pounds and as high as eight pounds!

More than 87% got a slimmer waistline,
and nearly 20% shrunk by 3 whole inches!

94% had improved sleep and said they felt better,

75% reported visibly more radiant skin,

and more than 87% said they would definitely do the cleanse again!

One of my big-time celebrity patients, actress Penelope Ann Miller, star of the Academy Award-winning film *The Artist*...

told me that my 5-day Cleanse & Reset was a real game changer:

"This Cleanse & Reset is amazing! I got rid of the bloat, cleaned out my system, and boosted my metabolism. I have more energy, and I'm happier than ever. This was the key in preparing me for my latest film. Thank you, thank you Dr. Kellyann!"

So do you want to look and feel like a million bucks too?

For five days, you can flood your body with the vitamins, minerals, and nutrients that it needs to shore up your immune system,

fire up your metabolism,

lose the bloat,

squash cravings,

and build youthful, glowing skin.

But if five days sounds like too big of a commitment for you, no worries!

I've got you covered!

I found a way for you to spend as little as one day with me and still get results!

Consider it a spa treatment right in the comfort of your own home.

It's really just a little retreat for yourself
with this truly special experience.

Get your spouse or a friend to take the kids.

Sleep in if you want!

Then start your morning with an indulgent greens smoothie packed with collagen protein
to fight fat and tone skin.

Do something totally relaxing afterwards... something that you love, like yoga,
meditation or catching up on your favorite show.

For lunch, re-energize with a nutrient-rich berry smoothie.

In between meals, you'll drink delicious lemon sips just like the one you'd get at a
high-end spa.

And in the afternoon, curl up with a good book and indulge in another decadent greens
smoothie.

Then fill up with my delicious bone-broth based lemon chicken soup for dinner.

It's rich and it's frothy and it's tasty.

I'm just crazy about it!

There's nothing more soothing and soul-satisfying than a warm bowl of soup after a relaxing day, especially when it's loaded with my liquid gold bone broth.

I defy you to find another bone broth soup that tastes as good.

Finally, finish your peaceful day with a warm bubble bath before hitting the sheets early for a night of truly refreshing and restorative sleep.

The next morning, you're gonna be shiny and new!

Seriously.

After just one day of my Cleanse & Reset, the bloat is gonna vanish into thin air.

You'll be overflowing with vibrant energy.

You'll finally feel well-rested and excited to hop out of bed and start your day.

And that happy-go-lucky feeling is absolutely priceless!

Now, you could always track down your own recipes containing my top three cleansing must-haves... Collagen, MCT Oil, and Konjac Root Fiber.

But then you'd also have to trek all the way to the grocery store and prepare it from scratch yourself.

Plus, it's not going to be cheap or easy to source all of these nutrients in the exact quality and dosage that took me months to perfect.

I went to great lengths to find the absolute best, most premium ingredients for you from all over the world.

And they can be conveniently shipped right to your doorstep practically ready-to-eat right now at an affordable price.

This was so important to me.

Because I want everyone to have the chance to transition to a healthy lifestyle in a safe and effective way.

Millions fail every day trying other methods.

And it breaks my heart.

It really does.

Which is why I've devoted so much of my time to getting this just right.... from the key ingredients to the taste to the price.

Normally, the body-beautifying, anti-aging, weight-loss boosting nutrients in my 5-day Cleanse & Reset add up to more than \$400.

But I'm thrilled to let you in on something really exclusive here... a special introductory offer for new customers like you.

In fact, I'm so confident this is going to turn your life around just like it did for me, that I want to give you the opportunity to try it for just one day at a fraction of the price.

This is your chance to get a 1-day Cleanse & Reset, with everything you need for breakfast, lunch, and dinner, for just \$49 plus \$5 shipping and handling.

That's 3 nutrient-rich smoothies, 3 hydrating lemon sips and 1 big satisfying bowl of lemon chicken bone broth soup that will...

take away puffiness and all the bloating,

get your head straight and flush out the toxins gunking up your system in just one day.

Considering the average cost for a nutritious takeout meal is about \$15, this complete kit packed with 3 full meals, an afternoon snack and thirst-quenching drinks for the entire day, it's a real deal.

And whether you've been struggling to fit into your clothes for awhile,

you just want some extra room in that little black dress for a big event,

or had one of those “naughty weekends” where you indulged a bit too much...

this is a sure-fire way to refresh, revitalize, reset and restore your entire body in a flash!

It's like the ultimate clean slate.

A magic eraser you can truly rely on after a night out with the girls or a decadent holiday party.

So go ahead and hit that buffet table hard while on vacation.

Or have a good cry over a quart of rocky road while watching a sappy chick flick.

No harm done.

Think you ate too much at Thanksgiving?

Just grab my 1-day Cleanse & Reset!

You better believe I've done that!

And you'll see, it can banish your bloat in a day!

Now here's something really important you need to know.

If you're not totally in love with your results, then I'm not gonna make you pay.

By now you know, I don't mess around.

And I'm not playing.

Seriously, just reach out to my fabulous customer care team within 90 days and they will make sure you get your money back.

But I should warn you there is one catch.

This is the first time I've ever offered my Cleanse & Reset as a 1-day, risk-free option.

So I only have a limited supply.

And considering the incredible results I've already seen with the 5-day cleanse, I just know these are going to sell like hot cakes.

Which is why I've put together another great option for you to spend not just one day, but a few days with me.

That's right, you can get a 3-day Cleanse & Reset kit to shrink your waistline, perfectly nourish your skin, and easily brighten your mood...

for just \$44 and some change per day.

Plus, when you order a 3-day kit, shipping is free!

Imagine a nice, long weekend spa retreat.

But instead of having to pack your things, deal with the hassles of travel, and dish out some major dough, you can do it right in the comfort of your own home.

3 days filled with some spa-inspired smoothies, refreshing lemon sips and delicious, comforting soups for your mind, body and soul.

Sounds like a dream, right?

Well today, it can be your reality.

Now, since clearing your body of toxins is such an important step towards a healthier, happier life,

I encourage all of my patients to start with at least a 3-day cleanse to truly reboot.

And when you order your 3-day cleanse today, you'll also get free access to my critically-acclaimed, celebrity-backed digital Bone Broth Diet eCourse...

a 45-video series containing interactive online guides, cooking demos, inspirational emails, ebooks and webinars...

to keep you on track with the Dr. Kellyann lifestyle like the hundreds of thousands

who already joined my squad.

Valued at \$97, it's all free to you instantly when you purchase the 3-day Cleanse & Reset right now.

I mean it.

My fantastic team will email you a special link to all the videos within minutes of placing your order.

But listen, if your goal is to really lose weight fast, then I'm gonna be brutally honest with you right now.

You gotta go all in with my 5-day Cleanse & Reset.

And I want you to succeed so badly, that I'm going to lower the price even more.

This is my absolute best deal for you.

Order the 5-day cleanse for \$219, and you'll be getting my complete meal replacement program for the low price of just \$43 and some change per day.

This is the gold standard.

And just like with the 3-day cleanse, I'll cover the shipping costs and throw in my free eCourse gift.

It's a \$500 package for less than half the cost!

And it's well worth it.

My science-based cleanse fueled by collagen will supercharge your body...

with hundreds of essential vitamins, minerals, and nutrients that have been perfectly combined...

to specifically help you lose weight and plump up skin cells for a radiant glow in just five days.

So that's a 1-day kit to banish bloat and flush out toxins.

A 3-day kit to shrink your belly, drop a few pounds, brighten your skin and clean out your system.

And the 5-day kit to lose weight, improve your metabolism, support healthier, younger-looking skin, boost mental clarity and elevate your energy levels.

Whatever you choose, all three are sure to jumpstart your weight loss lifestyle, hydrate and nourish your skin, and efficiently detoxify your body.

Even though they've only been available for a short time, thousands across the country are already raving about how the Cleanse & Reset has completely transformed their lives!

DOMINIQUE: *I lost 10 pounds in five days. I'm not bloated. I feel thin. That's why I feel more energetic.*

LORRAINE: *I feel like the health is emanating from within and I'm just exuding that from the outside, too.*

LADAWN: *I feel so much better on the inside. I feel pure. I feel clean and it's from the inside that's obviously allowing me to radiate on the outside. I've lost two inches. I've lost six pounds. I mean, if I can do it, anybody else can do it.*

Wow!

Don't Dominique, Lorraine and LaDawn all look so beautiful and radiant!?

That makes me so happy.

Listen, forget the impossible crash diets and the phony beauty industry promises.

This is the tried and true smart, healthy way to get your life back on track.

There's no better time to show your body the love it deserves than right now.

So are you ready to try my Cleanse & Reset totally risk-free...

and join those who are losing weight, replenishing their skin and elevating their energy?

I thought so.

Go ahead and click the big “Next Step” button below to check our inventory and lock in this special price, if it’s still available.

And if you have friends or family members who struggle with low energy, dull skin or relentless weight gain, would you tell them about my Cleanse & Reset?

It’s the only way I’ll be able to reach my goal of helping more than a million Americans feel younger, happier, sexier, and more full of life.

Feel free to share this video with them.

And of course, I’ll extend the same low pricing.

And don’t forget about the risk-free 90-day guarantee.

If at any time you aren’t happy with your results...

you can simply send back what’s left within ninety days of receiving your order...

and my team will issue a full refund.

But I’m totally confident that is unlikely to happen.

Why?

Because here’s what the Cleanse & Reset did for me in just five days...

My hair started feeling thicker.

My skin got its luster back.

My eyes were piercing white again.

You know that sparkle? I got it back again.

I've never had weight issues since I started implementing this into my routine every month.

It's been easy.

And I don't say that lightly because I know the strife of weight-loss resistance.

When you're thinking, "Oh my gosh, I'm going up!"

That uphill battle.

It's like you're swimming against the current.

But all it takes is some cell regulation.

And it's really about understanding how the matrix of the body works.

The truth is, there are foods that our body metabolizes better.

There are foods that our body digests better.

And those are the foods that are in my Cleanse & Reset kit.

It's as simple as that.

And to make sure that you never slide down that slippery slope and stay ahead of the game...

Do my plan as much as you need in order to be clean and sparkly every day.

Like I said, I do it at least once a month.

So sign up for the subscribe and save option, and you'll save another 10%!

So just click the big "Next Step" button below.

You've literally got nothing to lose... except maybe a few pounds...

but oh so much to gain... like glowing skin, youthful energy, effortless digestion and a fast track to a whole new you!

As soon as you click, you'll be taken to a secure transaction page.

And placing your order is so easy.

All you need to do is fill in your shipping and payment details, then press the "Submit Order" button, and we'll rush your Cleanse & Reset kit directly to your doorstep.

That's all it takes!

And if you have any questions at any time, don't worry.

My customer care team is here to help.

They're so dedicated, they work seven days a week, so you can call when it's convenient for you.

They can be reached toll-free at 888-871-2155.

Don't hesitate to call them for any reason.

Now, I have one more thing to talk about.

And it's not the future... it's your past.

I know you've done diets before.

And each time, you've gained the weight back and lost the sparkle.

So now you're afraid that you're going to invest emotionally into another plan that will let you down, just like the past.

Trust me, I get this.

I know you're sick of yo-yo dieting and quick fixes that don't last.

This isn't a quick-fix plan.

Instead, it's the start of a brand-new way of life... the Dr. Kellyann lifestyle.

I'm speaking from experience here.

On my lifestyle plan, you'll maintain your goal weight, stay young and strong, and have that sexy glow forever.

No more dragging yourself around.

No more yo-yo dieting.

No more starving.

No more being afraid of food.

You're going to eat fearlessly from now on.

Does that sound like heaven?

Yeah it is!

To continue, just click the big "Next Step" button below.

Because I promise...

You'll be so glad you did.

Here's my big Italian kiss! Love you all!

Ciao Bella!

By the way, I always love to hear about how the cleanse is working for people.

And since this report went viral, I've received countless emails full of wonderful success stories.

You know, reading them is the best part of my day!

So keep them coming!

Here's my email address so you can contact me directly: drkellyann@drkellyann.com

And I highly recommend that you share this presentation with those you love because everyone can benefit from hearing this information.

So now, click the big Next Step button below to take the first step to rapid weight loss, collagen formation, healthy skin, healthy blood sugar, and pure vitality.

What more can you ask for!?

If you're still watching, perhaps you have some questions.

Here are some answers to the most frequently asked questions I've received.

Q. Which cleanse is right for me? The 1-day, 3-day or 5-day?

A. They're all really great options! But if you're looking to lose weight, then the 5-day is going to give you the best results.

Many have lost a few pounds doing the 3-day kit too.

The 1-day kit is great if you just want to quickly flush out those toxins and lose the bloat after a day of indulging. And you just need to hit the brakes for a day.

All three kits will jumpstart your weight loss efforts, help hydrate and nourish your skin, and give your entire body a much needed reboot.

Q. What if I get hungry? Can I eat anything while cleansing?

A. While it's best to stick to what comes in your kit, you can munch on some raw veggies if you really need a little something extra in the afternoon. And it's OK to add a little chicken to your soup.

Q. Is there really a guarantee if the product does not work for me?

A. Of course! If you find that this kit is not right for you, give my customer care team a call within 90 days and they'll quickly provide everything you need for a complete refund.

Q. I know I can't stop the aging process, but I'd love to slow it down a little. Will this cleanse help me with that?

A. I know what it's like to be a woman of a certain age and wanting to slow things down. Every product in this kit was designed to do just that.

The collagen will especially start turning back the hands of time every day.

Q. You talked a lot about collagen, but can you explain again what exactly it will do for me?

A. I'm so glad you asked that question because it's really important. Collagen is actually the structural protein that holds your body together.

Let's just think about it like the glue that holds you up.

Why this is so important is because 30% of your body is collagen, but here's what you have to know: After the age of 25, you start losing collagen little by little every year.

That's why you get those wrinkles, and that's why you get that nasty cottage cheese, that cellulite, all the stuff you don't want.

But by putting collagen back into your body, you start rebuilding your skin, your hair, your nails, your joints, your bones, and most importantly, your gut.

It's like getting a head-to-toe makeover inside and out.

Q. Where can I get my hands on the Cleanse & Reset kit?

A. Right here, right now!

Simply click the big button below and your very own kit will be conveniently shipped straight to your home.

And then your total health transformation can begin!

Believe in yourself.

Believe that you can lose the weight.

Believe that you can get healthy.

Believe that you can look younger and feel younger.

Believe that your life can be better... so much better... than it is right now.

You've got this!

So click the big button below before supplies run out!