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Readers Digest. Paperback. Book Condition: New. Paperback. 286 pages. Dimensions: 9.7in. x 6.6in. x 0.7in.The Digest Diet is a 21-day weight-loss plan based on groundbreaking science and newly discovered foods and habits that help your body to release fat. Readers Digest sifted through all the weight-loss science to pick the foods, recipes, and habits that truly slim you down quickly and safely. We reviewed cutting-edge nutrition advances and mythbusting articles. We discovered some new reasons fat creeps onand reliable ways...

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