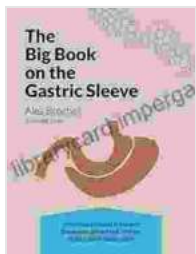


Everything You Need To Know To Lose Weight And Live Well With The Vertical

Are you ready to lose weight and live a healthier life? If so, then you need to check out The Vertical Diet.

The Vertical Diet is a revolutionary new diet that is based on the principles of vertical eating. Vertical eating is the practice of eating foods in their natural, unprocessed state. This means eating whole fruits, vegetables, lean proteins, and whole grains.



The BIG Book on the Gastric Sleeve: Everything You Need To Know To Lose Weight and Live Well with the Vertical Sleeve Gastrectomy (The BIG Books on Weight Loss Surgery 2) by Alex Brecher

★★★★☆ 4.4 out of 5

Language : English
File size : 4422 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 579 pages
Lending : Enabled

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The Vertical Diet has been shown to be effective for weight loss and improving overall health. In fact, a study published in the journal *Obesity* found that people who followed the Vertical Diet lost an average of 12 pounds more than people who followed a traditional diet.

The Benefits of the Vertical Diet

The Vertical Diet offers a number of benefits, including:

- **Weight loss:** The Vertical Diet can help you lose weight by helping you to feel fuller longer. This is because whole foods are more filling than processed foods.
- **Improved health:** The Vertical Diet can help you improve your overall health by providing your body with the nutrients it needs. Whole foods are packed with vitamins, minerals, and antioxidants that are essential for good health.
- **Reduced risk of chronic diseases:** The Vertical Diet can help you reduce your risk of chronic diseases such as heart disease, stroke, and type 2 diabetes. This is because whole foods are high in fiber, which helps to lower cholesterol and blood sugar levels.

The Meal Plans and Recipes

The Vertical Diet offers two meal plans: a standard plan and a vegetarian plan. The standard plan includes lean proteins, whole grains, fruits, and vegetables. The vegetarian plan includes all of the foods in the standard plan, plus beans, lentils, and nuts.

The Vertical Diet also offers a number of recipes that are designed to help you lose weight and improve your health. These recipes are all made with whole, unprocessed foods. They are also easy to prepare and delicious.

Get Started with the Vertical Diet Today

If you are ready to lose weight and live a healthier life, then the Vertical Diet is the perfect solution for you. Get started today by checking out the meal

plans and recipes on the Vertical Diet website. You can also find more information about the Vertical Diet on social media.

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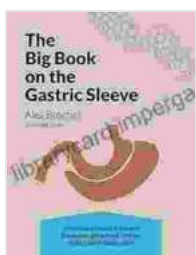
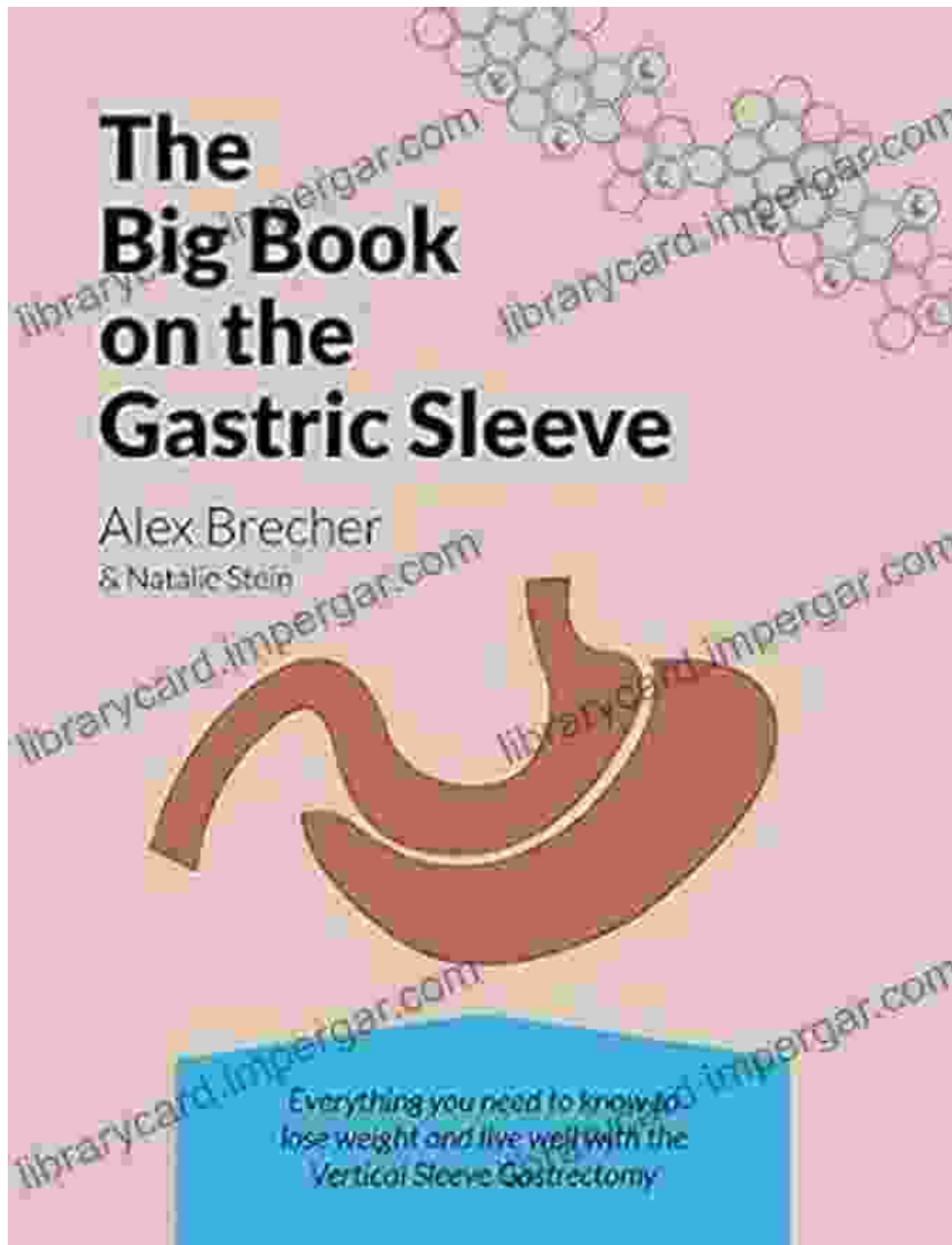


The Big Book on the Gastric Sleeve

Alex Brecher
& Natalie Stein



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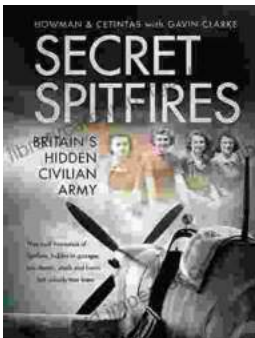
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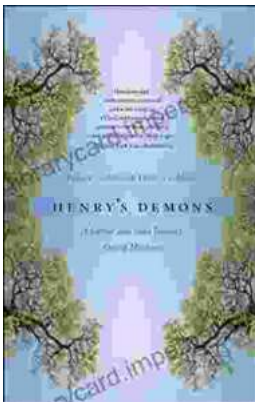
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