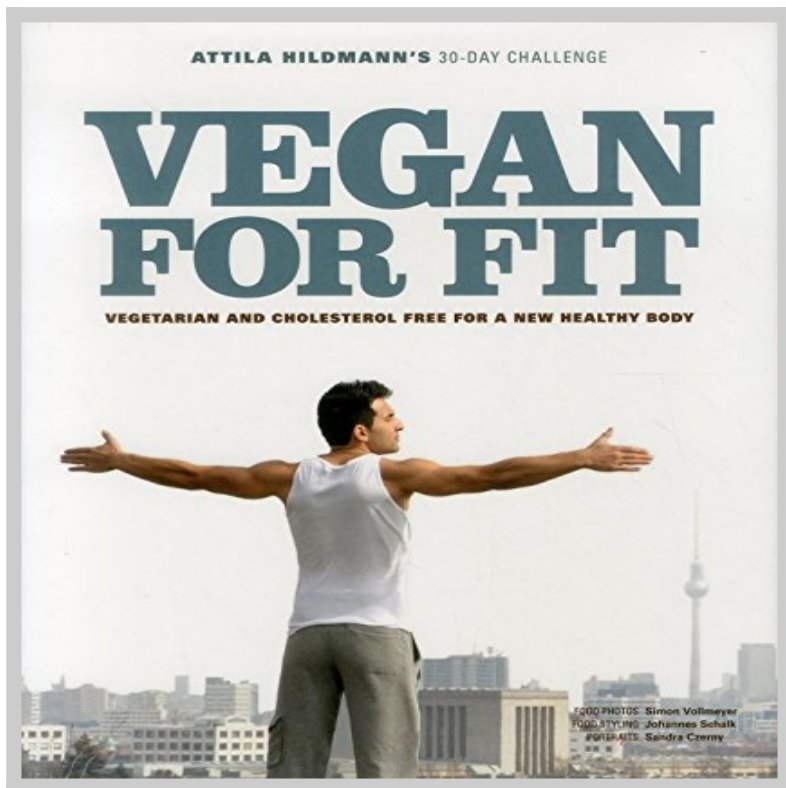


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## **Vegan Fit Hildmanns Vegetarian Cholesterol Book Preview**

The first 100 test subjects lost over 970 pounds with Attila Hildmannâ€™s 30-Day Challenge. For the first time in their lives, these volunteers ate a diet for 30 days free of chemical additives, animal products, and starchy foods high in calories. Instead, they ate lots of natural, healthy products and delicious superfoods as part of Attila Hildmannâ€™s nutrition plan, and they began an exercise program of their own choosing. During the Challenge, the test subjects learned how to lose weight without going hungry while enjoying delicious foods such as pumpkin fries, noodles made from zucchini, and dairy-free ice cream. You can read what many of the Challengers say about their experience and see before and after photos

in the accompanying insert.

With Vegan for Fit, everyone has the possibility to achieve a total reset of their body and spirit in 30 days and to profit from the unique advantages that this type of diet offers.

Losing a significant amount of weight is not the only thing you will experience by following the Vegan for Fit plan. Totally doing without those things that are questionable for your health, such as food additives, saturated fats, cholesterol, animal hormones, separating agents, artificial coloring, emulsifiers, and empty calories will also improve your metabolism and lead to a totally new, healthy body. At the end of the 30 days, many of the test subjects decided to completely or partially change their former eating habits.

Even if weâ€™ve consumed chemical additives, over a long period of time, our bodies can recover in a remarkably short amount of time. Many diet-related and lifestyle diseases will disappear on their own or will improve significantly.