



The Viva Mayr Diet: 14 days to a flatter stomach and a younger you

Harald Stossier, Helena Frith Powell

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A glass of wine at dinner and a flatter stomach in 14 days? Yes girls, it can be done! The Viva Mayr Diet is the savvy diet for people in the real world who want to get a bikini body and revamp their health with ease. It's based on the world-famous Viva Mayr spa clinic in Austria, the hottest health and weight loss destination in Europe.

After 14 days your stomach will be flatter, your skin will be glowing, you'll have a spring in your step and you'll be well on your way to getting a fabulous beach babe body. You'll feel so good you'll want to make The Viva Mayr Diet a way of life - and let's face it girls, if you want to make a permanent dent into those love handles you've got to look a bit further into the future. The difference is that after the 14 days you'll be hooked and it should feel as natural following The Viva Mayr Diet as it is reaching for your lip gloss.

Dr Harald Stossier, the medical genius behind it all, has teamed up with Helena Frith Powell, former serial dieter and author of Two Lipsticks and a Lover. Together they will take you through the simple principles of the diet, open your eyes to why following it makes perfect sense and walk you step-by-step through the 14-day practical plan. Dr Stossier and Helena also share their experiences of following the diet with rare insight and humour, telling you what to expect, how to avoid any pitfalls and how to reap the benefits of looking and feeling better than you have done in years.

Sneak preview facts every girl should know:

- Agonising over water or wine at dinner? Make it wine every time!
- Stop eating on the move! Eating when you're all stressed out is your no.1 enemy.
- Eat a cheese burger really slowly and it'll be better for you than wolfing down an all-organic fancy salad.
- Never, ever skip breakfast! If you're really that busy, drop dinner from your day instead.

The Viva Mayr Diet: 14 days to a flatter stomach and a younger you Details

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Kate says

Sensible eating

Great resource.

Great advice and recipes that work and are easy to follow. A sound approach to eating well. Worthwhile.
