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New Genie Diet Offers Comprehensive Weight Loss Plan

New diet combines cleansing with nutritious eating to shed pounds and keep them off.

/24-7PressRelease/ - BOSTON, MA, June 16, 2008 - The new Genie Diet (www.newgeniediet.com) gives dieters a more comprehensive approach to weight loss than traditional diets. It not only helps participants lose weight faster, it also rids the body of toxins, which encourages the body to keep off excess fat. Dieters partaking in the new Genie Diet have lost as much as 20 pounds in 10 days when combining it with 20 minutes of exercise daily.

The new Genie Diet's formula is a simple 10-day cycle that combines cleanse days with meal days. It's a clear-cut diet that's easy to follow and effective. Participants can access 100 healthy meal recipes that are perfect for meal days.

Cleanse days have two benefits - they rid your body of toxins and save you time because you can make a day's worth of servings all at once in the morning. The meal days give you a break from the more strict cleanse days and teach you to eat nutritious meals in healthy servings.

For more information on the Genie Diet, or to order a copy, visit www.newgeniediet.com.

Kate Aldrich Creative is a freelance corporate writing company providing top-notch web, e-mail, sales, catalog, press release and article copy. Please contact us at 508-542-2759.

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