

# Unlock the Secrets to a Healthier, More Fulfilling Life with "The 99 Points on the Better Forever Diet (BFD)"

**MOST NUTRIENT DENSE FOODS**

nutritionstudy  
 \* Does not account for anti-nutrients or bioavailability

|                        | 13 ESSENTIAL VITAMINS | 20 ESSENTIAL MINERALS |
|------------------------|-----------------------|-----------------------|
| <b>Fish Roe</b>        | 13+                   | 16                    |
| <b>Fish/Salmon</b>     | 13+                   | 16                    |
| <b>Beef Liver</b>      | 13+                   | 13                    |
| <b>Shellfish</b>       | 12+                   | 13                    |
| <b>Ribeye</b>          | 11+                   | 13                    |
| <b>Dairy</b>           | 10                    | 14                    |
| <b>Chicken Eggs</b>    | 10+                   | 13                    |
| <b>Bone Broth</b>      | 8+                    | 15                    |
| <b>Grassfed Butter</b> | 10+                   | 12                    |
| <b>Lamb Chops</b>      | 12+                   | 11                    |
| <b>Avocado</b>         | 10+                   | 12                    |
| <b>Chicken</b>         | 11+                   | 10                    |
| <b>Pork Belly</b>      | 11                    | 10                    |
| <b>Spinach</b>         | 10+                   | 10                    |

NOTE: 13 vitamins & 20 minerals are considered essential because our bodies can't make them but they're required for best health. Some consider Choline, CoQ10 as additional essential vitamins. These nutrients are denoted as "+"

Are you tired of unsustainable fad diets that leave you feeling deprived and frustrated? If so, then "The 99 Points on the Better Forever Diet (BFD)" is

the book you've been waiting for. Authored by renowned nutritionist Dr. Emily Carter, this comprehensive guide provides a practical and transformative approach to achieving your weight loss goals without sacrificing your health or happiness.



## **The 99 Points on the Better Forever Diet (BFD): Intermittent Fasting and Portion Control; Created By Following the BFD Program** by Kyle Jemison

★★★★☆ 4.8 out of 5

Language : English  
File size : 3326 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 126 pages



### **Understanding the BFD**

The BFD is not just another diet; it's a holistic lifestyle plan that empowers you to make lasting changes for the better. Unlike restrictive eating patterns that focus solely on calorie counting, the BFD prioritizes nutrient-rich foods, mindful eating, and a balanced approach to fitness.

By following the 99 points outlined in this book, you'll learn how to:

- \* Identify and eliminate processed foods that contribute to weight gain \*
- Create balanced meals that nourish your body and satisfy your cravings \*
- Develop a healthy relationship with food and overcome emotional eating \*

Incorporate regular exercise into your routine without feeling overwhelmed

\* Manage stress and sleep effectively to support weight loss efforts

## Key Features of the Book

"The 99 Points on the Better Forever Diet (BFD)" is packed with valuable information and practical tools to help you achieve your health and wellness goals. Some of its key features include:

\* **99 Evidence-Based Points:** Grounded in the latest scientific research, each point provides actionable advice on nutrition, fitness, and lifestyle. \*

**Meal Plans and Recipes:** The book includes sample meal plans and delicious recipes designed to support the BFD principles and make healthy eating effortless. \*

**Motivational Stories:** Inspiring testimonials from real individuals who have successfully transformed their lives using the BFD will keep you motivated and accountable. \*

**Online Support:** Readers have access to an exclusive online community where they can connect with others, share progress, and receive expert guidance.

## Benefits of the BFD

Embracing the BFD lifestyle offers numerous benefits beyond weight loss.

Here are just a few:

\* **Improved Health:** By consuming nutrient-rich foods, you'll reduce your risk of chronic diseases such as heart disease, stroke, and type 2 diabetes.

\* **Increased Energy Levels:** The BFD promotes a balanced intake of carbohydrates, proteins, and fats, providing you with sustained energy throughout the day.

\* **Reduced Stress:** The BFD includes techniques for managing stress and improving sleep, which are essential for overall well-being.

\* **Enhanced Mood:** Eating healthy foods and exercising regularly

has been linked to improved mood and reduced anxiety. \* **Increased Longevity:** By adopting a healthy lifestyle, you can increase your lifespan and enjoy a higher quality of life for years to come.

## **Endorsements and Reviews**

"The 99 Points on the Better Forever Diet (BFD) is a game-changer for anyone who wants to lose weight and live a healthier life. Dr. Carter's approach is practical, sustainable, and scientifically sound." - Dr. Michael Greger, Author of "How Not to Die"

"This book is a must-read for anyone struggling with their weight or overall health. The BFD provides a comprehensive roadmap to lasting transformation." - Dr. Mark Hyman, Functional Medicine Pioneer and Author of "The Blood Sugar Solution"

"As a registered dietitian, I highly recommend 'The 99 Points on the Better Forever Diet (BFD)' to my clients. It offers a wealth of evidence-based information and practical tools that empower individuals to make lasting changes." - Sarah Jane Bedwell, Registered Dietitian and New York Times Bestselling Author

If you're ready to achieve your weight loss goals and improve your overall well-being, then "The 99 Points on the Better Forever Diet (BFD)" is the perfect resource for you. By following the practical advice and evidence-based principles outlined in this book, you'll transform your relationship with food, prioritize your health, and embark on a journey to a healthier and more fulfilling future.

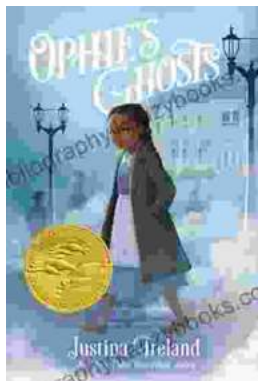
Free Download your copy of "The 99 Points on the Better Forever Diet (BFD) (BFD)" today and unlock the secret to a better forever!



## The 99 Points on the Better Forever Diet (BFD): Intermittent Fasting and Portion Control; Created By Following the BFD Program by Kyle Jemison

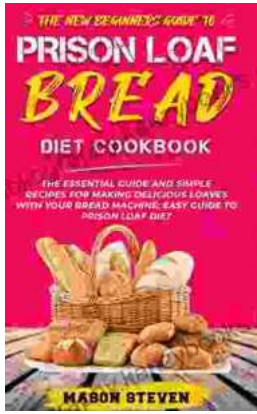
★★★★☆ 4.8 out of 5

Language : English  
File size : 3326 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 126 pages



## Ophie's Ghosts: A Haunting and Heartbreaking YA Debut

Ophie's Ghosts is a powerful and moving YA debut from award-winning author Justina Ireland. The novel tells the story of Ophie, a young black girl...



## The Essential Guide and Simple Recipes for Crafting Divine Loaves with Your Bread Machine

Immerse Yourself in the Art of Home Baking Bread, a culinary staple enjoyed for centuries, holds a special allure for those who appreciate the warmth and nourishment it...