



# **12 Changes A Year: the recipe book to the Number Crunch Diet - when you take control of the numbers you take control of your weight (Volume 1)**

*Jumper Publications and Media*

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**Another amazing book!** "This author just doesn't stop! One would have thought all his tips and Selfcare Strategies would have been used in the main book, this one's chock-full as well." Yes, I just reviewed my own book, there's no law against that that I'm aware of. "Oh, and it's sprinkled with humor along the way to make reading it fun and anticipating." 5 Stars!

Since this is the continuation of the Number Crunch Diet, you'll have to start there or you'll be a bit lost with this one. "Great Recipes!!" Enjoy! Here are a few quotes from this book.

"By drinking alkaline water you perform a full body detox, the fat falls off and you have less fatigue so your energy goes up so you need less calories and the fat falls off some more. It's a vicious cycle. But a good vicious cycle." Page 191

"I hope we have time to do the cheesecake recipe. Oh, and the chocolate mayonnaise cake. That one is pure heaven. And it's so simple to make. Easy to make, but not easy to bake, because if you undercook it it turns into chocolate mayonnaise fudge cake! And we can't have that. Actually, we can!"

**This is the only diet that gives you complete nutrition with maximum freedom combined with total control.** It's really the "All Your Dreams Come True Control Freak" diet. With a side of entertainment!

Also included are chapters on tweaking your macros. Lower carb options for fat cutting, higher carb options for muscle growth, sports, or glycogen replenishment. Without complete control of the numbers, the chance of attaining your goal is hit-or-miss.

**NCD 5 Fat Cutting Tools**

**NCD Lower Carb Cycle**

**3 NCD Pro-Fat 'Meals'**

**The 4 Refined GMO Oils** - used throughout the fastfood industry

**NCD Blood Glucose Target & Range** - you'll think differently from then on

**The NCD Back Door** - versus the standard poke at it from the front approach

How visible body fat affects how people see you, and treat you.

And number crunching that will make your head spin!

**Also includes a 6th method for overcoming food addiction (see ABC NCD for methods 1-5).**


Stop wasting your money on junk and garbage that does nothing for your life. It would take you a lifetime to create a system like this. And it costs less than a one night's stay in an average hotel while on vacation. That you've long since forgotten.

**If you're looking for a system to help you transform your life by transforming the way people view you, not to mention all the side benefits of looking and FEELING half your age, then you've found the right place.**

Jumper Publications and Media - *Light Years Beyond The "Diet and Exercise" Advice*

**The NCD - A numbers-base plan you can work it in any direction you want to go, fat loss, size gain, or weight maintenance.**

**TCY "Reality-Show Recipes" for the person who wants real-life cooking.**

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#### **Jessica Henriquez:**

Beside that 12 Changes A Year: the recipe book to the Number Crunch Diet - when you take control of the numbers you take control of your weight (Volume 1) in your phone, it could give you a way to get closer to the new knowledge or information. The information and the knowledge you are going to got here is fresh through the oven so don't always be worry if you feel like an older people live in narrow community. It is good thing to have 12 Changes A Year: the recipe book to the Number Crunch Diet - when you take control of the numbers you take control of your weight (Volume 1) because this book offers to you personally

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