

The Plan

FOOD IS YOUR MEDICINE



LYN-GENET RECITAS

NUTRITIONIST, AUTHOR



Lyn-Genet Recitas is the NY Times and International Bestselling author of The Plan and The Metabolism Plan a groundbreaking anti-inflammatory nutritional protocol which has been published in over 15 countries.

She and her staff of doctors and nutritionists have helped hundreds of thousands of men and women reach their best health by finding their chemical responses to food, not counting calories. The Plan is a bio-individual diet which reduces inflammation the primary cause of obesity, disease and premature aging.



LYNGENETPLAN



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Spinning and Salmon
Crossfit and Cauliflower
Running and Raspberries
Barre and Bison

Think it's healthy? Think again

Are you doing all of the "right things" and still gaining weight?

Overexercise and "healthy" foods maybe be the very reason you are in a state of inflammation and slowing your metabolism.

Find out what works for YOUR body with The Metabolism Plan.

The tagline of "Think It's Healthy, Think Again" has inspired millions to rethink their approach to health.

The "Chemistry Not Calories" concept has helped people all over the world lose weight healthfully all while eating over 2,000 calories a day, with wine cheese and chocolate as part of the diet! Auto-immune disease, chronic pain, migraines, hormonal and thyroid imbalance have all been treated by following this bio-individual diet.



MEDIA

Lyn-Genet has been featured on Dr. Oz, Huffington Post, CBS, NBC, Fox News, Women's Running, Fitness, Marie Claire, Elle and More Magazine

TESTIMONIAL

I've lost over 24 pounds on The Plan. I have tried for over 20 years to lose weight. I went through every weight loss program you can imagine, I would lose five or so pounds and then it would all stop.

Everyone asked me the same question, "Are you sure you are following the program?" I would leave in tears.. Then by a miracle I found an article about Lyn in a magazine. All those years I had been eating great diet foods like salmon and green beans, thinking I was doing what was right. Now I know that I am reactive to those foods and many others. My blood pressure is the lowest in my life! My psoriasis is gone! The IBS I suffered all of my adult life is gone. The Plan has become a way of life for me.

180 POUNDS LOST



Julie's Story - Long Island, NY

I weighed myself one day at the gym- I was 324 lbs! I went home and cried, I was so ashamed. I thought, "What's the use. How can I possibly lose that much weight?"

Then I put I saw Lyn-Genet on Dr. Oz. I wasn't sure I agreed with everything she said (how can veggies make you fat, right?). So I hesitated. Then I was watching Fox News and there she was again! I decided to buy her book and see what she had to say. I was a little confused by the foods at first, what no bagels!? I'm a Long island girl, lol. But I read that book and kept it like my bible. I carried it EVERYWHERE with me to church, to work, to baby showers and bridal showers!

It's paid off! I have lost 180 lbs and it has stayed off or 5 years! This is not a diet, it's a way of life. eating the foods that work for me and exercising 15 minutes every other day has given me back my life!

"Lyn+Genet's knowledge of the endocrine pathways and system is sound and makes sense to me. The Metabolism Plan is fantastic. I followed the 30-day program, and within the first week I was close to my ideal weight. I love Lyn-Genet's approach to exercise and look forward to mixing up my regimen to find what works best for me to be lean and strong. Just ordered some kettle bells to add to the repertoire!"

--Anna Loegard, MD, Chief Medical Officer

"There are no miracle pills or trends that can give you health and wellness, but luckily there is a road map and a guide. Lyn-Genet has created a step-by-step plan to help each of us achieve optimal health."

--Dr. Steven Zodykoy, author of Misdiagnosed- The Adrenal Fatigue Link

"I consider The Plan to be one of my 'secret weapons' when it comes to figuring out the many root causes of chronic health problems. It has helped many of my patients and has absolutely shocked me which 'healthy' foods can devastate one's health."

--Dr. Carri Drzyzga, DC, ND, The Functional Medicine Doctor, author of Reclaim Your Energy