



# **Slim Down Now: Shed Pounds and Inches with Pulses -- The New Superfood**

*Cynthia Sass*

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Cynthia Sass, *New York Times* bestselling author of *S.A.S.S. Yourself Slim* and coauthor of *Flat Belly Diet!*, introduces a new superfood that holds the power to whittle your waistline in no time. Called “pulses,” this unique class of protein-rich carbs includes lentils, chickpeas, and many varieties of beans. By incorporating just one serving of these supershredders into your daily meals, you’ll burn more fat, feel more full, and have more energy. The weight will come off immediately, and you’ll reap the many rewards of Sass’s Pulse Plan:

- lose up to 8 pounds in the first four days
- no counting calories
- eat carbs and still get great results (that’s right, they’re not the enemy!)
- enjoy over 100 delicious, satisfying, and affordable recipes
- adopt a less-is-more exercise philosophy focused on fun methods that don’t feel tedious or punishing
- protect your heart, lower your risk for type 2 diabetes and cancer, and improve your overall nutrient intake

“My skin looks better and the dark circles under my eyes are gone. I feel great, and I’m happy with the amount of weight I was able to lose in thirty days.” —**DIONNE, age 43**

“I think the Rapid Pulse really did reset my system. Flavors became more prominent (I can actually taste the sweetness in tomatoes!), and I’m now eating less because I can pay attention and stop when I’m full.” —**YADIRA, age 39**

“Throughout the thirty days, I felt confident because I knew I was getting healthier and my body was changing. My husband also lost 10 pounds by loosely following the plan with me. He was surprised that he could lose weight while eating healthy meals that tasted great with bold flavors.” —**AMY, age 28**

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