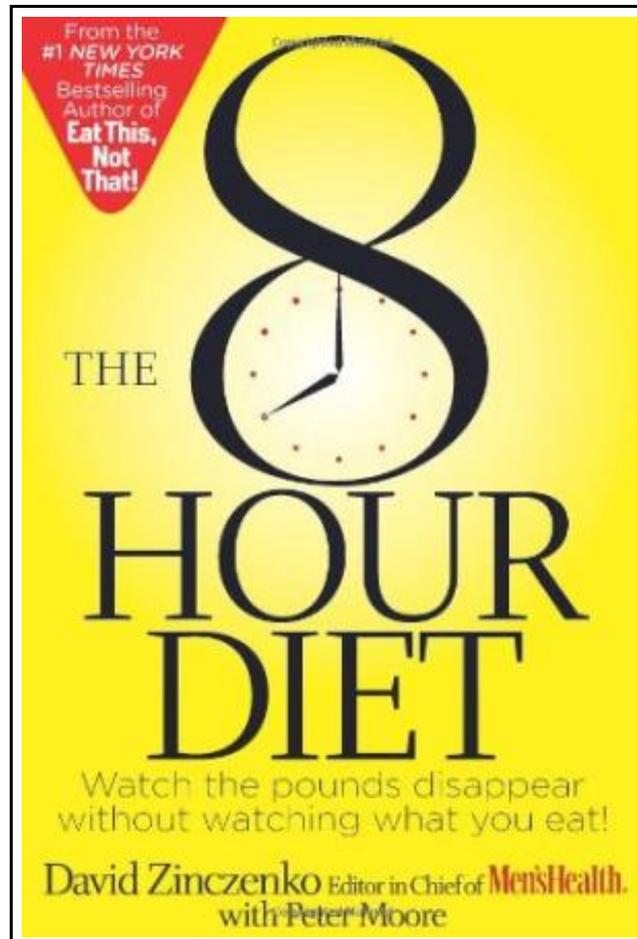


The 8-Hour Diet: Watch the Pounds Disappear Without Watching What You Eat



Filesize: 3.19 MB

Reviews

*This publication will never be effortless to get started on reading through but very entertaining to read through. It normally is not going to expense too much. I discovered this publication from my dad and i encouraged this book to find out.
(Otilia Schinner)*

THE 8-HOUR DIET: WATCH THE POUNDS DISAPPEAR WITHOUT WATCHING WHAT YOU EAT



Rodale Press. Hardcover. Book Condition: New. Hardcover. 288 pages. Dimensions: 9.1in. x 6.2in. x 1.0in. In The 8-Hour Diet, bestselling authors David Zinczenko and Peter Moore present a paradigm-shifting plan that allows readers to eat anything they want, as much as they want and still strip away 20, 40, 60 pounds, or more. After visits to world-renowned researchers at the Salk Institute, in La Jolla, California, and the National Institute on Aging, in Baltimore, and completing interviews with a dozen other clinical experts plus poring over the copious amounts of new research in the fascinating field of intermittent fasting, Zinczenko and Moore came up with a plan that they themselves tried, and they engaged 2,000 people for a test panel. Based on their interviews, research, and test panel results, they determined that readers can lose remarkable amounts of weight eating the foods they like best as long as they eat within a set 8-hour time period. Fasting is, of course, an ancient spiritual and health practice, but it's also a way to sidestep many of the ills of the modern world including diabetes, heart disease, and cognitive impairment. Zinczenko and Moore demonstrate how simply observing this timed-eating strategy, even just three days a week, will reset a dieter's metabolism so that he or she can enter fat-burning mode first thing in the morning and stay there all day long. And by focusing on eight critical, nutrient-rich Powerfoods, readers build in a second layer of protection against Alzheimers, heart disease, and even the common cold. In the book, readers will find motivating strategies, delicious recipes, and an 8-minute workout routine to maximize calorie burn. The 8-Hour Diet promises to strip away unwanted pounds and give readers the focus and willpower they need to reach their goals for weight loss and life. This item ships from multiple...

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