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turn on fat burning hormones with a special 1 day per week workout system and a controlled calorie eating plan anyone who desperately wants to lose 10 to 50 or more pounds but just can't find the time to exercise three four five times a week is going to love the body fat breakthrough it requires is just one 20 minute resistance training workout a week using negative or eccentric training the little known weightlifting technique used by bodybuilders to trigger fast muscle growth and burn more fat legendary fitness researcher ellington darden phd put 115 overweight men and women on this workout program and achieved remarkable results which are illustrated in the book through 20 inspiring before and after photographs many test subjects lost significant weight while gaining muscle some lost 30 40 even more than 50 pounds in as many days and transformed their bodies and their health negative training is just one of 10 fat bombs demonstrated in the book these action steps combine to produce fast body transformations other fat bombs include a unique meal plan in which the bulk of calories come from carbohydrates 50 carbs 25 protein 25 fat offering readers an appealing new way to lose weight without sacrifice drinking a gallon of cold water a day to stay full and hydrated and to boost calorie burn through thermogenesis evening after dinner walks to accelerate body heat

triggering increased fat loss

the magazine for young adults varies

abstract a look at why americans yearn to be thin and how they endeavor to lose weight is presented for dieters nine hypotheses are listed as to why americans over eat and then purge themselves with guilt and diet appetite and physical exertion are not equal the 2 part book first examines topics concerned with eating gourmet magazines tv cooking shows haute meals fast foods convenience foods cookbooks cooking equipment and big is beautiful then topics concerned with dieting are examined diet books formerly fat diet pills diet gimmicks exercises pritikin spas health resorts stomach bypasses and jaw wiring kbc

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