

The Body Fat Breakthrough

The Body Fat BreakthroughEbonyEbonyWorking MotherPopular ScienceWorking MotherFlat Belly Diet! CookbookEbonyEbonyMademoiselleBetter NutritionTV GuidePlaygirlSepiaMcCall'sRural LivingVogueThe National Jewish MonthlyCosmopolitanWorking Woman Ellington Darden Liz Vaccariello Helen Gurley Brown The Body Fat Breakthrough Ebony Ebony Working Mother Popular Science Working Mother Flat Belly Diet! Cookbook Ebony Ebony Mademoiselle Better Nutrition TV Guide Playgirl Sepia McCall's Rural Living Vogue The National Jewish Monthly Cosmopolitan Working Woman *Ellington Darden Liz Vaccariello Helen Gurley Brown*

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

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popular science gives our readers the information and tools to improve their technology and their world the core belief that popular science and our readers share the future is going to be better and science and technology are the driving forces that will help make it better

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belly fat is not only unsightly it s deadly it has been linked to a long list of adverse health conditions including heart disease diabetes and breast cancer prevention s flat belly diet a revolutionary plan that s already helped more than one million people lose weight around their middles may help target dangerous belly fat with monounsaturated fats better known as mufas found in delicious foods like nuts and seeds vegetable oils olives avocados and dark chocolate on the flat belly diet it s important to enjoy these foods in the right amounts with every meal the flat belly diet cookbook makes that easy all of the recipes were carefully developed to make sure every meal includes just the right amount of mufas and meets the plan s 400 calorie guideline so you can mix and match meals to suit your taste and there s no need to count calories all the work has already been done packed with 200 dishes that feature these scrumptious fat fighting mufa rich foods as well as more than 50 lush photographs this book gives you plenty to whet your appetite great to wake up to dishes like banana pancakes with walnut honey and eggs florentine with sun dried tomato pesto international favorites like thai corn and crab soup and caribbean chicken salad cozy comfort food like spaghetti with roasted cauliflower and olives and turkey meat loaf with walnuts and sage quick satisfying snacks like tex mex snack mix peanut butter spirals and nutty chicken nuggets sweet treats like super rich chocolate cake with maple frosting and peach and blueberry tart with pecan crust

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