



[(The Fat Smash Diet : The Last Diet You'll Ever Need)] [By (author) Ian K. Smith] published on (April, 2007)

Ian K. Smith

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It's easy to follow, takes just nine days to show big results and smashed its way straight onto the "New York Times" bestseller list. "The Fat Smash Diet" is the latest diet craze to sweep America. Healthy and scientifically based, it's a lifestyle change that will help keep the weight off permanently. Best of all, there is no calorie counting and Dr Smith guarantees there never will be. "The Fat Smash Diet" is a 90-day program with four phases that will change your relationship with food and exercise. Beginning with a detox stage designed to purify your body and make you think about the foods you put in it, the diet plan works by gradually reintroducing more nourishing, satisfying foods at each stage so that you construct an individual plan that will allow you to enjoy many of the foods you've enjoyed in the past. You'll stop hunger pangs, increase your metabolism, change your eating habits forever and watch the weight fall off. And with over 50 easy-to-cook, tasty recipes the book makes it easy to stick to your goals. "The Fat Smash Diet" is the last diet you'll ever need.



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