



Turbocharged: Accelerate Your Fat Burning Metabolism, Get Lean Fast and Leave Diet and Exercise Rules in the Dust

By Dian Griesel

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0.6in. TurboCharged By Dian Griesel, Ph. D. and Tom Griesel

According to these boomer-generation authors, every diet to date is destined to deliver loss of lean muscle mass, moodiness, disappointment and failure. Instead, Dian and Tom provide an exciting new roadmap using a unique 8-step program that has been called the Holy Grail of Fat Loss and even the Fountain of Youth. Building on an exotic car metaphor, their system requires no strenuous exercise, supplements or special equipment. They show readers how to get on the road to eliminate excess body fat fast and forever. Within 3 days the program promises to: begin training your body to use excess body fat for energy; show everyday activities that will quickly accelerate fat-loss; teach mini-exercises requiring only 3-5 minutes each day that will trigger fat-burning while strengthening muscle; explain the ideal foods and how to eat them to burn your body fat fast; eliminate any related diet anxiety or moodiness; prove that you are truly getting younger; and, provide easy ways to maintain your new lean and healthy body with minimal effort for life. An excerpt...



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Reviews

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