

A photograph of a woman's back and waist, which is the central focus of the book cover. She is wearing a black bikini bottom. A yellow measuring tape is wrapped around her waist, with the numbers 14 through 34 visible. The background is dark and moody.

# *The* **Nautilus Diet**

*Ten Weeks to a Brand-New Body*  
**by Ellington Darden, Ph.D.**

# Nautilus Diet 10 Weeks To A Brand New Body



**SJ Ball**

## **Nautilus Diet 10 Weeks To A Brand New Body:**

The Body Fat Breakthrough Ellington Darden, PhD, 2014-04-01 Anyone who desperately wants to lose 10 to 50 or more pounds but just can't find the time to exercise three or four times a week will love The Body Fat Breakthrough. It requires just one or two 20 minute resistance training workouts using negative or eccentric training the little known weight lifting technique that shrinks fat cells and triggers fast muscle growth. Legendary fitness researcher Ellington Darden PhD put 118 overweight men and women on this workout program and achieved remarkable results which are illustrated in the book through 35 inspiring before and after photographs. Some test subjects lost 30 40 or 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. Others include A unique meal plan in which the bulk of calories comes 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 burn calories through thermogenesis. Evening after dinner walks to accelerate body heat triggering increased fat loss. Dr Darden's Breakthrough program sheds pounds fast while building and toning muscle in just 6 weeks. *The Nautilus Diet*

Ellington Darden, 1988-05-01 Provides a step by step plan to burn body fat by building muscle in a program that combines Nautilus training with sound nutrition. The Nautilus Diet Ellington Darden, 1987-01-01 Provides a step by step plan to burn body fat by building muscle in a program that combines Nautilus training with sound nutrition. **Athletic Journal**, 1986 *Cosmopolitan* Helen Gurley Brown, 1990-04 *Good Housekeeping*, 1987 **Shape**, 1994 *Whitaker's Books in Print*, 1990 *Quill & Quire*, 1987 The Publishers Weekly, 1988 Paperbound Books in Print, 1992 **Journal of Physical Education, Recreation & Dance**, 1988 Consumer Health & Nutrition Index, 1988 **Library Journal**, 1986-07 *TV Guide*, 1987 **Whitaker's Book List**, 1989 **Infantry**, 1991 **Forthcoming Books** Rose Arny, 2003

**New York Magazine**, 1982-05-31 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award winning writing and photography covering everything from politics and food to theater and fashion the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea. **New York Magazine**, 1981-09-14 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award winning writing and photography covering everything from politics and food to theater and fashion the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea.

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