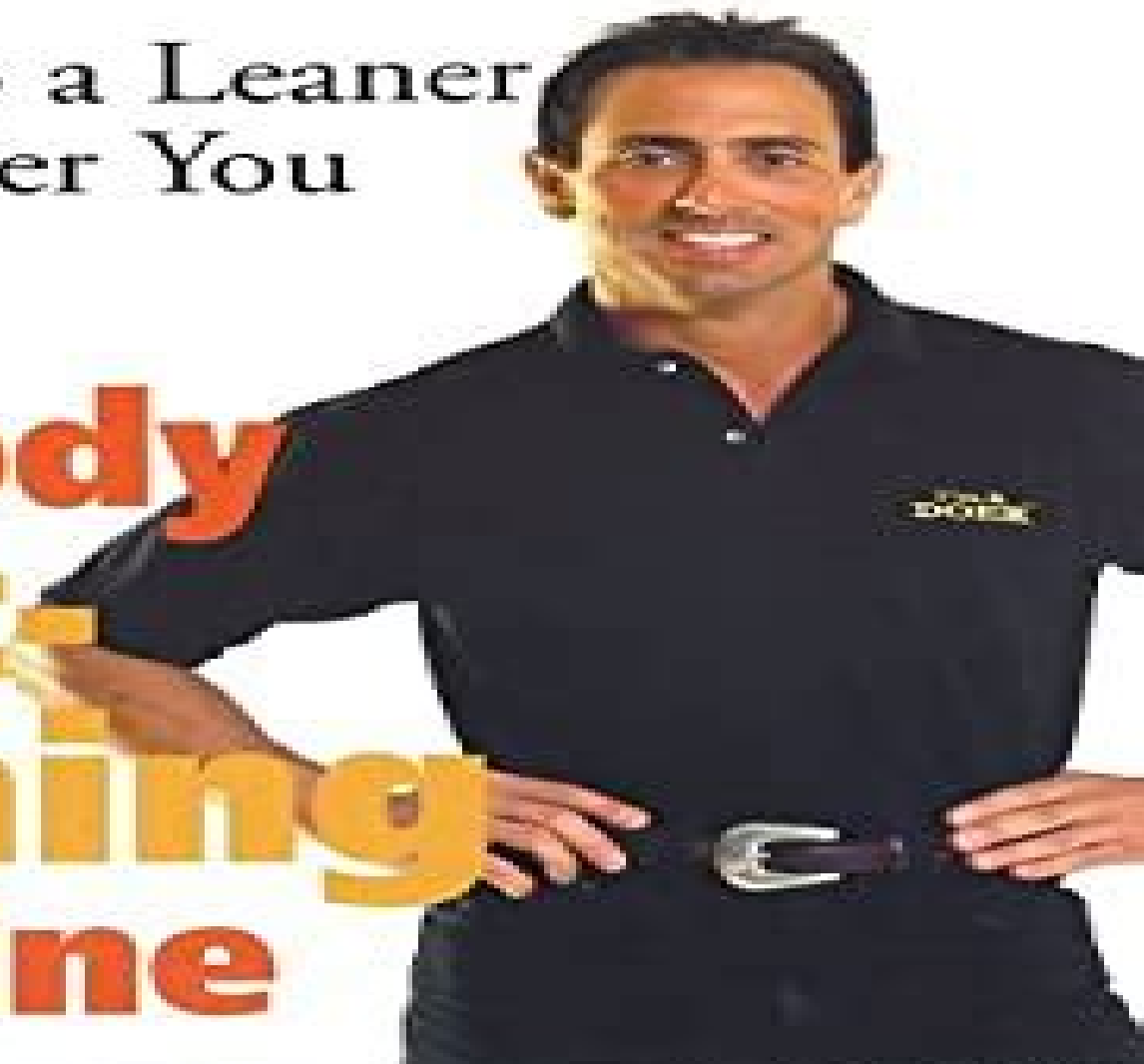


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INVENTOR OF THE AB-DOER, THE WORLD'S # 1 FITNESS MACHINE

JOHN ABDO

Make Your Body A Fat Burning Machine 30 Days To A Leaner And Healthier You

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[How to Lose 40 Pounds \(Or More\) In 30 Days With Water Fasting](#) Robert Dave Johnston, 2013-11-08 Do you ever ask yourself Will I ever lose this weight Will I reach my goal How many times have you said to yourself This year I m going to lose weight This is absolutely it Indeed these are sobering questions and statements As a 300 pound obese man caught in the grips of binge eating disorder so far gone that everyone thought I was going to die so down that even treatment centers didn t want me so lost that I locked myself in my apartment with boxes of pizza planning to eat myself to death I can say without hesitation that I KNOW how painful it is to see ourselves overweight year after year getting fatter as well as older and with no indication that anything could change Let me ask you a simple question Given the chance would you dive in and do whatever it took to achieve your weight loss goals Wouldn t you like to find a system where you could lose one to three pounds daily and never gain the weight back Well I m here to tell you that there IS hope I escaped from the hellish prison of obesity and binge eating and now my work is to carry the message to others that losing weight and keeping it off CAN be done and that nothing will get you there quicker than water fasting AND the implementation of a structured eating plan Welcome to How to Lose 40 Pounds Or More in 30 Days With Water Fasting a complete manual for fast and permanent weight loss We will talk about water fasting what it is how it works and how it can help you lose weight faster than any other method known to man I ll promptly give you a list of banned foods along with a shopping list and menu options to launch a 14 day pre fasting diet a simple but powerful calorie restriction

regimen designed to kick start weight loss and detoxification before the actual water fast begins Hunger and fasting detox symptoms are discussed in detail and we ll look at a variety of tricks and mental techniques that can help you traverse the rough spots without throwing in the towel We ll also talk about and look at various scientific studies which continue to provide proof that fasting and calorie restriction are beneficial for human health and quality of life I ll talk about the spiritual side of fasting and outline a simple yet powerful way to tap into this mystery Having completed the 14 day Pre Fasting Preparation you ll pick a date and prepare to launch a life changing 30 day water fast However intermittent fasting options are given for those who may not be ready to go the distance yet To accompany you through the water fast I ve put together 11 motivational messages that will encourage you as well as remind you of the material we covered in previous chapters Furthermore I ll explain in detail how to appropriately break a long term fast A 10 day breaking a fast program is outlined which includes day to day instructions on what to drink and eat what to avoid and how juicing fruits and vegetables can give the digestive system a tremendous boost after a prolonged fast After the 10 days of re feeding are completed we ll move into the final phase which encompasses the introduction of a simple but effective long term diet that can help you lose more fat as well as stabilize your weight for good Furthermore as part of this special edition book you receive access to The Fasting Masterclass a six module multimedia webinar in which the author talks about fasting from A to Z and provides plenty of motivation encouragement and inspiration You can download the material in video or audio format from inside the book With all of this detailed content at your fingertips and with the assistance of the mental tricks and techniques presented in this book you are poised to break through barriers and achieve your weight loss goals once and for all *How to Lose 30 Pounds (Or More) in 30 Days with Juice Fasting* Robert Dave Johnston,2014-11-11 Juice fasting is a powerful discipline that if practiced regularly and correctly can help overweight people lose extravagant amounts of weight in a very short period of time In addition juice fasting with the rich nutrients in fruits and vegetables detoxifies the digestive system and the entire body thus keeping you lean health and energized Juice fasting can also help you to look younger and more vibrant it isn t uncommon for a person to say that they look ten years younger thanks to regular juice fasting Yes fasting has anti aging life extension and disease resistant properties that can transform your life above and beyond any expectations Give Juice Fasting a try you will love it In this edition I have included 50 of my favorite juicing recipes for your enjoyment The task at hand isn t easy But neither is it easy to do nothing right A little fasting sacrifice versus in the future a potential chronic disease Indeed ours is the easiest and softest path I hope you join us *The Lean* Kathy Freston,2024-09-24 If you ve ever dieted you ve undoubtedly worked very hard to achieve results only to experience the frustration of seeing the pounds creep back on Now Kathy Freston reveals her secret losing weight doesn t have to be a struggle and it can last With this book she shares the powerful concept of The Lean a radically effective and practical 30 day plan and shows you how to make and commit to small diet and lifestyle changes that over time can yield significant results One step a day swapping nondairy milk for cow s milk

eating an apple a day having an afternoon power shake can kick start your forward momentum lead to ever more healthy choices and bolster your progress On The Lean plan readers can experience sustained healthy and permanent weight loss of 1 3 pounds per week plus increased energy improved digestion clearer skin and renewed purpose The Lean offers not only the means to a truly leaner frame but also the little push we all need to get on the path to lasting change Complete with exercises recipes and powerful testimonials

How to Lose Your Belly Healthy and Fast! Pílula Digital,2024-03-11 What if I TOLD you you could BURN calories 24 hours a day What if you COMBINED this 24 hour calorie burning with the PERFECT STYLE of MUSCLE and CARDIOVASCULAR training to also DESTROY FAT and ACCELERATE your metabolism How do you THINK it would look How QUICKLY do you think you could get to the BEST body shape If your answers to these questions EXCITED you here s GREAT NEWS You CAN BURN CALORIES 24 hours a day The PERFECT way to complement this 24 hour CALORIE BURN with muscular and cardiovascular TRAINING and the SECRETS to these two devastating REVELATIONS are here in this E BOOK Good reading

Prevention's Shortcuts to Big Weight Loss Chris Freytag,2007-12-26 A personal trainer and lifestyle expert introduces a series of ten minute workouts to help readers lose weight burn fat slim and tone problem areas and promote overall fitness

[The Strategies To Help Master The Ketogenic Diet & Intermittent Fasting: Hacks To Help Make Your Body A Fat Burning Machine](#) Ivan Markovic, My name is Ivan Markovic I was born on January 17 1987 in Krusevac Serbia My Athletic ability helped me get into the path of finding my higher self and has proven to be one of my best features since I usually leverage it on a daily basis My soccer career and education at the Sports Academy in Vienna the University of Salzburg for Sports Science and Kinesiology pushed me even further into discovering all aspects of how I can improve myself in order to serve others After ten good years of self development I can now proudly say that I had the tremendous privilege of working with young athletes in different areas They have also helped me to collect the last pieces of a puzzle I needed to solve in my life I have decided to share some of the things that I have learned over the years from school and from working with others The whole aspects are written in my book I have learned also to appreciate all the Ups and Downs that have helped to shape my life I really hope that my contribution and knowledge can help you improve your life on a daily basis

The Bicycling Big Book of Cycling for Women Selene Yeager,Editors of Bicycling Magazine,2015-09-15 It s a fact Women are built differently than men That means that women s bodies react differently to training nutrition and sometimes even riding itself Yet most bicycling books are written without addressing any of these differences This comprehensive cycling book addresses how to gear up and prepare for any goal whether you want to ride for pleasure complete your first 100 miles or line up at a race Top professional cyclist Selene Yeager has teamed up with the editors of Bicycling magazine to create The Bicycling Big Book of Cycling for Women an easy to follow instructional manual geared specifically toward women and their unique needs It breaks down the sport of cycling into easily digestible sections beginning with the history of women s cycling and progressing into equipment lifestyle

technique training fitness goals nutrition maintenance and more The book also includes a women specific section regarding hormones and exercise performance cycling while menstruating cycling while pregnant how menopause affects your training and how specific parts of the female body are uniquely affected by cycling The Bicycling Big Book of Cycling for Women is an indispensable lifelong guide for every female cyclist *The Slow Burn Fitness Revolution* Fredrick Hahn, Mary Dan Eades, Michael R. Eades, 2002-12-24 Join the Slow Burn Fitness Revolution In The Slow Burn Fitness Revolution authors of the three million copy bestseller Protein Power team up with leading fitness expert Fred Hahn to revolutionize the way America gets strong lean and healthy The Slow Burn Fitness Revolution lays out the accumulating body of scientific evidence that shows the spend hours in the gym approach to exercise is over The Slow Burn exercise routine gives great results in just 30 minutes a week With Slow Burn you will Get strong fast Increase bone density and ward off osteoporosis Improve cardiovascular health Enhance flexibility Say goodbye to lower back pain Increase your metabolism and Make your body a powerful fat burning machine Slow Burn promises a leaner fitter stronger you with a realistic workout that lets you have a great body and a life One-dish Meals American Heart Association, 2003 America's most trusted authority on heart healthy eating presents a brand new addition to its cookbook library This book is perfect for busy cooks who love the crowd pleasing convenience of one dish meals but still want the health benefits

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