

The 3-Hour Diet (TM): Lose up to 10 Pounds in Just 2 Weeks by Eating Every 3 Hours! - Jorge Cruise - 9780061237195 - 368 pages - HarperCollins, 2006 - 2006

Eating every three hours turns off your "starvation protection mechanism" ensuring that fat is released and fat-burning muscle preserved. So get ready to lose 2 pounds each week! All with no calorie counting, no starvation, and no deprivation. Bottom line, timing will sculpt your body slim. With his now trademark easy-to-follow instructions, accessibility, and client success stories, Jorge Cruise's THE 3-HOUR DIET is a fluid combination of proven success and categorical innovation. Weight loss has never been easier! 3 Hour Diet - Sample menus and outline. This diet says to eat every 3 hours and introduce exercise for a 2 pound fat loss per week. Could it work? The 3 Hour diet is all about meal frequency. By eating every 3 hours, blood sugar levels will be more consistent and the bodies metabolism will remain in a heightened state. For most people this will equate to about 5 meals per day - breakfast, lunch, and dinner - with two snacks in between. The 3-Hour diet addresses processed and fast foods and much of the sales pitch of the book is about being able to lose weight and still eat some "junk" foods. Food groups should always be combined - i.e. protein should be eaten with carbohydrates and fat (and fruit and vegetables where possible). The 3-Hour Diet (TM) audiobook, by Jorge Cruise Fad diets -- especially low-carb diets -- do not work long-term. Just look at the science. These trendy "plans" usually end up making you fat. Why? They cause you to lose precious fat-burning lean muscle. But with the 3-Hour Diet, you will lose two pounds every week, starting first with belly fat. The key is to reset your metabolism with Jorge's revolutionary Visual Timing formula that has already helped millions of his online clients. This secret allows you to eat anything by ensuring you automatically eat every three hours. I can easily see how people who follow the 3-Hour Diet can shed pounds by keeping their fat-burning metabolism revved up. Lucy Beale, author of The Complete Idiots Guide to Weight Loss. The core idea behind The Three-Hour Diet is that by timing your meals and snacks every day, the pounds will come off. No restrictions, no exercise. From Publishers Weekly. Cruise promises to help readers lose two pounds every week, without counting calories or depriving themselves of carbs. It's all about timing, says the USA Today fitness columnist, whose diet advice has been featured everywhere from O and Prevention to the Today show and Good Morning America. This audio book meets all three of my above requirements. Mr. Cruise is pleasant to listen to and very down to earth. He explains that this book is for the person who loves to eat and wants a lifestyle change and not just another diet! For me, I have followed this audio book and it truly works for me. Brief Summary of Book: The 3-Hour Diet: Lose Up to 10 Pounds in Just 2 Weeks by Eating Every 3 Hours! by Jorge Cruise. Here is a quick description and cover image of book The 3-Hour Diet: Lose Up to 10 Pounds in Just 2 Weeks by Eating Every 3 Hours! written by Jorge Cruise which was published in 2005-3-28. You can read this before The 3-Hour Diet: Lose Up to 10 Pounds in Just 2 Weeks by Eating Every 3 Hours! PDF EPUB full Download at the bottom. Eating every three hours turns off your "starvation protection mechanism" ensuring that fat is released and fat-burning muscle preserved. So get ready to lose 2 pounds each week! All with no calorie counting, no starvation, and no deprivation. Bottom line, timing will sculpt your body slim.