

"A smart, sensible way to enhance your health, energy and well-being." — Zaki Berger, MD

# THE PRINCIPLES OF ~~7~~ FAT BURNING

*Get healthy, lose weight  
and keep it off!*

*Ignite your fat-burning hormones  
with a tailor-made eating and exercise plan  
that's right for your body type.*

**ERIC BERG, DC**

*Eric Berg D.C.*

## **The 7 Principles of Fat Burning: Get Healthy, Lose Weight and Keep It Off!**



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The 7 Principles of Fat Burning may be the handbook to the sensational Berg Diet plan that has empowered thousands of visitors to get healthy, lose pounds and keep it all off. It shows how to activate your fat-burning hormones with a tailor-made eating and exercise plan for your body type. The 7 Principles is a highly practical book that provides clear explanations-aided by a large number of charts and illustrations-of the concepts of healthy weight reduction. Easy-to-understand health and nutrition info and simple testing to determine your correct body type will be the keys to its success. For years folks have been told to lose excess weight to become healthy. Knowledge is definitely power and The 7 Principles of FAT REDUCING gives dieters the energy to take order by eating the nutritious diet that activates the fat-burning hormones for their body type. The truth is, you need to get healthy to lose weight. The Seven Principles of Fat Burning shows you how. Berg thoroughly educates visitors and puts them right where they must be: responsible for their own pounds. Dr.



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A real lifesaver!!! Where do I begin? This reserve is a lifestyle saver! It really is the best point we ever did. We started our journey 2 months ago and also have continued to go through it to date. Hubby has lost 35 lbs so far and I have lost 12. Besides that, we've been reaping on the all the benefits such as good quality sleep, going regular sometimes also 2 to 3 three times a day LOL, more energy, lower blood circulation pressure and improved sex drive (I'm menopausal)! Dr.! There is no "con" to the book! Easy to read and a lot of great details.! I did lose 6 pounds during the first 2 weeks or so which was excellent since I haven't lost excess weight in years, and it had been enough to maintain me motivated to go to the Adrenal diet plan plan once the two weeks were up regardless of the awful cold I couldn't shake and feeling like I wanted to cry each time I saw pancakes or a cocktail. Plus I suspect now that that 6 pound weight loss wasn't because of any magic in the dietary plan but just cutting out sugar and carbs totally. The suggested foods to eat and when eat them is usually a big help. I did the liver cleanse for 14 days which was AWFUL. I love playing tennis but that hasn't been enough for years so now I understand just what to include and its own not that much. I would recommend this book for anybody who has experienced stuck and prefers a genuine food solution. Stands out in a crowd If you've ever wished to cry because the body just won't behave the way the latest diet guru says your body should,. Publication arrived as hoped.You get an education about your metabolism. No judgement.. She then suggested that I concentrate on inches lost, not pounds. You get to make the best decision about your wellbeing.In fact that is more about your wellbeing than being truly a size 0. All of the weight loss success stories I have read, possess a common denominator, "I've tried each and every diet, and nothing at all worked until I attempted this.. Titled THE 7 PRINCIPLES OF FAT BURNING. Five Stars Easy read and follow book! Every since I stopped playing football, my excess weight has been sky rocketing. Even power lifting doesn't help, but this book has caused me to loose 50 pounds in a couple of months with no training, simply light walking. Awesome! Dr Berg Body fat Buring Like many thanks so much Going on my 7 week and I've lost 55 lb .Dr Berg Fat Buring Like many thanks so much In case you are or have a person you value . If your fit and trim?.. In case you are or have a person you care about who just can't seem to be able to stop gaining excess weight, get this book.. Berg is a life saver sharing his understanding on obtaining well to lose excess weight. Because the drug businesses are doing all they are able to to get everyone! Hooked on a few of their doctor recommended poisons. If you are fit, excess fat or care for your future, get this, go through it and think about the motivation behind the info Doctor Berg is sharing in it. And what inspiration the drug companies have that maintains them trying to disprove him. Then check out Dr Berg. Decent info but DON'T follow this if you have actual Adrenal Fatigue This book has good information and likely would work for many people if they really wanted to commit to

the program. I am grateful to the information I found in the book since it lead me to accomplish more research and to figure out that I am in fact experiencing full blown Adrenal Fatigue which is different from the Adrenal body type found in this book. I followed this plan religiously for just one month, ending recently. I also hate to exercise but knowing how much and how often helps it be easier to get through. I'll adhere to eating my natural veggies, thanks. Besides battling a frosty for over a month thanks to this diet I also acquired to cope with crippling overwhelming fatigue that i now understand was triggered by pursuing such an insanely low carbohydrate diet (I understand vegetables are carbs but Adrenal Fatigue sufferers have to add particular grains which are not allowed on the diet plans in this book). Due to my crashing energy levels and misery I added in proteins through the 2 week liver diet as this book suggested but I was still miserable. This is actually the one for me By the end of the first week I reached a new low weight I hadn't observed in decades. I think I am able to stick with this because I don't feel just like I'm depriving myself. Any fad diet can tigger a 6 pound weight loss in a single month. I also purchased the \$40 Cruciferous dietary supplement and \$160 Adrenal Fatigue kit sold on his site and Amazon to assist in my own recovery, though by this time around I was reading books on actual Adrenal Fatigue and starting to question if that was more what I was experiencing. Berg's support personnel during this period because you can submit queries via his website. We even spoke with one of Dr. I know I should concentrate on the 6 pound weight reduction after this month and be content but I'm worn down and miserable. The individualized provider was nice but eventually clearly a sales call. The person was amazed that I was still run-down and suffering from main cravings, she attempted to suggest the Cruciferous Product and Adrenal Body Type kit but I currently had both. No lecturing. If you suspect you may have actual Adrenal Fatigue try "Adrenal Fatigue: The 21st Century Stress Syndrome" by James L. It's not! That is when I determined that I must truly have genuine Adrenal Exhaustion and cannot follow the dietary plan. I wondered if she was shedding any excess weight but didn't get yourself a possibility to ask. I learned alot! I had hoped I would at least improve a little but the other day, after nearly a month of shaking and suffering and feeling awful, I finally broke down and ate some quinoa. I do not feel better. It has not made the two weeks in on the adrenal diet any easier. It hasn't improved my chills or cravings or fatigue. This book is FANTASTIC. Felt much, much better. Actually, still not back to how I experienced Just before this magical diet that's likely to heal me and make me healthful and happy, but better. She praised how well I have been sticking to the dietary plan, like the 7-9 cups of raw veggies a day, and said that also she couldn't do that. The title is usually a bit misleading, since it forces you to trust this is a diet book. Do some research, become the #1 advocate for your own body and heal yourself and

discover a better quality of life. I'm glad I bought the supplements only if for the knowledge that I tried them however they didn't function for me personally. This entire diet plan won't work for me, I have to follow an idea for genuine Adrenal Exhaustion. The Cruciferous health supplement I paid over \$40 for was a good bigger waste compared to the Adrenal Body Type kit. That significantly did NOTHING. I got no energy boost, no improved skin/locks/nails/nothing. Absolutely nothing. I was shaky and sick and weak and got a frosty 2 days where I still possess. The book is an excellent starting point and will likely help many people if they're dedicated and committed and also fall right into the category of one of the body types. I thought I would, at most, get a contact back but I acquired a call back again. I can't wait for this cold to finally disappear completely and I'm reallllly hopeful that dropping this diet completely and switching to a Adrenal Fatigue plan will continue to work. I haven't lost one inch anywhere since then. Wilson. I've several more books to read on Adrenal Exhaustion and will update if those are any good. For those questioning about my actual diet: Liver detox 14 days: For the two 2 week liver detox I drank the lemon juice and apple cider vinegar mix with ordinary fiber, diluted to 32oz, every day. This book has great info. Organic hard boiled eggs Raw walnuts and pecans Organic green olives Flax oil Omega 3 caplets Organic greek yogurt Raw Chia seeds At least 4 cups of natural baby kale or spinach a day At least 4 cups of raw vegetables like broccoli, cauliflower and radishes a day Steamed artichokes with organic mayo 1/3 cup blueberries every other day sea salt At least 1 apple a time, for the first couple of days three or four 4 apples but only one 1 a time by the end Dr. Berg's Cruciferous supplement Adrenal detox 2 weeks: Same as above but cut back on nuts and apples Added in organic meat and salmon (expensive! Readable and a lot of great . I am a believer since it is now changing mine as well. The Adrenal PHYSIQUE Package I paid over \$160 for was clearly a waste. Not one. It isn't a reserve about the latest fad diet so you can fit into following years bikini, it really is a book about focusing on how your body works, how it works when it's not balanced, and how nourishment plays a huge part in that. I recommend this reserve to anyone who feels unbalanced in a few sort of way, whether it is thyroid disease like me, or cancers, diabetes, joint pain, osteoporosis, or just plain old sluggishness and feeling exhausted. Bam. I urge visitors to not only accept the pill your doctor prescribes as the response to mask your problems. NO TAKE CHARGE OF YOUR BODY! The night supplement seems to help with rest but then again I am therefore exhausted from this never ending cold and diet plan that it may be doing nothing at all. This book is an excellent start. Again name is misleading, but the information is spot on. excellent book and become sure to check out his Facebook . So very much valid and needed details. I've told all my friends to obtain a copy. Hormones guideline everything and it's really nice to need to info on how to fix it. I cut the

cranberry juice because I knew I couldn't possess any added sugars.)Cut back on lemon drinkOrganic cheese Life Changing Book I got this book simply because a suggestion from a retired nurse who had thyroid disease (exactly like I do now) and she said it changed her life.." Don't quit! Wow! This reserve has great info.! ?? Thank you! Three Stars Some helpful ideas however, many strong concerns, too. Five Stars I would recommend it to everyone Four Stars I actually am still implementing details I'm using out of this book. This Functions!!The Adrenal Body Type kit, consisting of liquid trace minerals to be taken daily with water, two products to be studied with meals and one health supplement to be studied at night has done virtually NOTHING.! A must! No shaming..! Get this book! Try out this! excellent book and become sure to look at his Facebook site as well!



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