


From the #1 *New York Times* bestselling
author of *EAT THIS, NOT THAT!*

Watch the Pounds Disappear
Without Watching What You Eat

THE  **HOUR
DIET**

- Burn off belly fat first
- Reduce the risk of cancer
 - Sharpen your mind
- Live a longer, healthier life!

David Zinczenko

with Peter Moore, Editor of **Men'sHealth**[®]

David Zinczenko

The 8-Hour Diet: Watch the Pounds Disappear without Watching What You Eat!



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LOSE WEIGHT AROUND THE CLOCK! Reduce your body's free of charge radical content and decrease your cancer risk. It is time to forget everything you've learned about dieting and discover how to lose weight-and get healthier-faster than ever before. Fact: You are when you eat. Look, experience, and live better-and can get on the path to raised health-NOW!- EAT JUST AS MUCH AS YOU WANT-and change your body's aging process into reverse.- EAT ALL YOU CRAVE-without food limitations or calorie counting. By building simple changes to your daily eating patterns, the 8-Hour Diet triggers your mitochondria-the energy centers of your cells-and will: Teach your body to burn fat for energy-from your belly first. Improve your insulin sensitivity and dramatically slash your diabetes risk. Sharpen your brain and cut your risk of Alzheimer's and additional brain illnesses. Myth: You are everything you eat. Boost your natural levels of human growth hormone-your body's stay-young formula-simply by up to 20 percent. The brand new 8-Hour Diet plan from David Zinczenko enables you to:- EAT WHATEVER YOU WANT-and drop 20 pounds or more in just 6 weeks.



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It works for me. Great read. I've currently lost 13 lbs by not wanting to eat breakfast any longer in the first fourteen days. And I've under no circumstances felt better. I've been carrying out this eight hour diet plan everyday, though. And not simply three days weekly. Possibly the easiest diet I've ever done, and it works even though you don't eat the foods that are recommended. My first meal is at 1:30pm and then dinner is either at 5:30pm or 6:00pm. And sometimes I'll have a bit of fruit before the eight hours is usually up. This book along with the No Breakfast Plan by Dr. In the beginning he appeared as if a pregnant whale little bit after three weeks his abdomen is definitely flatter than an ironing board. Edit: After heading off the diet earlier this February, We gained my excess weight back in no time. Then in-may I went back on it. And have been on it ever since. I've already lost 30 lbs. I also perform bodyweight excersises six mornings weekly. I highly recommend this way of eating. not all that specifically, I'm down 5#. browse the book after it had been recommended by a doctor friend of mine. It does work, I lost 20lbs doing the MINIMUM! Hard for my husband to go so long without food though. and it works even if you don't consume the foods that are recommended. So long as you adhere to the timing of ... I just drink four cups of coffee in the morning and of course water during the day. I have began IF and am having success so far. Good read Does make sense when you go through it. A STRAIGHTFORWARD diet pattern, which makes me Joyous about my fat loss! The writer makes suggestions of well balanced meals that needs to be eaten on times you do this. It Works I actually gave in & Crystal clear and simple instructions. And WOW!! When I first found out about this diet I thought it was utter rubbish.! He also drank a few beers and Japanese shochu (liquor).4kg (16 pounds)! David Z! like salmon, avocados I have tried the dietary plan now for 90 days and lost 15 pounds . You can easily follow and I do not really feel deprived. for 8 hours I ate what I wanted: healthy foods, like salmon, avocado's, salads, cheese, mayo, eggs, tuna, Ezekiel bread, low carbohydrate tortillas by la tortilla factory, protein pubs, yogurt, sour cream, plenty of dark chocolate , some veggies I like , also vodka on weekends.NO EXERCISE because of time restrictions. but I went from 203 to 191-193 in 2 months. upgrade, I am right now at 184. 16 pounds in three weeks ain't shabby. I really do not eat processed foods like pizza, mcdonalds, in any case. I am staying upon this, having tried ALL diets. I did find that the outcomes of fasting didn't work as fast as the reserve says but I am now off my Metformin today... It has worked wonders for my hubby he has lost 60lbs and has been able to keep it off for nearly 2 years now. It works This program works for me. It was not hard at all. I've lost weight and kept it off for 4 years and gained muscle tissue. The book may in early stages supply the impression you can consume whatever you desire within the 8 hour period, nonetheless it later gives superb advice which should be followed for best results. You can eat loaf of bread and various other grains and low fat dairy, while many other programs do not recommend these at all. I highly recommend this book and "diet plan". Am a total believer!! Is it EASY to do! Well. I am eating humble pie now.2. In three weeks he dropped 7.! Edward Hooker Dewey have done wonders for me. I was totally shocked. He said the secret is to:1. Start your and end your eight hour consuming period at A similar times. I show up on a Japanese Television show here and last night's segment featured a celebrity who continued the dietary plan and whose improvement was closely monitored. I guarantee to do so later.3. Drink plenty of drinking water. And makes weight loss seem attainable without restrictions. His foods were demonstrated: ramen, fried noodles, rice, dumplings, curry. MANY THANKS! He didn't count calories nor restrict carbs. I was sure he was headed for failure. But, as someone else here posted, the evidence is definitely in the pudding! I have gone to the gym once a week. Helpful book Great advice. 8 minutes of complete body exercise prior to the first meal. This really works! There is actually something to this When I followed the program 100% I experienced mild weight loss. Issue for me personally was waiting till 9 or 10 to eat breakfast I

couldn't focus on work and it could have got triggered migraines. As this Television segment is not aired yet, I cannot post the photos. A straightforward read. That's pretty good for someone who hasn't had very much success with other diet programs, no matter how carefully I followed the instructions. Simply stop eating early enough and fast the rest of the evening into the morning. Includes other tips that help with weight loss. Easier than those all day 24 hour fasts. Inspiring read. Another reserve exploring intermittent fasting. You certainly do not need to do this each day. Quality recipes are included also. Only using the 8-hour limit for 14 days, & This book encourages people to try intermittent fasting. This calls for leaving an extended period between the last meal of the day and breakfast the next day. 8 hours diet nothing at all new what already knows Was helpful This was informative rather than too technical. As long as you follow the timing of the diet, you will eventually lose weight! It has worked wonders for my husband he has lost . That alone is a well worth while objective! I lost 10 lbs without changing what I eat, just when I eat. If I can perform it, anyone can. One Star ye Must Read if you're trying to get your body together I am a 49 year old Army Retiree. I recently graduated with an AAS in Wellness & Exercise Technology to address my own health issues. This book breaks down an amazing life altering idea. He ate anything, and After all ANYTHING he wanted.



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