

From the  
#1 NEW YORK  
TIMES  
Bestselling  
Author of  
**Eat This,  
Not  
That!**



THE

# HOUR DIET

Watch the pounds disappear  
without watching what you eat!

David Zinczenko Editor in Chief of **MensHealth**  
with Peter Moore

*David Zinczenko*

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



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A paradigm-shifting diet plan that allows you to eat whatever you want, as much as you want—and still strip away 20, 40, 60 pounds, or even more. After conducting considerable analysis at the Salk Institute and the National Institute on Aging, poring over copious levels of new study in intermittent fasting, and engaging 2,000 people for a test panel, bestselling authors David Zinczenko and Peter Moore determined that people can lose remarkable amounts of fat consuming the foods they like best—including diabetes, cardiovascular disease, and cognitive impairment. And by concentrating on eight vital, nutrient-rich Powerfoods, it is possible to build in another layer of security against Alzheimer's, heart disease, and even the common cold. provided that they eat within a set 8-hour time period. The 8-Hour Diet promises to strip away unwanted pounds and present you the focus and willpower you should achieve your goals for weight loss and existence. and stay there the whole day. Fasting is, needless to say, a historical spiritual and health practice, but it is also a way to sidestep many of the ills of the modern globe— In the book, you will find motivating strategies, delicious recipes, and an 8-minute fitness regimen to maximize calorie burn. Zinczenko and Moore demonstrate how simply observing this timed-eating technique, even just three times weekly, will reset your fat burning capacity to enable you to enter fat-burning mode first thing in the morning hours—



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It works for me. Great read. I've currently lost 13 pounds by not eating breakfast any longer in the first two weeks. And I've never felt better. I am doing this eight hour diet plan everyday, though. And not simply three days a week. I just drink four cups of coffee in the morning not to mention water during the day. I show up on a Japanese Television show right here and last night's segment featured a celebrity who continued this diet and whose improvement was closely monitored. And occasionally I'll have a bit of fruit before the eight hours can be up. This book together with the No Breakfast Plan by Dr. Edward Hooker Dewey have done wonders for me. This has worked wonders for my hubby he has lost 60lbs and has had the opportunity to keep it all off for nearly 2 years now. Then in May I went back on it. And possess been onto it ever since. There's actually something to this When I followed the program 100% I experienced mild weight loss. I also do bodyweight excersises six mornings a week. Dishes are included also. It Works I gave in & read the book after it had been recommended by way of a doctor friend of mine. Includes other guidelines that assist with weight loss. EASILY can perform it, anyone can. So long as you follow the timing of . and it works even if you don't eat the foods that are recommended... Possibly the easiest diet I've ever done, and it works even if you don't eat the foods that are recommended. As long as you adhere to the timing of the diet, you will lose weight!! That by itself is a worthy of while goal! Only using the 8-hour limit for 2 weeks, & not absolutely all that exactly, I'm down 5#. That's pretty good for someone who hasn't had much success with other diet plans, no matter how carefully I followed the guidelines. And WOW! This book encourages people to try intermittent fasting. You do not need to do this each day.! THANK YOU! In the beginning he looked like a pregnant whale little bit after three weeks his belly is certainly flatter than an ironing table. David Z! like salmon, avocado's I have tried the dietary plan now for 3 months and lost 15 lbs . It was easy at all. for 8 hours I ate what I wanted: well balanced meals, like salmon, avocado's, salads, cheese, mayo, eggs, tuna, Ezekiel bread, low carb tortillas by la tortilla factory, protein pubs, yogurt, sour cream, lots of dark chocolate , some veggies I like , actually vodka on weekends. This really works! As this Television segment is not aired however, I cannot post the photos. update, I am right now at 184. I've gone to the fitness center once a week. NO EXERCISE because of time restrictions. I am staying upon this, having attempted ALL diets. It has worked wonders for my hubby he has lost . Well. I was sure he was headed for failing. Edit: After going off the diet this past February, I gained my fat back no time. One Star ye Must Browse if you're looking to get your body together I am a 49 year old Military Retiree. It is easy to follow and I do not feel deprived. I recently graduated with an AAS in Wellness & The book may early on give the impression it is possible to eat whatever you wish within the 8 hour period, nonetheless it later gives superb advice which should be followed for greatest results. This book breaks down an incredible life altering concept. I highly recommend this book and "diet". Am a total believer! I lost 10 lbs without changing what I eat, simply when I eat. When I first heard about this diet I thought it had been utter rubbish.. I am consuming humble pie now. My first meal reaches 1:30pm and then supper is either at 5:30pm or 6:00pm. In three weeks he lost 7.4kg (16 pounds)!! Just stop eating early plenty of and fast all of those other evening into the morning. He said the secret would be to: 1. He even drank a few beers and Japanese shochu (liquor). 2. 8 a few minutes of complete body exercise before the first meal. 3. Hard for my husband to go such a long time without meals though. He ate anything, and I mean ANYTHING he wanted. But, as another person here posted, the proof is certainly in the pudding! Begin your and end your eight hour eating period at A similar instances. He didn't count calorie consumption nor restrict carbs.. His meals were proven: ramen, fried noodles, rice, dumplings, curry. 16 pounds in three weeks ain't shabby. but I went from 203 to 191-193 in 2 months. I promise to do so later. I do not eat processed foods like pizza, mcdonalds, in any case. I've already lost 30 lbs. Problem for me was waiting till 9 or 10 to eat breakfast I couldn't concentrate on work and it could have triggered migraines. Helpful book Great advice. A straightforward read. Clear and simple guidelines. I was totally shocked. Easier than those all day long 24 hour fasts. It can work, I lost 20lbs doing the Minimum amount! Inspiring read. The author makes suggestions of well balanced meals that needs to be

eaten on days you do this.! This involves leaving an extended period between your last meal of your day and breakfast the very next day. Another reserve exploring intermittent fasting. Is it EASY to do! I highly recommend this way of eating. 8 hours diet nothing new what already knows Was helpful This was informative rather than too technical. I've began IF and am having achievement up to now. I did discover that the results of fasting did not work as fast because the publication says but I am right now off my Metformin today. A STRAIGHTFORWARD diet pattern, which makes me Joyous about my weight reduction! Good read Does make sense when you go through it. Drink lots of water. It works This program works for me. I have lost weight and held it off for 4 years and gained muscle mass. Exercise Science to address my own health issues. You can eat bread and various other grains and low fat dairy, while many other programs do not recommend these at all. And makes weight reduction seem attainable without restrictions.



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