

"Finally you can toss the exercise D's/Ds, failed diet programs, useless equipment and take control of your body! TurboCharged is what we've all been waiting for: a simple approach to better living and a powerful new lifestyle."

—Harvey Schaller PhD, Brig. Gen., USAF, Ret.
Former CEO, United States Olympic Committee

TurboCharged

**Accelerate Your Fat Burning Metabolism,
Get Lean Fast and
Leave Diet and Exercise Rules in the Dust**

**Dian Griesel, Ph.D.
& Tom Griesel**

Foreword by
Fred Pescatore, MD, MPH, CCN,
author of The Hamptons Diet

Dian Griesel and

TurboCharged: Accelerate Your Fat Burning Metabolism, Get Lean Fast
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and, provide easy methods to maintain your new lean and healthful body with reduced effort forever. TurboCharged is a straightforward, practical, easy-to-implement holistic way of living program for everybody. explain the perfect foods and how to consume them to burn your body fat fast; Rather, Dian and Tom provide an exciting new roadmap utilizing a unique 8-step program that has been called "the Holy Grail of WEIGHT LOSS" and also the "Fountain of Youth. With a mixture like this, you can't fail. They show readers how to get on the road to eliminate excess body fat fast and permanently. Within 3 days this program promises to: start training your body to use excess body fat for energy;. instruct mini-exercises requiring only 3-5 minutes each day that may trigger fat-burning up while strengthening muscle tissue; and Tom Griesel Relating to these boomer-generation authors, every diet to date is destined to provide loss of lean body mass, moodiness, disappointment and failing. Harvey Schiller, PhD. illustrate that you are really getting younger; TurboCharged By Dian Griesel, Ph. An excerpt from the Foreword by Fred Pescatore, MD, MPH, CCN, author of The Hampton's Diet plan says, "TurboCharged doesn't bog down the reader with plenty of science. Instead, it tells you how to proceed, when to do it, and when you follow the simple guidelines, you too will be dropping excess fat fast, leaning out and attaining your objective of a lower body-unwanted fat percentage, decreases in in . and a young metabolic age. TurboCharged is something designed with genetics in mind and predicated on sound research." Building on an exotic car metaphor, their program requires no strenuous workout, supplements or special devices." Sister and brother, Dian and Tom Griesel possess spent the last 30 years dealing with renowned scientific experts while studying health, exercise, longevity and stress administration. Both are in their 50s according to the calendar, however can prove they are not only leaner and stronger but are actually metabolically teenagers because of the TurboCharged guidelines they share with visitors.D. Testimonials from 35 to 80 season olds abound! Early readers comment.. show everyday actions which will quickly accelerate fat-loss; eliminate any related diet nervousness or moodiness; Gen, USAF, Ret, Former CEO, USA Olympic Committee says, "Finally it is possible to toss the workout DVDs, failed diet plans, useless equipment and manage the body!, Brig. TurboCharged is certainly what we've all been waiting for: a simple approach to better living and a robust new lifestyle." Harvard psychiatrist, Srini Pillay, MD, best-selling author of Lifestyle Unlocked says, "For dieters, from both a mental and medical perspective--this one's the ULTIMATE GOAL."



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Turbo Charging I really like the way the book is written. Browse the book from cover to cover. I have to admit that I have had a hard time following it for longer than 3 days. However, on those 3 times I feel great. Just like the current trend of nutrition books, it emphasizes the dangers of sugars and grains in our diet. I can't wait to see what my blood work comes back like--mine #'s have always been very good, but we'll observe if I did better there, as well. They provide 8 steps to follow in order to achieve your goals. Read it. Actually, most of my food options have consisted of TurboCharged foods for a long time;#2 Measure True success. They recommend investing in a body fat level that i agree is essential if you are attempting to gauge your "fat loss". I tabbed my publication therefore i could reference it throughout the day when I had difficulty getting my brain to cooperate, in addition to for easy referencing. Can you say 16 cups of water a time! It is super easy to follow, and you start to see the results rapidly. They recommend brushing your tooth when hungry or after a food to curb the overeating. By time 3, my hunger for certain stuff was eliminated and I was surprised by the wellspring of self-control and persistence I was experiencing. I have been known to keep eating chocolate kisses just to keep carefully the flavor going, which means this is a sensible suggestion. Sometimes while at work, I don't feel comfortable to leap up from my seat and start doing squats. Walk more to keep up your activity level during the day. No hour long exercise classes while limiting your food intake. it is very difficult to stop grains & I've tried other low calorie diet programs with huge workout routines and does that produce me cranky, starving and desperate when my blood sugar drops. Visualization is the stage that is likely to keep you going. The idea of exercising in short bursts throughout the day is definitely ingenious. The times I do it, I feel invigorated.#5 TurboCharge your fat-burning up metabolism with activity. I should just go directly to the restroom, lock the entranceway and knock it out. This is actually the most pleasurable, easy, and effective way to reduce weight and body fat imaginable.#7 Feeding on to TurboCharge. The idea of food separation I've only find out about before in Suzanne Somers' old books.. Eating this way is a problem when going out. Five Stars As described Easy, pleasant, and IT WORKS! My friends are amazing cooks and I'd like a bite of everything! This is one of my bigger challenges. I have problems with low blood sugar levels and I was amazingly okay carrying out this. I did hit one plateau, but just continued following the steps, and soon was back on the right track. I have attempted many other applications through my life, and have under no circumstances been given so very much motivation. Nothing but fruit, if starving, after 8 pm. Challenging water you are consuming, your hunger does get reduced. I do have trouble after a long day at work coming house and calmly planning my dinner while trying to rein the kids in for their dinner. In addition they recommend in the beginning of the day time to limit your food intake to fruit or a protein smoothie with fruit.#8 Viewing the prize.#6 Muscle power in five minutes a day time. They recommend cutting your face out and pasting it on your body you want to possess. Previously, I was working out hard core (and actually loving it! I've trouble believing that my body will forget about the excess 10 pounds I am carrying. You have discovered it! Now I know I do not have to worry about losing control of my body again.! The meals recommendations are simple as well. Depending upon how cultural you are, eating this way can be a challenge, but that is the nature of dieting to lose excess weight anyway. I have already been implementing the techniques sporadically, but I really hope to give myself the 10 times they ask for to produce a big switch in my own body composition. July 1st looks promising. It is super easy to follow I was very, very skeptical initially. They recommend a vegetable meal and a protein food for dinner. Tom and Dian have the program down

perfectly. #4 Fresh breath hardly ever tasted so good. In only 3 weeks I've lost 15lbs and 15% body fat. Read the book from cover to cover. This reserve is written in a manner that is easy for anyone to read. It teaches you concepts that are easy to follow, and supported by research!! I am almost 10 days on the Super Freaking Highway and I have lost over 15lbs of surplus fat. In summary, this diet makes it's own feeling. I have never been therefore thrilled to preach in regards to a weight loss reserve in my life. Thank you Tom and Dian! I Was Formerly Trapped in something CREATED FOR Assured Failure Holy smokes, Batman! I can't believe that I can lose pounds this quickly and reach optimal health so fast--and without hunger pangs or moodiness. Like the Griesel's say, you will not be starving and you also really aren't! I managed to get through time 1 and 2, taking naps and going to bed early to defend against opportunities to falter. I informed among my friends about this and she lamented that she liked only to continue to enjoy the taste of her last food once it was over.. If you are searching for something to help you find success, stop here. Probably that could help me to stay on this diet. Two Stars Not really what expected. I browse the book in one sitting and motivated to start immediately. I must admit my abdomen does feel much better when I don't combine certain food groupings like grains and meats. but "spinning my wheels" with not losing weight. Not for lack of trying or education; I was not able to eliminate because I was trapped in a system designed for failure. This book presented info totally backwards to everything I have ever read or followed before. BUT IT IS PHENOMENAL! I've been struggling with my weight because the birth of my youngest child, over thirty years ago.. The exercises they outline are simple to perform anywhere. This is not an elaborate process at all. You merely have to modification your mind. It's therefore elementary and easy that it might be hard to wrap your brain around sometimes. #3 The fat reducing elixir. I had nearly resigned myself to thinking that I would hardly ever get below a certain weight, but I believe it's possible now with this technique. All of those other book goes into a different direction. I've a steady blast of constant energy that assists me to house educate our 4 kiddos. They're trying to maintain with me now! Short and Sweet: Get it. #1 Forget what you've been told about dieting. Do it. Read with an OPEN mind - it runs against all you have been taught! 1 month I lost 15 pounds & hadn't even adapted to the meals plan however. No complicated quality recipes or diet plan - just eating real food and drinking lots of water and moving frequently in small increments. Junk food & candy cravings diminished! I've not done ANY workout but have tried to incorporate some more activity like car parking farther away from the shop etc. Will come back with an upgrade after 10-20 days to enable you to all know if the program worked for me personally being in my 40's nothing is easy! Energy level is great, feel good. It really is hard to believe a few of the claims that you can survive on such few calories & This is refreshing! dairy but also loosely following this plan WORKS! Check it out ...you wont be disappointed.) doing 1 hour Spin classes 3-4x's a week, as well as 1 hour Group Power (lifting weights) classes 3x's weekly, walking everywhere, accumulating methods on my Fitbit, managing and working our home of 6 people, following food pyramid, eating mostly "clean". Needed more quality recipes. Four Stars Great diet Good diet. Very easy to follow Good diet. Super easy to follow. Make weight loss simple I've already lost fat by third , easy plan to lose weight and rev up your fat burning capacity. I have strictly drank water as instructed in the reserve which managed to get easy to cut back on meals because I wasn't starving nor did I've the desire to eat. It is hard to become at someone's house and limit you to ultimately vegetables or meat and no carbs.!. I have gained and dropped and gained back the same twenty or thirty pounds countless instances. If only I experienced known it would be this easy to log off that roller

coaster! I am drinking enough water that trust me, I am within in any case. Their dietary and exercise recommendations have become different from the norm. I just did not know about the simple technique of separating food types, which is among the keys to this diet program. The reading on the scale transpired virtually every time. I do start the day with a protein beverage and then pack a couple of fruit to chew on. You will feel good following it. Thank you, Dian and Tom! Personally i think great. You can easily read, gets to the point, offers testimonials from successful Turbo Chargers and is very encouraging, "Simply give us 10 times". So far this has been easy and simple I have ever lost fat &



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