

## **SUPER SHRED THE BIG RESULTS DIET**



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IAN K. SMITH is the author of the no. 1 New York Times Bestsellers SHRED: THE REVOLUTIONARY DIET, and SUPER SHRED: The Big Results Diet. He is a co-host of the Emmy winning daytime talk show, The Doctors.

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The SUPER SHRED Concept. For example, you might eat 2,500 calories five days in a row, then eat 700 calories a day for the next two days. These two days are called your fasting days. Some small studies have shown that this can be as effective as or more effective than counting calories every day to lose weight.

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"Super Shred is a more intense, concentrated, shorter program that shares the system and principles of the #1 bestseller Shred. At four weeks, it's almost half the length of Shred and twice the intensity. There's always a customer looking for a diet who not only wants but must have faster, more dramatic results right away.

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### **Super Shred The Big Results Diet 4 Weeks 20 Pounds**

Book Summary: The title of this book is Super Shred: The Big Results Diet and it was written by Ian K. Smith, Ian K. Smith M.D.. This particular edition is in a Hardcover format. This books publish date is Dec 31, 2013 and it has a suggested retail price of \$24.99. It was published by St. Martin's Press and has a total of 256 pages in the book.

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