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## The 8-Hour Diet

By David Zinczenko, Peter Moore

St Martin's Press. Paperback. Book Condition: new. BRAND NEW, The 8-Hour Diet, David Zinczenko, Peter Moore, Lose weight around the clock! Myth: You are what you eat. Fact: You are when you eat. It's time to forget everything you've learned about dieting and discover how to lose weight-and get healthier - faster than ever. The revolutionary 8-Hour Diet lets you: Eat whatever you want - and drop 20 pounds or more in just 6 weeks. Eat as much as you want-and shift your body's aging process into reverse. Eat everything you crave - without food restrictions or calorie counting. By making simple changes to your daily eating patterns, the 8-Hour Diet triggers your mitochondria-the energy centres of your cells - and will: Train your body to burn fat for energy - from your belly first. Improve your insulin sensitivity and dramatically slash your diabetes risk. Sharpen your mind and cut your risk of Alzheimer's and other brain diseases. Reduce your body's free radical content and lower your cancer risk. Boost your natural levels of human growth hormone - your body's stay-young formula-by up to 20 percent.



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