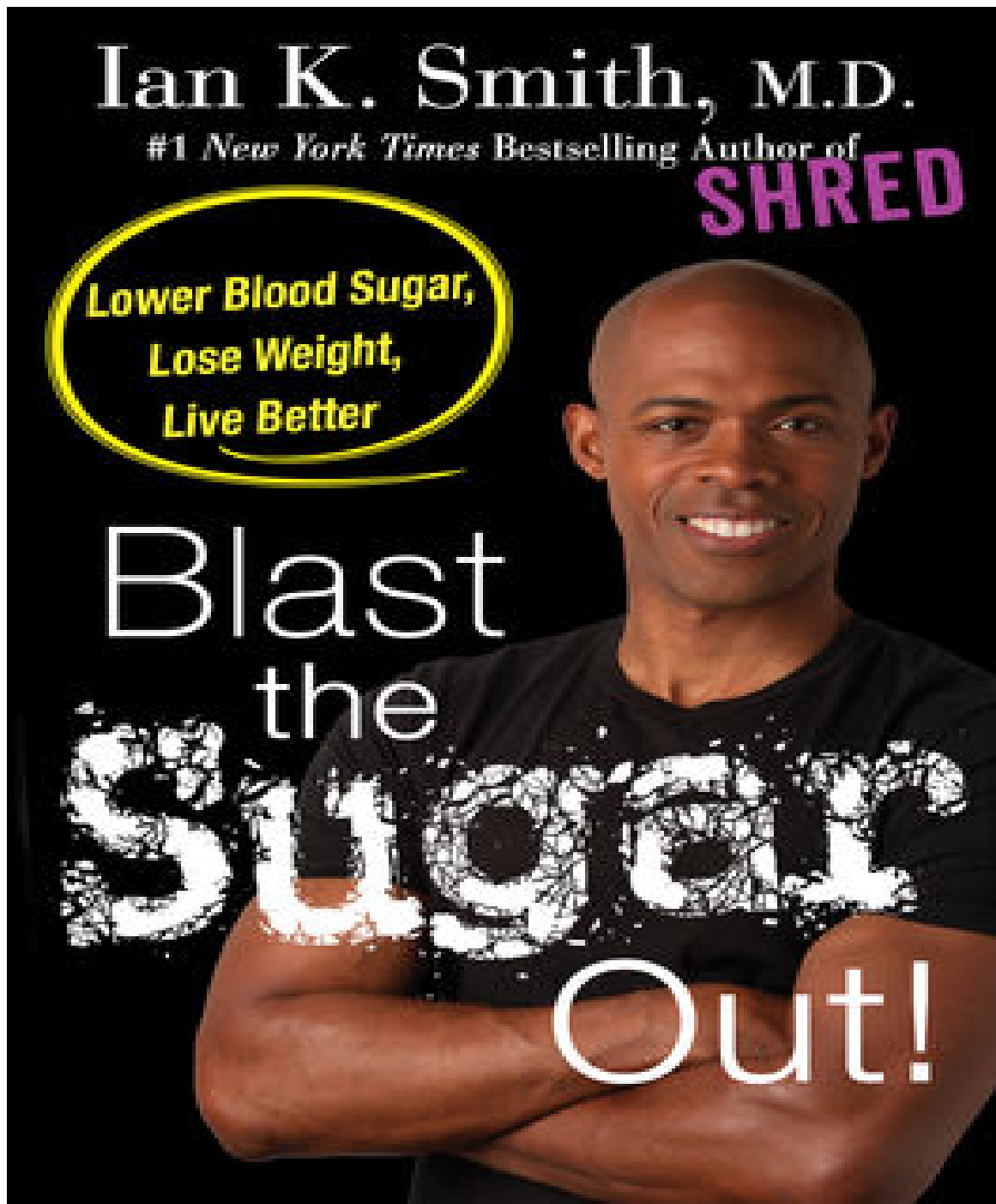


Blast the Sugar Out!



Author : Ian K. Smith, M.D.

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Do you want to lose weight?

In *BLAST the Sugar Out!*, Ian K. Smith, #1 *New York Times* bestselling author of *The Shred Power Cleanse*, will guide you to eat well—and frequently—while controlling carbohydrates and dropping pounds to get to goal. You will lose weight on this diet—and start losing *fast*.

Has your doctor suggested you get your blood sugar numbers down?

This 5-week plan comprised of simple, affordable, accessible food as well as more than 50 sugar swaps will immediately lower your blood sugar levels painlessly and easily.

Do you need a plan that will decrease your fat and increase your lean muscle?

The *BLAST the Sugar Out!* five-week program is structured and clear about what you *must* eat at meals and for snacks every day to keep on track. There's no meal skipping, plenty of food, and short bursts of exercise to super-charge your results.

You won't be hungry on *BLAST the Sugar Out!* You'll eat, drink, and learn to really taste good food again.

Features more than 45 recipes for breakfast, lunch, dinner and smoothies to satisfy every craving....

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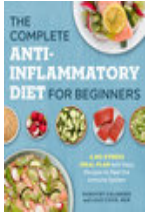
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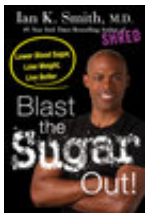
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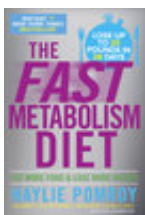
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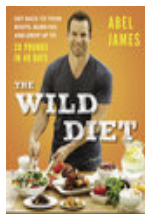
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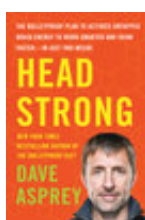
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