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## Shred: The Revolutionary Diet

By Ian K. Smith

St Martin's Press. Paperback. Book Condition: new. BRAND NEW, Shred: The Revolutionary Diet, Ian K. Smith, Dr. Ian K. Smith's Shred is the answer to every dieter's biggest dilemmas: how to lose that last twenty pounds? How to push through that frustrating plateau? What to do when nothing else is working? Here, Smith has created a program that uses all he knows about strategic dieting in one plan. Shred combines a low GI diet, meal spacing, and meal replacements. Shredders will eat constantly (every three and a half hours!): four meals or meal replacements (soups, smoothies, shakes) and three snacks a day, over a six week program. Shred also introduces Dr. Ian's concept of "Diet Confusion". Like varying workouts to achieve muscle confusion and greater results, Diet Confusion tricks the body and revs up its performance by switching up food intake to boost metabolism. Shred has been a New York Times bestseller for twenty-seven weeks, six of them at No. 1, with a renewed burst of sales after Dr. Ian's and Shred's appearance on Katie Couric and in People. Thousands have joined Dr. Ian's Shredder Nation, losing an average of four inches, two sizes or twenty pounds in six weeks....



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