

[PDF] Zero Belly Diet: Lose Up To 16 Lbs. In 14 Days!

David Zinczenko - pdf download free book



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Description:

NEW YORK TIMES BESTSELLER

Zero Belly Diet is the revolutionary new plan to turn off your fat genes and help keep you lean for life! Nutrition expert David Zinczenko—the *New York Times* bestselling author of the Abs Diet series, Eat This, Not That! series, and *Eat It to Beat It!*—has spent his entire career learning about belly fat—where it comes from and what it does to us. And what he knows is this: There is no greater

threat to you and your family—to your health, your happiness, even your financial future.

Yes, you can: Change your destiny. Overcome your fat genes. Strip away belly fat and finally attain the lean, strong, healthy body you've always wanted.

With *Zero Belly Diet*, David Zinczenko reveals explosive new research that explains the mystery of why some of us stay thin, and why some can't lose weight no matter how hard we try. He explains how some foods turn our fat genes on—causing seemingly irreversible weight gain—and uncovers the nine essential power foods that act directly on those switches, turning them to “off” and allowing for easy, rapid, and sustainable weight loss. And he shows how these foods help heal your digestive system, keeping those gene switches turned off and setting you up for a lifetime of leanness.

Other diets can help you lose weight, but only the Zero Belly diet attacks fat on a genetic level, placing a bull's-eye on the fat cells that matter most: visceral fat, the type of fat ensconced in your belly. These fat cells act like an invading army, increasing inflammation and putting you at risk for diabetes, Alzheimer's, arthritis, heart disease, and cancer. Visceral fat can also alter your hormone levels, erode muscle tissue, increase your chances of depression, and destroy your sex drive. But you can turn the odds in your favor.

Zero Belly Diet shows you how to deactivate your fat genes, rev up your metabolism, banish bloat, and balance your digestive health, allowing you to easily build lean, strong stomach muscle and strip away unwanted belly fat without sacrificing calories or spending hours at the gym. The result: weight loss that is easier, faster, more lasting, and more delicious than you'd ever imagine.

You'll be stunned and inspired by the results of an amazing 500-person test panel—men and women who lost weight quickly, and with ease, following the Zero Belly diet. In just the first 14 days:

Bob McMicken, 51, lost 16.3 pounds

Kyle Cambridge, 28, lost 15 pounds

Martha Chesler, 54, lost 11 pounds

Matt Brunner, 43, lost 14 pounds

Zero Belly Diet features a week-by-week menu plan, fifty tasty recipes, and a handy shopping list that leads to a minimum of cooking and plenty of feasting.

Best of all, *Zero Belly Diet* offers something more: freedom. Freedom from bloating, freedom from food deprivation, freedom from weight loss fads, freedom from stress. So say goodbye to your paunch and hello to a happier, healthier you!

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