

How to Lose 20 Pounds - Lose Weight Fast and Forever

Are you tired of constantly searching for the newest diet fad, or quick fix diet solution? There is so much information out there about how to lose weight, or get in shape. It is constantly changing and contradicting itself and it can be very overwhelming! I am not here to show you a new fad, or a quick fix. I am here to introduce you to the best way to burn fat and build muscle. I have come across, what I consider to be the best lifetime fitness guide I have ever seen. There is a new health and fitness e-book out there that is quickly becoming known as the best and most complete nutrition guide available. *Burn the Fat, Feed the Muscle* is a complete and comprehensive guide to getting the body you've always dreamed of. Tom Venuto, author of this book, is a lifetime natural bodybuilder and a very well respected personal trainer, nutritionist, and success coach. I also am a personal trainer and have bought this book for myself and my family. I have been in the fitness industry for two years and have received three personal training certificates and have been certified in nutrition and supplements. I have started implementing the techniques in Tom's book on myself, my wife, and my clients and have never seen such fast results! I have clients that are getting ready for competitions as well as clients that just want to get back their "pre-baby bodies" and this system works for all of them. The reason there are so many success stories related to the techniques in Tom's book is because he shows you how to live a healthier, day to day lifestyle that is easy and efficient. There are no starve-yourself diets, or live-in-the-gym, kill-your-body workouts. Just simple, effective, common sense concepts that work, guaranteed. Tom will teach you things like, why there's so much conflicting advice on training and nutrition - and how you can save money by learning to instantly recognize marketing hype, false advertising, phony weight loss claims and B.S., the top twelve worst foods you should never eat, and the top twelve best foods you should eat all the time. He will show you how to break through and fat loss plateau-even if you've been stuck at the same weight for years and 10 fool-proof methods that work like magic every time. He also explains why dieting below your critical calorie level can cause serious damage to your metabolism and actually make you fatter (something so many people are doing without realizing) and why eating certain "good" fats can actually speed up fat loss and increase your energy levels... and precisely how much of them you need for optimal effects to crank up your metabolism and turn your body into a food-incinerating, fat-melting human blast furnace. There are so many things to learn from this book I could talk all day, it is literally invaluable. This is a 337 page, information packed book that will tell you everything you need to know about living the healthiest life imaginable and have the body of your dreams!

About the Author

Golf swing training aid reviews on swing trainers, putting aids, golf slice, swing speed, and more by Mike Pedersen.

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