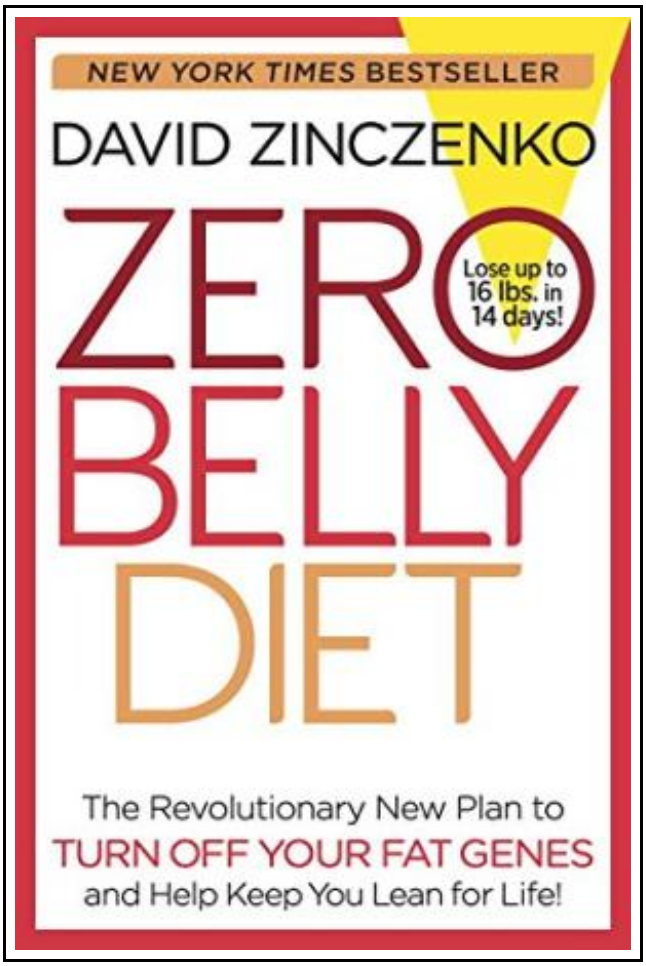
Zero Belly: The Revolutionary New Plan to Turn off Your Fat Genes and Keep You Lean for Life! (Hardback)



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Random House USA Inc, United States, 2015. Hardback. Book Condition: New. 235 x 156 mm. Language: English . Brand New Book. 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,...

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