



Extreme Fat Smash Diet: With More Than 75 Recipes

By Ian K. Smith M.D.

Download now

Read Online 

Extreme Fat Smash Diet: With More Than 75 Recipes By Ian K. Smith M.D.

Dr. Ian Smith's *Extreme Fat Smash Diet* is safe, fast and ultra-effective—taking his proven weight loss system to its hard core. No gimmicks, no denying yourself entire categories of food (like carbs), no nonsense. Instead, *Extreme Fat Smash Diet* delivers quick, permanent results. On *Extreme*, you'll set yourself up for:

- losing up to 12 pounds the first 3 weeks
- learning your dieting profile: are you an alpha, beta or gamma?
- choosing one of three cycles of dieting for three different weight loss goals: 5 pounds, 10 pounds, and 15 pounds and up
- real-world exercise ideas
- fresh recipes for quick, tasty meals
- a schedule that allows both meals and snacks
- Dr. Ian's tips and strategies to keep you on track
- a maintenance plan that's designed to stick

If your dieting goal is time-sensitive, *Extreme Fat Smash* will work for you!

 [Download Extreme Fat Smash Diet: With More Than 75 Recipes ...pdf](#)

 [Read Online Extreme Fat Smash Diet: With More Than 75 Recipe ...pdf](#)

Extreme Fat Smash Diet: With More Than 75 Recipes

By Ian K. Smith M.D.

Extreme Fat Smash Diet: With More Than 75 Recipes By Ian K. Smith M.D.

Dr. Ian Smith's *Extreme Fat Smash Diet* is safe, fast and ultra-effective—taking his proven weight loss system to its hard core. No gimmicks, no denying yourself entire categories of food (like carbs), no nonsense. Instead, *Extreme Fat Smash Diet* delivers quick, permanent results. On *Extreme*, you'll set yourself up for:

- losing up to 12 pounds the first 3 weeks
- learning your dieting profile: are you an alpha, beta or gamma?
- choosing one of three cycles of dieting for three different weight loss goals: 5 pounds, 10 pounds, and 15 pounds and up
- real-world exercise ideas
- fresh recipes for quick, tasty meals
- a schedule that allows both meals and snacks
- Dr. Ian's tips and strategies to keep you on track
- a maintenance plan that's designed to stick

If your dieting goal is time-sensitive, *Extreme Fat Smash* will work for you!

Extreme Fat Smash Diet: With More Than 75 Recipes By Ian K. Smith M.D. Bibliography

- Sales Rank: #187378 in eBooks
- Published on: 2007-04-03
- Released on: 2007-04-03
- Format: Kindle eBook

 [Download Extreme Fat Smash Diet: With More Than 75 Recipes ...pdf](#)

 [Read Online Extreme Fat Smash Diet: With More Than 75 Recipe ...pdf](#)

Download and Read Free Online Extreme Fat Smash Diet: With More Than 75 Recipes By Ian K. Smith M.D.

Editorial Review

Review

Duplicate Title

About the Author

Ian K. Smith, M.D., is the number one bestselling author of *The Fat Smash Diet*, *The 4 Day Diet*, *The 4 Day Detox*, *Happy* and *EAT*. He is a medical contributor on *The View* and *The Rachael Ray Show*, the diet expert on VH1's *Celebrity Fit Club*, and host of the nationally syndicated radio show *Healthwise* on American Urban Radio Networks. He writes a medical column for *Men's Health* magazine. He has written for various publications including *Time* and *Newsweek*, and been featured in *People*, *Essence*, *Ebony* and *Cosmopolitan*, among others. He is a former medical correspondent for NBC and for NewsChannel 4 in New York, where he filed reports for NBC's *Nightly News* and *The Today Show*. In 2007, he created the 50 Million Pound Challenge, a free national weight loss initiative with a growing list of more than 1.9 million people registered. Dr. Smith graduated from Harvard College with an AB and received a master's in science education from Columbia University. He attended Dartmouth Medical School and completed the last two years of his medical education and graduated from the University of Chicago Pritzker School of Medicine. A native of Danbury, Connecticut, Dr. Smith currently resides in Manhattan.

Excerpt. © Reprinted by permission. All rights reserved.

Extreme Fat Smash Diet

CHAPTER 1

Extreme Fat Smash Philosophy

EXTREME: going to great lengths or beyond normal limits

That's the *Merriam-Webster's Dictionary* definition of "extreme" and the one I like most when thinking about the core principles of this exciting weight-loss program. Some may see the word "extreme" and cringe because they associate it with pain, while others will want to investigate further because they're curious or experience a rush of adrenaline as their mind immediately prepares itself for an exciting challenge. It's my hope that when people see the words EXTREME FAT SMASH, they will be both curious and ready for a challenge.

Most of us travel through life in what I call the safety zone, whether it's always making conservative and predictable career moves or making personal decisions without risk and the possibility of loss. There's nothing wrong with this philosophy for most people. But for someone who wants to achieve *greatness* and accomplish extraordinary things, living in the safety zone is not going to deliver the desired results. EXTREME FAT SMASH is for people who are determined to reach what they might've considered unthinkable success in a weight-loss journey. The idea is simple: if you want big results, then you'll have to push yourself beyond the normal limits to attain them.

EXTREME FAT SMASH is not a fad diet. The science behind the program is not only credible but also well tested. Many of us diet experts have preached for a long time that it's best to lose weight slowly, because gradual, consistent weight loss increases the likelihood that you will lose more weight and have a greater chance of keeping that weight off. I still hold fast to that viewpoint. So if you're trying to lose 50 to 100

pounds or even more, it's more practical for you to embark on a weight-loss program that will deliver this type of gradual weight loss. You would benefit tremendously from my original FAT SMASH DIET. That 90-day program will guide you to significant weight loss spread over an appropriate amount of time. But if you're trying to lose 10 to 25 pounds in a short period of time, you want to do it in a healthy manner, and you want to keep those pounds off for good, then EXTREME FAT SMASH is the program for you.

Many diets promise tremendous weight results in a short period of time, and some of them actually deliver. But the manner in which these results were achieved was often unsafe, medically risky, and short lasting. What I have set about to do is something that millions of dieters have been asking for, yet the experts said it either couldn't be done or shouldn't be attempted. EXTREME FAT SMASH is a plan that will help you reach those quick results, but you'll get them by eating healthy foods and following a specific exercise program that will help condition your heart, muscles, and lungs. You will not be required to take any dangerous weight-loss supplements or eat foods that could eventually prove harmful to your health. Not only will you lose weight on this program, but you will learn the values of nutritionally powerful foods and how to create portion-controlled meals.

I would be dishonest if I did not tell you that there will be moments on this diet that you will be discouraged or tired or even ready to throw in the towel. This is completely normal and expected. Why? Because you'll be pushing your mind and body beyond the normal limits. Here's an exercise to help you find inner resources: stand in front of a mirror and look as deeply as you can into your eyes for 90 seconds. Don't blink, don't move your eyes, blur out everything else in the mirror, and block out all of the noises you hear. Focus only on your eyes. This exercise will teach you how to reach into your soul and find that inner strength that will allow you to continue your march forward even when things seem to be getting tough. What you're looking at in the mirror is your essence, your drive, your determination to make a big change in your life.

SOMETIMES WE MUST GO THROUGH DARKNESS TO REACH THE LIGHT.

EXTREME FAT SMASH is a very specific diet, and it must be, because you're asking your body to undergo some rapid changes in a very short period of time. Because the time line is so tight, it's critical that you follow the program *as written*. It has been thought through and tested to give you your best chance of obtaining optimal results. If you're determined to reach your goal and you're tired of learning the hard way that all of those advertised shortcuts never deliver on their promises, then EXTREME FAT SMASH is the program for you.

As you work your way through the three cycles of the program, it's important to remember that you are eating to satisfy hunger, not eating because the food is there or to the point of being stuffed. Your schedule will be set up so more food is always coming soon, so train yourself not to overdo it at any meal or snack! EXTREME FAT SMASH DIET. Copyright © 2007 by Ian K. Smith, M.D. All rights reserved. No part of this book may be used or reproduced in any manner whatsoever without written permission except in the case of brief quotations embodied in critical articles or reviews. For information, address St. Martin's Press, 175 Fifth Avenue, New York, N.Y. 10010.

Users Review

From reader reviews:

Ray Chung:

The publication with title Extreme Fat Smash Diet: With More Than 75 Recipes includes a lot of information that you can understand it. You can get a lot of gain after read this book. This book exist new information the information that exist in this e-book represented the condition of the world today. That is important to you

to know how the improvement of the world. This book will bring you in new era of the the positive effect. You can read the e-book on your own smart phone, so you can read this anywhere you want.

Stephen Phelps:

Do you have something that you prefer such as book? The guide lovers usually prefer to opt for book like comic, brief story and the biggest you are novel. Now, why not hoping Extreme Fat Smash Diet: With More Than 75 Recipes that give your entertainment preference will be satisfied simply by reading this book. Reading practice all over the world can be said as the way for people to know world better then how they react in the direction of the world. It can't be claimed constantly that reading routine only for the geeky man but for all of you who wants to be success person. So , for all you who want to start reading as your good habit, you are able to pick Extreme Fat Smash Diet: With More Than 75 Recipes become your own starter.

Todd Robinson:

The book untitled Extreme Fat Smash Diet: With More Than 75 Recipes contain a lot of information on that. The writer explains your ex idea with easy technique. The language is very straightforward all the people, so do not necessarily worry, you can easy to read that. The book was authored by famous author. The author brings you in the new period of literary works. It is possible to read this book because you can continue reading your smart phone, or program, so you can read the book throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site along with order it. Have a nice learn.

Karin Decker:

A lot of reserve has printed but it is different. You can get it by world wide web on social media. You can choose the most beneficial book for you, science, amusing, novel, or whatever by searching from it. It is identified as of book Extreme Fat Smash Diet: With More Than 75 Recipes. You'll be able to your knowledge by it. Without causing the printed book, it might add your knowledge and make a person happier to read. It is most crucial that, you must aware about guide. It can bring you from one place to other place.

Download and Read Online Extreme Fat Smash Diet: With More Than 75 Recipes By Ian K. Smith M.D. #H6XLQJTY209

Read Extreme Fat Smash Diet: With More Than 75 Recipes By Ian K. Smith M.D. for online ebook

Extreme Fat Smash Diet: With More Than 75 Recipes By Ian K. Smith M.D. Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Extreme Fat Smash Diet: With More Than 75 Recipes By Ian K. Smith M.D. books to read online.

Online Extreme Fat Smash Diet: With More Than 75 Recipes By Ian K. Smith M.D. ebook PDF download

Extreme Fat Smash Diet: With More Than 75 Recipes By Ian K. Smith M.D. Doc

Extreme Fat Smash Diet: With More Than 75 Recipes By Ian K. Smith M.D. Mobipocket

Extreme Fat Smash Diet: With More Than 75 Recipes By Ian K. Smith M.D. EPub