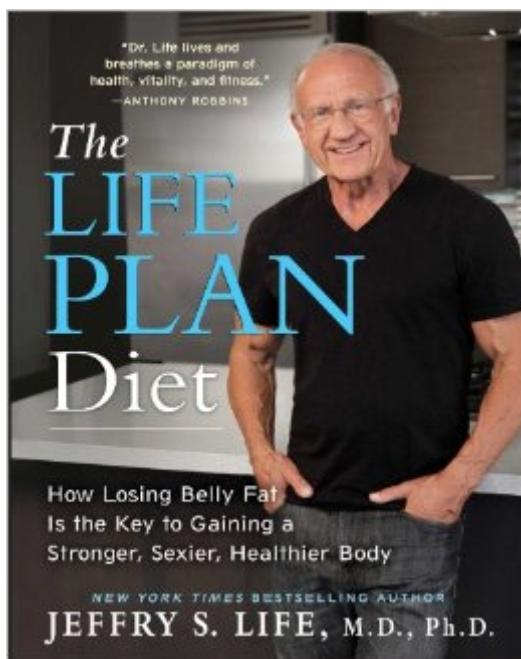


The book was found

# The Life Plan Diet: How Losing Belly Fat Is The Key To Gaining A Stronger, Sexier, Healthier Body



## Synopsis

Feel younger even as you grow older! From New York Times bestselling author Dr. Life, this heart-healthy diet plan will help men aged fifty and older lose weight, boost their energy, and build strong bodies and minds. For most men, having six-pack abs seems like an impossible goal. But look no further than Dr. Jeffry Life, who transformed himself from an overweight fifty-nine-year-old with low sex drive, sky-high cholesterol levels, and borderline diabetes into the picture of health. Best of all, he's been able to maintain his physique for more than fifteen years. His journey has inspired thousands of men across the country. Now it's your turn to follow his path toward total wellness. The bestselling author of *Get Fit, Stay Fit* and the popular face of anti-aging medicine has one simple message: Any man can lose significant amounts of weight and keep those pounds off permanently. Well-defined abs are the hallmark of good health, and *Get Fit, Stay Fit* will show you how to lose the belly fat so that you can not only find your six-pack, but more important, lower your risk of heart disease, step off the blood-sugar roller coaster, and ignite your sex life. This groundbreaking diet book offers a four-tiered approach to losing weight without strenuous exercise. It features:

- a jump-start diet that puts men on the right track with quick results
- a basic health diet that optimizes blood sugar levels by eating plenty of the right foods all day long
- a fat-burning diet that powers through weight loss plateaus to let you continue to lose weight week after week
- a heart-health diet for men who want to lose weight and reverse heart disease

This simple program doesn't require expensive equipment or difficult recipes with hard-to-find ingredients. Instead, it focuses on teaching men over fifty how to increase metabolism and shed real pounds. Packed with easy everyday menus and rules for eating out, tips for enhancing muscle mass and bone strength, foods that naturally increase testosterone levels and growth hormone, and good food habits for optimizing brain function, *Get Fit, Stay Fit* is a proven and wildly successful method to help men over fifty lose weight and remain vital.

## Book Information

Hardcover: 272 pages

Publisher: Atria Books (March 18, 2014)

Language: English

ISBN-10: 1476743568

ISBN-13: 978-1476743561

Product Dimensions: 7.4 x 1 x 9.1 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (38 customer reviews)

Best Sellers Rank: #470,149 in Books (See Top 100 in Books) #57 in Books > Health, Fitness & Dieting > Aging > Diets & Nutrition #534 in Books > Health, Fitness & Dieting > Men's Health > General #4270 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

My wife got this for me at the library because she knows I've been struggling to find a way to lose weight. I've joined her on Weight Watchers and that worked for awhile but I couldn't stick to it. This book, however, is changing that. For the first time, someone is explaining to me not only what to eat, but why. That's extremely important because once you understand, for example, what sugar is doing to your body, you want to avoid it like the plague. (In fact, let's just start a new cliche: avoid it like sugar!) It's not heavy on medical terminology but explained in a way that anyone can understand. But I would not call this a "diet" in the traditional sense most people use the word. Dr. Life describe a whole eating makeover by explaining what's good, what's not, what your body needs, and why. The nice thing: the food plans are easy to follow because they help keep you feel full. After the first week I was down 12 pounds and 1 1/2 inches off my waist. Arguably that's the easiest phase to lose weight in but still it was super encouraging. And this from someone who is north of age 50 and "just a touch" over the BMI line for obesity. (At least I was - now I'm below it for the first time in forever!). And knowing that the first part is the toughest to follow in terms of establishing new habits and reducing sugar cravings means that the remainder should be just as easy to follow. I'm not crazy about all of the food suggestions - everyone has their likes and dislikes - but it's easy enough to substitute from one day to the next. I will say this - all my food now comes with extra intensity.

The life Plan Diet is a lifestyle change program designed specifically for men. The diet focuses on belly fat ('beer belly') and how getting that under control will allow all kinds of health benefits to fall into place. This isn't a short term fad diet (e.g., paleo) and he raises all the right concerns and motivations needed to create lasting and permanent changes toward health and happiness. The book breaks down as follows: chapter 1: Age Management through Waist Management (look younger and feel better with weight loss); chapter 2 covers slimming down to stay smart and calm; chapter 3 is about setting goals and changing the way you look at food; chapter 4 goes into the science and latest findings about food and nutrition; chapter 5 discusses drinking and alcohol, chapter 6 goes over the Life Plan Diet and how it works; chapter 7-11 are tailored diets (Jump Start,

Basic Health, Fat Burning, Heart Health); chapter 11 has recipes from his wife Annie, and the last several chapters go over hormones, vitamins, supplements, and moving forward beyond week 9. The plans are 9 weeks in length and though there is no exercise plan included, dieters are encouraged to begin an exercise routine. Also suggested is a 3 day fasting to reset the system and to burn calories more efficiently. Since the book is tailored for men, there is quite a lot of discussion about what poor health/obesity does to sexual prowess - from ED to lack of motivation. As well, hormone issues including 'manboobs', lessened testosterone, increased estrogen, and specifically how diets affect the male physique. This diet plan is a bit different in that there is a great focus on protein and muscle health.

[Download to continue reading...](#)

The Life Plan Diet: How Losing Belly Fat is the Key to Gaining a Stronger, Sexier, Healthier Body Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Zero Belly Fat: Smoothies, Juices, Salads and Many Other Healthy Recipes to Lose Weight and Maintain Flat Belly (Weight Loss, Zero Belly Diet, Flat Belly Diet, Healthy Diet) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Belly Fat Diet Book [Second Edition]: Your Path to a True Belly Fat Cure, and Staying Belly Fat Free for Life Wheat Belly Diet: A 14-Day Wheat Belly Diet Plan To Lose Belly Fat In 14 Days (Gluten Free) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Low Carb Diet: Burn Fat! Discover Delicious Recipes! And Lose Weight FAST! (Gluten Free Diet, Candida, Atkins Diet, Celiac, Fibromyalgia, Diabetes, Cancer, ... Belly, Grain, Brain, Epilepsy, Belly Fat) Mastering the Life Plan: The Essential Steps to Achieving Great Health and a Leaner, Stronger, and Sexier Body Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Flat Belly Tea Cleanse: A Fast and Easy Approach on How to Lose Inches Off Your Waist, Boost Metabolism and Burn Excess Body Fat (7 day, tea cleanse, belly fat, diet, weight loss, lose, detox Book 1) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Flat Belly: Dash Diet Weight Loss Action: Lose Weight The Natural Way & Lower Blood Pressure On A Healthy Lifestyle (Flat Belly, Dash Diet Weight Loss ... Diet for Weightloss, Dash Diet Cookbook) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs

diet,Low Carbs food list,high protein diet,rapid weigh loss,easy way to lose weight,how ... way to lose weight,how to lose body fat)) How to Burn Belly Fat: 37 Fitness Model Secrets to Burn Belly Fat ( Abs, Ab Workouts, Healthy Living Tips) Belly Fat (3rd Edition): 51 Quick & Simple Habits to Burn Belly Fat & Tone Abs! Belly Fat Gone!: Surgical options for removal of lower belly fat & stretched skin when diets & exercise fail (When Diets and Exercise Fail Book 1) Becoming Vegan Today: The Key to Going Green, Losing Weight and Having a Happier and Healthier Life Ketogenic Diet: Ketogenic Weight Loss Diet, Avoid Mistakes & Live Healthier (Ketogenic Diet, Ketogenic Weight Loss, Ketogenic Recipes, Ketogenic Diet Plan) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook)

[Dmca](#)