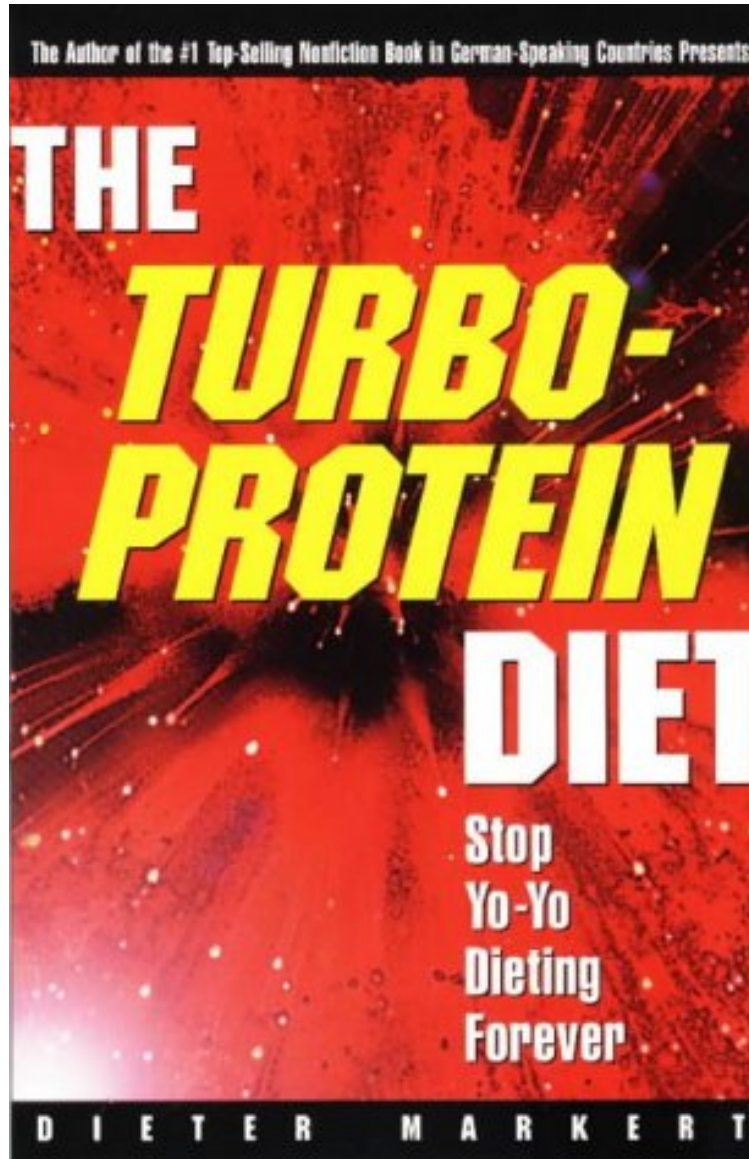


[Ebook free] The Turbo-Protein Diet: Stop Yo-Yo Dieting Forever

The Turbo-Protein Diet: Stop Yo-Yo Dieting Forever

Dieter Markert

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Dieter Markert : The Turbo-Protein Diet: Stop Yo-Yo Dieting Forever before purchasing it in order to gage whether or not it would be worth my time, and all praised The Turbo-Protein Diet: Stop Yo-Yo Dieting Forever:

80 of 81 people found the following review helpful. Read the book - Enjoy the dietBy Peter ScheyttWhile the book might lack some details and explanations, the diet itself definitely works. I lost 10 pounds in 5 days and didn't suffer from any problems during that period or afterwards. I haven't regained any weight, I even lost another pound after I finished the diet. Having to buy a fairly high-priced protein powder might look like a marketing trick, but on the other

hand you save money, because you don't eat as usual... And since the diet worked for me, I didn't really bother too much. PS: My father dieted for 7 days and lost 15 pounds, gaining only 2 pounds afterwards. 38 of 39 people found the following review helpful. Turbo Protein Diet By A Customer I previously lost weight on the Atkins Diet and gained 14 pounds of the 26 that I lost back, in about 18 months. After a while I just could not keep it off, no matter what. I read about this book and decided to see if it worked. I followed the instructions exactly and lost 14 pounds in 10 days. The first day was hard, the second was even harder, but after that I sailed along and burned fat steadily. I literally watched my various fat pads disappear each day! I love the way I feel. Now, I highly recommend this book to anyone. 5 of 5 people found the following review helpful. FULLY READ THE INSTRUCTION SLIP THAT COMES IN THE CAN OF ALMASED!!! By MTI had noticed ALMASED advertised in some health nutrition magazines I read. I liked what I read about the product. I finally decided to try it. I just started using it a couple days ago. I was put off by the price and only 10 servings in a can but then I figured it came to roughly 2-3 dollars per serving (meal). I'd be hard pressed to buy or cook a meal for that. I've only started trying out ALMASED and I really like it thus far. I plan to buy the TURBO DIET BOOK, however, I want to remind everyone who posted here, you will find an instruction slip of paper inside the ALMASED can. People should read it completely. They plainly post "WARNING: The Turbo Protein Diet by Dr. Markert." Almased does not recommend the program unless done under the supervision of a doctor. In reading the reviews of this book and those people who "got sick" attempting the TURBO DIET obviously did not read this clear warning by the ALMASED CORPORATION. Those who have difficulty might consider the Almased Bikini plan which is one complete week of Almased meal replacement 3 times a day along with unlimited homemade vegetable broth. The second week replaces breakfast and dinner with Almasad and a lunch of vegetable, lean meat or fish and salad. I think this plan would be the more intelligent plan to try first and then see how one's results are. It appears to me that only people who know they are in good health and who have had a recent complete physical and who have discussed the TURBO DIET with their MD, should consider doing the TURBO plan. Since I've not yet read the book I am giving it 3 stars. After reading it, I may give it more or less.

Stop Yo-Yo Dieting Forever! The book that explains how an initial plan of liquid nourishment composed of primarily vegetarian proteins cleanses the body in preparation for the moderate exercise program and healthy meal plan explained in detail. This diet ends the frustration of repeated failure, bringing a healthy, slim body within anyone's reach. Powder sold separately.