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Ian K. Smith M.D.

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#153179 in Books Smith Ian K 2015-12-29 2015-12-29Original language:EnglishPDF # 1 9.42 x .74 x 6.531, 1.40 #File Name: 1250061229224 pagesThe Shred Power Cleanse Eat Clean Get Lean Burn Fat | File size: 79.Mb

Ian K. Smith M.D. : The Shred Power Cleanse: Eat Clean. Get Lean. Burn Fat. before purchasing it in order to gage whether or not it would be worth my time, and all praised The Shred Power Cleanse: Eat Clean. Get Lean. Burn Fat.:

233 of 240 people found the following review helpful. A CLEANSING PROGRAM THAT IS LIKE NONE OTHER, A MUST HAVE!!!By UserI received a copy of this book as one of the audience members at the Rachael Ray show and had a chance to try the program before it was released on the 29th. This book came in handy cause I had a chance to try the program right after the Thanksgiving Holidays, and of course I ate more than I bargained for. I was bloated, feeling full and needed something to fix me quickly. BAM, tried the program and I loved it. Not only did it take away from the bloatiness but I had more energy, my skin cleared and I lost 13 pounds in 14 days. Now this is a miracle considering I have hypothyroidism , 57 years old and menopausal. Everything you can dream of is working against my body, but with the power cleanse all odds were beaten. The signature drink the Purple Power Smoothie is amazingly good. I am not a fan of smoothies with kale in it, but this one truly made a fan out of me. This book is a must in every household for those times when you need a quick cleanse in a healthy way, need to restart your diet program and just need to do something different to break a plateau. Not only are there smoothies in the book, but there are options for healthy foods that you can eat. Another great feature about the program. You just can't loose (no pun intended, cause you do loose weight and inches) doing the Shred Power Cleanse program. I will be picking up two more copies of the book today at the local stores to give away so that someone's life can be transformed and changed like mines. Paying it forward this is what I do. Don't think twice about whether or not if you should get the book, buy the book, your body will thank you for it.8 of 9 people found the following review helpful. Dr. Smith Does it Again!By Regina DavisDr. Ian Smith always has a smart and fun approach to weight loss. I was very impressed with his "Fat Smash Diet" book so after seeing him on the View earlier this year, I had to pick it up. What I like most is that his plans are pretty simple to follow. Yes, it does take some discipline and prep (the book won't do it for you), but if you're looking for a way to jump start your health transition with yummy recipes and a simple plan, give this book a try.0 of 0 people found the following review helpful. Glossy Detachment -- Big Issue!By Selis GI actually followed through with the suggestions in this book in order to get my junk food addiction sugar craving under control, and I felt absolutely renewed in mind, body, spirit during the entire process, and thereafter. I unfortunately purchased everything on the list I thought I would eat or try; in the end, I tossed a lot of expired yogurt (so hate wasting food).My biggest issue with the book was (and

still is) -- from page 1 the pages just started popping apart from the cover, from front to back as I turned the pages. EVERY PAGE I TURNED DETACHED! I couldn't readily return it because I was at a 'ready-set-go' place in my mind and sending it back meant pulling out altogether because it takes a long time for me to decide commit to something like this. I now, unfortunately, have a book consisting of pages its glossy cover standing alone. In order to preserve the smoothie receipts I will use a hold puncher to place the scattered pages in a small binder/notebook.

Dr. Ian is answering Shredder Nation's call for a short-term, fast-acting cleanse that will help you reset and power through to your new weight loss goal!The SHRED Power Cleanse takes the classic detox plan to a new level. You won't find any fiberless, anemic juices on this regimen! Dr. Ian lays out each day of the two-week program, giving you everything you need to jump-start BIG change:- More than 50 smoothie recipes built to boost your immunity and maintain your protein and fiber intake, including Dr. Ian's signature Purple Power Cleanse smoothie - Fresh salads and other clean foods to fill you up and keep your energy level high- Detoxifying exercise regimens for beginner, intermediate, and advanced levels- A Weekend Power Tune-up bonus, designed to keep you on track long after the two weeks of the cleanse are up and all some Shred Cleansers will need.The SHRED Power Cleanse will keep you satisfied, clear your mind, and leave you several pounds lighter.

"...fitness enthusiasts will appreciate this clear-cut and user-friendly program." - Publishers WeeklyAbout the AuthorIAN K. SMITH, M.D. is the New York Times #1 bestselling author of Shred, The 4 Day Diet, The Fat Smash Diet and Extreme Fat Smash Diet. He is a co-host of the television show The Doctors, a medical contributor to The Rachael Ray Show and host of the nationally syndicated radio show HealthWatch.Dr. Smith is the founder of two major national health initiatives?the 50 Million Pound Challenge and the Makeover Mile?that have helped millions of people lose weight and improve their health.A graduate of Harvard, Columbia, and the University of Chicago Pritzker School of Medicine, Dr. Smith was appointed to the President's Council on Fitness, Sports, and Nutrition in 2010.

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