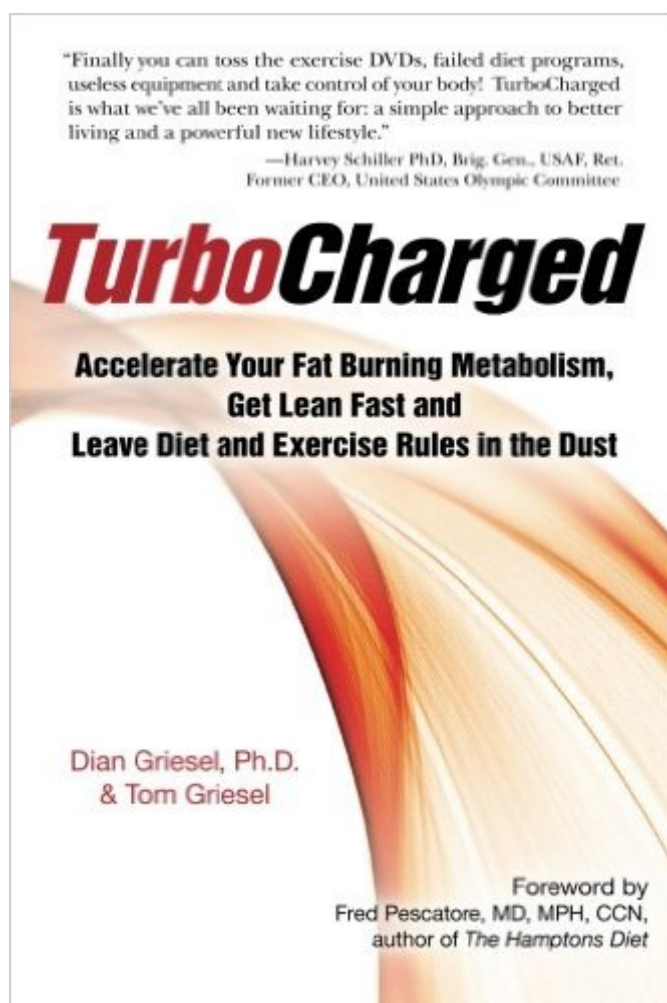


The book was found

TurboCharged: Accelerate Your Fat Burning Metabolism, Get Lean Fast And Leave Diet And Exercise Rules In The Dust



Synopsis

TurboCharged By Dian Griesel, Ph.D. and Tom Griesel According to these boomer-generation authors, every diet to date is destined to deliver loss of lean muscle mass, moodiness, disappointment and failure. Instead, Dian and Tom provide an exciting new roadmap using a unique 8-step program that has been called "the Holy Grail of Fat Loss" and even the "Fountain of Youth." Building on an exotic car metaphor, their system requires no strenuous exercise, supplements or special equipment. They show readers how to get on the road to eliminate excess body fat fast and forever. Within 3 days the program promises to: begin training your body to use excess body fat for energy; show everyday activities that will quickly accelerate fat-loss; teach mini-exercises requiring only 3-5 minutes each day that will trigger fat-burning while strengthening muscle; explain the ideal foods and how to eat them to burn your body fat fast; eliminate any related diet anxiety or moodiness; prove that you are truly getting younger; and, provide easy ways to maintain your new lean and healthy body with minimal effort for life. An excerpt from the Foreword by Fred Pescatore, MD, MPH, CCN, author of *The Hampton's Diet* says, "TurboCharged doesn't bog down the reader with lots of science. Instead, it tells you what to do, when to do it, and if you follow the very simple guidelines, you too will be dropping fat fast, leaning out and attaining your goal of a lower body-fat percentage, decreases in inches and a younger metabolic age. TurboCharged is a system designed with genetics in mind and based on sound science. With a combination like that, you can't fail." Sister and brother, Dian and Tom Griesel have spent the last 30 years working with renowned scientific researchers while studying health, exercise, longevity and stress management. Both are in their 50s according to the calendar, yet can prove that they are not only leaner and stronger but are now metabolically teenagers as a result of the TurboCharged steps they share with readers. TurboCharged is a simple, practical, easy-to-implement holistic lifestyle program for everyone. Testimonials from 35 to 80 year olds abound! Early readers comment... Harvey Schiller, PhD., Brig. Gen, USAF, Ret, Former CEO, United States Olympic Committee says, "Finally you can toss the exercise DVDs, failed diet programs, useless equipment and take control of your body! TurboCharged is what we've all been waiting for: a simple approach to better living and a powerful new lifestyle." Harvard psychiatrist, Srini Pillay, MD, best-selling author of *Life Unlocked* says, "For dieters, from both a psychological and medical perspective--this one's the Holy Grail."

Book Information

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Customer Reviews

Tom and Dian get it! I used to struggle with losing weight and have tried several programs that promised success, but were met with minimal outcomes. Well, I recently discovered Tom and Dian Griesel's Turbocharged program and was shocked when I realized how quickly and easily I could accomplish my weight loss goals and significantly improve my overall health, well being and appearance. Right from the start, I was able to make lifestyle changes that have made a difference in my overall quality of life. My outcomes turned out way better than anything I could have imagined - in less than six weeks I lost 25 lbs of body fat and 6 inches from my waist, reduced my blood pressure to ideal levels, improved the appearance of my skin and have returned to energy levels that rival my 30's. When you factor in that I have hypothyroidism, it makes my results even more amazing. After learning their basic guidelines, which are based on our evolutionary diet, I realized that I had been eating as recommended by the traditional food pyramid model which had contributed to my weight and health challenges." While applying the easy to follow principles proposed by Tom and Dian, I was able to quickly make changes and move closer to optimal health and nutrition. Their book is easy to follow and packed with information about eating more like our ancestors, and developing slimmer, healthier bodies with outstanding results. I have no hesitation in recommending their book and their program (and I have!) to anyone who wants to improve their health. Turbocharging was the best investment I have made in myself in a long time. Thanks Tom and Dian for making achieving my weight loss goals easy and fun.

I really like the way the book is written. It is easy to read, gets to the point, offers testimonials from successful Turbo Chargers and is very encouraging, "Just give us 10 days". I have to admit that I

have had a hard time following it for longer than 3 days. However, on those 3 days I feel great. Like the current trend of nutrition books, it emphasizes the dangers of sugar and grains in our diet. The rest of the book goes into a different direction. They offer 8 steps to follow in order to reach your goals.

- #1 Forget what you've been told about dieting. Their dietary and exercise recommendations are very different from the norm.
- #2 Measure REAL success. They recommend purchasing a body fat scale which I agree is essential if you are trying to gauge your "fat loss".
- #3 The fat burning elixir. Can you say 16 cups of water a day!
- #4 Fresh breath never tasted so good. They recommend brushing your teeth when hungry or after a meal to curb the overeating. I told one of my friends about that and she lamented that she loved nothing more than to continue to enjoy the flavor of her last meal once it was over. I have been known to keep eating chocolate kisses just to keep the flavor going, so this is a wise suggestion.
- #5 TurboCharge your fat-burning metabolism with activity. Walk more to maintain your activity level throughout the day. No hour long exercise sessions while limiting your food intake. This is refreshing! I have tried other low calorie diets with huge workouts and does that make me cranky, starving and desperate when my blood sugar drops.
- #6 Muscle power in 5 minutes a day. The idea of exercising in short bursts throughout the day is ingenious. The days I do it, I feel invigorated.

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