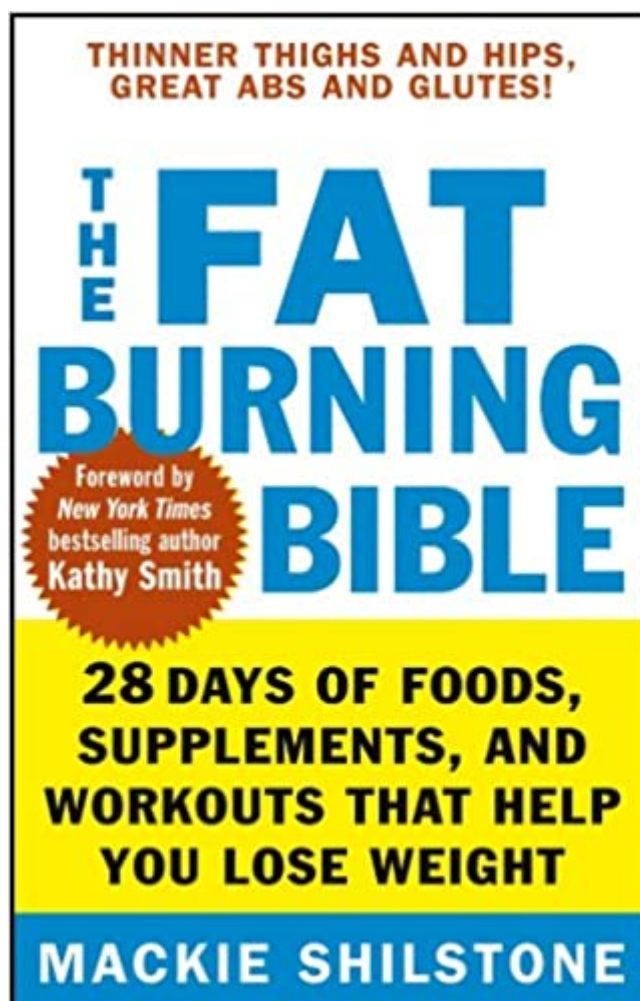


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# The Fat-Burning Bible: 28 Days Of Foods, Supplements, And Workouts That Help You Lose Weight



## Synopsis

One of the most comprehensive nutritional and exercise programs I've ever encountered. This groundbreaking work is sure to be a powerful tool in the hands of anyone wanting to lose excess body fat.--From the Foreword by Kathy SmithMackie Shilstone is famous for helping world-class athletes and business titans look great and achieve peak performance. Now, he presents an all-new approach to burning fat for both women and men. Drawing on Mackie's unique nutrition and exercise programs, The Fat-Burning Bible gives you the secrets and tools to increase your metabolism, target the parts of your body that carry excess fat, and see results in just four weeks. Inside you'll find:\* 6 levels of targeted meal plans and 74 recipes featuring low-fat, low-glycemic, high-flavor foods\* Mackie's all-new gender-specific cardio, circuit, and core-training routines\* 64 step-by-step photographs illustrating the customized exercises\* Must-know information on 6 highly effective fat-burning supplements\* Real-life success stories of Mackie's clientsThis is the only weight-loss bible you will ever need to burn fat, slim down, and look great!

## Book Information

Hardcover: 288 pages

Publisher: Wiley; 1 edition (December 1, 2004)

Language: English

ISBN-10: 0471655295

ISBN-13: 978-0471655299

Product Dimensions: 6.4 x 1 x 9.7 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.5 out of 5 stars 18 customer reviews

Best Sellers Rank: #2,261,832 in Books (See Top 100 in Books) #84 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts](#) #215 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts](#) #9670 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss](#)

## Customer Reviews

Ideally, being healthy isn't just about being a certain weight: It's about having all the systems of your body performing at optimum levels for as long a time as possible. Mackie Shilstone, in his role as medical advisor to professional athletes, presents a complex plan in The Fat-Burning Bible that incorporates supplements, sleep and stress management alongside the standards of diet and exercise. The first section of the book helps you establish your honest starting point--it's easy to be

at an acceptable weight but have unacceptably high fat percentages, cholesterol or blood sugar. Establishing this point involves a fair amount of measuring and math, and includes checklists that will help you identify potential concerns like Syndrome X or thyroid problems. Diet and nutrition follow; the section encompasses fairly complex suggestions on intake percentages as well as simple meal plans and recipes. Portion control figures highly--it's back to the old 'four ounces of skinless chicken breast' as a basic building block. A short section on supplements refers in a general way to recent research, but is more of an introduction than complete system. More time is devoted to the exercise program, but this could be more complex than a typical dieter feels ready for. Clear photos show off specific exercises, but they require regular trips to the gym or a set of dumbbells at home. The last section, which Shilstone suggests photocopying, is a day-to-day journal that allows you to check off goals and note areas for further work. It's a helpful tool, but also requires a fair amount of dedication. Ultimately, this book seems designed for those who are already fairly fit, but are hoping to achieve a more ideal version of good health. It could be especially helpful for amateur athletes--if you're prepping for a marathon or other big event, this might be just the tool you need. Jill Lightner

\* This four-week plan is based on boosting the metabolic rate. Although Shilstone identifies various foods as being able to "burn fat," a misleading concept, still the diet, recipes, and exercise plans are reasonable and not dangerous in any way. The author of *Lose Your Love Handles* and *Maximum Energy for Life*, Shilstone has worked with heavyweight champions Michael Spinks and Roy Jones Jr. This guide, although it includes a diet for women, will appeal primarily to men. (from the Diet/Fitness roundup by Susan Hagloch) (Library Journal, January 15, 2005)

This is a good book. It is well written. It does take some work. You will not just be able to jump in and be able to do the workouts, they are simple exercises but putting them together in circuit training takes some getting used to. The recipes are good they are every day foods. I have just started working the program but I have no doubt I will lose body fat if I follow the principles set forth in this book.

I think all healthcare professionals should read it. The information presented is just great. By far the best nutrition guide I have ever seen.

I really like this book it has some great pointers.

Great book for anyone who wants to drop a few pounds.

I'm not sure why Susan Hogloch would write in the review included in the book description that this approach would appeal mostly to men. I urge you other women reading this out there to disregard that comment. The chapter on supplements which boost metabolism alone is worth the price of this book. I can say that because, to date, that's the only part of the book I've had time to put into practice. Just with the addition of the supplements over the span of about 2 months, I lost 14 pounds. That weight came off in exactly the places he writes about (reverse fat gain syndrome) that often indicates a messed-up metabolism. I can only imagine what will happen once I adjust my exercise regime to his plan and start following the nutritional guidelines. I'm a believer and have been recommending the book to my friends.

Mackie is the man

I enjoyed the information that was given in this book. Tried some recipes and they were great.  
Always Good to read Mackie's books

Anything Mackie Shilstone says I take as the word. I have seen him in person. He is very dedicated to the well being of others. Any of his books are great.

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The Fat-Burning Bible: 28 Days of Foods, Supplements, and Workouts that Help You Lose Weight  
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