



Extreme Fat Smash Diet: With More Than 75 Recipes

Ian K. Smith M.D.

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Dr. Ian Smith's *Extreme Fat Smash Diet* is safe, fast and ultra-effective—taking his proven weight loss system to its hard core. No gimmicks, no denying yourself entire categories of food (like carbs), no nonsense. Instead, *Extreme Fat Smash Diet* delivers quick, permanent results. On *Extreme*, you'll set yourself up for:

- losing up to 12 pounds the first 3 weeks
- learning your dieting profile: are you an alpha, beta or gamma?
- choosing one of three cycles of dieting for three different weight loss goals: 5 pounds, 10 pounds, and 15 pounds and up
- real-world exercise ideas
- fresh recipes for quick, tasty meals
- a schedule that allows both meals and snacks
- Dr. Ian's tips and strategies to keep you on track
- a maintenance plan that's designed to stick

If your dieting goal is time-sensitive, *Extreme Fat Smash* will work for you!

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