



# The Abs Diet: The Six-Week Plan to Flatten Your Stomach and Keep You Lean for Life

*David Zinczenko, Ted Spiker*

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Great-looking abs are more than just a way to support the mirror industry. In fact, strong abs and flat stomachs are the ultimate indicator of overall health—for both men and women. Great abs will help you live longer, sleep better, prevent back pain, and significantly improve your sex life! (And, hey, they don't look half-bad in the mirror, either.) Unfortunately, you could spend years on starvation diets and extreme exercise programs that never unearth those elusive stomach muscles.

Or you could spend just six weeks with David Zinczenko, Editor-in-Chief of *Men's Health* magazine, on THE ABS DIET—an easy and effective program for everyone that is helping thousands of people lose weight, flatten their guts, banish post-pregnancy bellies, and become healthier than they ever thought possible. What's more, once on this revolutionary new diet you'll look and feel better than ever without deprivation dieting, counting calories, measuring foods, worrying about confusing phases—or ever feeling hungry!

Sound impossible? Let David Zinczenko prove it to you. As editor-in-chief of the world's most important men's magazine, Zinczenko has devoted his career to helping people improve their lives through the latest and most well-researched health, nutrition, and exercise information available.

Now, in the national bestseller THE ABS DIET, Zinczenko reveals his infallible formula that works for both men and women:

- **THE ABS DIET POWER** foods: the 12 best foods (all part of an easy-to-remember acronym) that will naturally boost your metabolism so that you can strip away fat, build muscle, and look and feel great for life. (Bonus: Many of the Abs Diet Powerfoods are even-gasp-carbs!)

- **SIMPLICITY**: This low-maintenance program is easy to follow because there are no scales, no phases, no calculus-like formulas to compute, and no recipes that take a culinary degree to make. (One of the secret weapons: Satiating smoothies.) In fact, many of the dozens and dozens of delicious meals you can make take no more than a few minutes to prepare!

- **INCENTIVE**: The plan never leaves you hungry. Instead, it encourages you to eat (a whopping six times a day!), stokes your metabolism, and even lets you cheat now and then.

**ENERGY**: Designed to help you build the lean muscle that and melt away that pesky belly fat, this full-body exercise program can be done at home in only 20 minutes, 3 times a week, with nothing more than a set of dumbbells!

- **LONGEVITY**: An easy-to-remember maintenance plan will help you maintain your flat stomach forever. Thousands of people are on THE ABS DIET, which can help you lose up to 20 pounds in six weeks—all while gaining pounds of muscle!—because it's easy to follow and even easier to stick to. THE ABS DIET also describes some of the stories of people who went on the program and had amazing successes. In those cases, these people ended up changing their waistlines—and their lives.

THE ABS DIET is the best, last and only diet and nutrition plan that you will ever need.

Read about how low-carb diets are making you fat, about how the food industry is putting secret fat bombs in your favorite foods, and about how you can fight back. You'll find out why 95 percent of all diets fail, and why THE ABS DIET is different.

So how about joining on for a six-pack? Yours.

- 12 "superfoods" that will change your life.
- A simple maintenance plan to keep your abs from disappearing

Six weeks to superior strength and sexy symmetry every man-and woman! -lusts after. *Men's Health* can show you how.

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