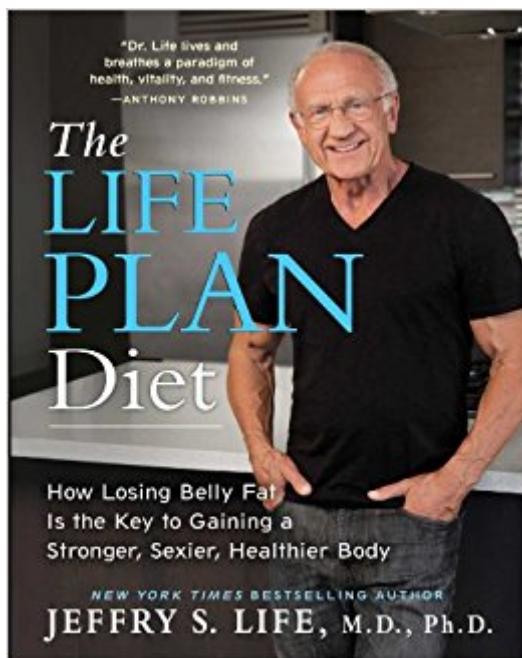


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# The Life Plan Diet: How Losing Belly Fat Is The Key To Gaining A Stronger, Sexier, Healthier Body



## Synopsis

Feel younger even as you grow older! From New York Times bestselling author Dr. Life, this heart-healthy diet plan will help men aged fifty and older lose weight, boost their energy, and build strong bodies and minds. For most men, having six-pack abs seems like an impossible goal. But look no further than Dr. Jeffry Life, who transformed himself from an overweight fifty-nine-year-old with low sex drive, sky-high cholesterol levels, and borderline diabetes into the picture of health. Best of all, he's been able to maintain his physique for more than fifteen years. His journey has inspired thousands of men across the country. Now it's your turn to follow his path toward total wellness. The bestselling author of *Get Fit, Stay Fit* and the popular face of anti-aging medicine has one simple message: Any man can lose significant amounts of weight and keep those pounds off permanently. Well-defined abs are the hallmark of good health, and *Get Fit, Stay Fit* will show you how to lose the belly fat so that you can not only find your six-pack, but more important, lower your risk of heart disease, step off the blood-sugar roller coaster, and ignite your sex life. This groundbreaking diet book offers a four-tiered approach to losing weight without strenuous exercise. It features:

- a jump-start diet that puts men on the right track with quick results
- a basic health diet that optimizes blood sugar levels by eating plenty of the right foods all day long
- a fat-burning diet that powers through weight loss plateaus to let you continue to lose weight week after week
- a heart-health diet for men who want to lose weight and reverse heart disease

This simple program doesn't require expensive equipment or difficult recipes with hard-to-find ingredients. Instead, it focuses on teaching men over fifty how to increase metabolism and shed real pounds. Packed with easy everyday menus and rules for eating out, tips for enhancing muscle mass and bone strength, foods that naturally increase testosterone levels and growth hormone, and good food habits for optimizing brain function, *Get Fit, Stay Fit* is a proven and wildly successful method to help men over fifty lose weight and remain vital.

## Book Information

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## Customer Reviews

âœA TRUE EXPERTâ • (Bill Phillips, #1 New York Times bestselling author of Body-for-LIFE and founder of Transformation.com)"Jeff's book is life-changing...a fabulous read." (Suzanne Somers New York Times bestselling author of The Sexy Years)"Since I've been under the care of Dr. Life, my goal of living a productive life until at least 100 seems possible. My overall health has improved dramatically and I look and feel many years younger. I've recommended Dr. Life to all of my friends." (Rick Barry member of the Basketball Hall of Fame and an NBA All-time Top 50 Player)âœDr. Jeff Life lives and breathes a paradigm of health, vitality, and fitnessâ "men everywhere would be smart to follow his example.â • (Anthony Robbins Entrepreneur, Author & Peak Performance Strategist)âœExercise and nutrition are the paths to feeling and looking good. Dr. Lifeâ™s book explains his methods in easy-to-understand terms, and his physique and mind proves that it works." (Lawrence A. Golding PhD., FACSM, Exercise Physiologist, University of Nevada, Las Vegas)âœAchieving and maintaining balance is the primary goal in my life. That is why I follow the expertise of Dr. Life.â • (Cesar Millan TV Star and Dog Behaviorist)

Jeffry S. Life, M.D., Ph.D., is the bestselling author of The Life Plan and Mastering the Life Plan. At a vibrant seventy-five years old, he is in great shape, still practicing medicine, and at the top of the healthy aging field. In 2012 Menâ™s Fitness magazine chose him as one of the top twenty-five fittest men in the world. He has been featured in The New York Times, Los Angeles Times, and Esquire magazine, as well as national TV shows, including The Doctors, Steve Harvey, and The Dr. Phil Show. His private practice is located in Las Vegas, Nevada, where he lives. His website is DrLife.com.

My wife got this for me at the library because she knows I've been struggling to find a way to lose weight. I've joined her on Weight Watchers and that worked for awhile but I couldn't stick to it. This book, however, is changing that. For the first time, someone is explaining to me not only what to eat, but why. That's extremely important because once you understand, for example, what sugar is doing to your body, you want to avoid it like the plague. (In fact, let's just start a new cliche: avoid it

like sugar!) It's not heavy on medical terminology but explained in a way that anyone can understand. But I would not call this a "diet" in the traditional sense most people use the word. Dr. Life describe a whole eating makeover by explaining what's good, what's not, what your body needs, and why. The nice thing: the food plans are easy to follow because they help keep you feel full. After the first week I was down 12 pounds and 1 1/2 inches off my waist. Arguably that's the easiest phase to lose weight in but still it was super encouraging. And this from someone who is north of age 50 and "just a touch" over the BMI line for obesity. (At least I was - now I'm below it for the first time in forever!). And knowing that the first part is the toughest to follow in terms of establishing new habits and reducing sugar cravings means that the remainder should be just as easy to follow. I'm not crazy about all of the food suggestions - everyone has their likes and dislikes - but it's easy enough to substitute from one day to the next. I will say this - all my food now comes with extra intensity. I don't know if it's because I'm hungry when I eat or because I've essentially knocked out the process foods (which is easier than you think) but it seems like everything is double tasty. I'm anxious to move on to adding more exercise because I feel great and have lots of energy. If there is any complaint it is that there's not a lot on exercise in here. So I'm not sure when I can begin adding and still stay on plan. I purposely avoided exercise in the beginning - but with my energy levels where they are, I can't see why I can't test the limits. Other than that, I recommend it for guys 40+ who are interested in getting on a food track they can follow. I recommend it for anyone who wants to understand how toxic our processed foods have become and why eating less processed foods is better.

Love the Life Plan Diet! You really lose your craving for processed foods and crave foods that are better for you! If you want to lose belly fat fast and lose your cravings for the bad foods this is a great way to go!

Dr. Life expands on this original "Life Plan". Excellent ideas and tips. If you truly want to improve not only your health but also your physical appearance and quality of life, follow the Life Plan!

I read this book then went out and plunked down \$5250.00 for a home Pilates machine, finally a book written for men, and the food rec's are to our consumption level vs. starving. I'm never hungry, everything in here is portable - i.e. all the food you can pack in one cooler and carry with you (all day or on the road). Yes if you want to look like Dr. Life, you can do it, but you have to be dedicated. I've lost 15 pounds and am beginning to get ripped and I'm only doing about 1/2 of his suggestions. This

book is the baby steps to get us up and running then sprinting to look and feel great. (No you don't have to go buy a Pilates machine (apparatus) most gym's have them and the training is usually cheap when done in groups. Pilates Apparatus for me is a life time investment for my scoliosis and most of my pain is now gone) so if I live another 30 years - that's only \$175.00 a year! Thanks to Dr. Life, I'm on my way to a total package...

Well I lost 10 lbs the first 10 days and not really starving. Spare tire deflating slowly. Put your blinders on and stay away from the center aisles. As an aside, it's a good thing folks don't cool their pies on the windowsills any more. lol

Not impressed.

Another diet book. Nothing new. Promotes being a vegan which doesn't work for me.

Great book. I need to look at my own diet harder and follow more of his recommendations; I'm almost 60 with three Granddaughter's and my health is very important and this book is a very smart first step and it lays out solid information.

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