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Dr. Sears' High Speed Fat Loss in 7 Easy Steps

MD, CCN Dr. Al Sears

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Dr. Sears' High Speed Fat Loss in 7 Easy Steps MD, CCN Dr. Al Sears
Dr. Sears busts the biggest fat-loss lies. You'll learn why counting calories won't help you lose weight, eating fat won't make you fat, and traditional exercise won't keep you lean and trim. High Speed Fat Loss in 7 Easy Steps retgurns you to your native diet and makes hittting your ideal weight a sure thing. Dr. Sears uses these same techniques to slim down his patients. Many make double-digit drops in their first month: 12, 18 even 22 pounds of fat loss in the first 30 days! Within minutes you'll put these easy-to-understand principles to work and effectively burn fat, even if nothing has worked for you in the past.

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