

Choose to Lose: The 7-Day Carb Cycle Solution - 224 pages - 2011 - Chris Powell - 9781401304003 - Hachette Books, 2011

Each day, those struggling with their weight reach out to us wanting to know how they too can lose the weight! Can we come to their city and their home to help them? We don't want a single person to wait on someone else to take back their life so we have taken our arsenal of weight loss tools and put them into one place so that you too, can begin your own transformation journey! In Choose to Lose, you'll find fast and easy workouts, diet guidance, basic recipes and insight into finding the true transformation mindset. Our easy-to-follow Carb Cycle Solution contradicts everything you've heard about avoiding carbohydrates in an attempt to lose weight. Not only are you encouraged to eat carbs, but Chris shows you how to use them to amplify your weekly weight loss. Cycling the carbs makes all the difference. I lost inches in the midsection within a few weeks and can now fit into size 8 skinny jeans. And I didn't have any cravings. This is amazing. This is a great book explaining how you can carb cycle and also eat healthy. I like what Chris talks about and the exercises that he has in the book are great for any beginner and intermediate exercisers to start moving and do things at home. It works! As far as fitness and eating correctly, this book is a great help. Costs and Expenses. Choose to Lose: The 7-Day Carb Cycle Solution retails at \$24.99. Buy this book from Amazon. Pros. Encourages consumption of a variety of healthy foods. No need to completely eliminate any foods. Carbohydrate and calorie cycling diets, such as the one outlined in Choose to Lose: The 7-Day Carb Cycle Solution, tend to produce relatively fast and effective weight loss, while boosting the metabolism for long-term results. Choose to Lose involves a fairly regimented diet plan, however the inclusion of cheat meals and the alternating carbohydrate allowance, may make it easier for many dieters to stick with the program, thus enhancing the likelihood of successful outcomes. By Mizpah Matus B.Hlth.Sc(Hons). Find many great new & used options and get the best deals for Choose to Lose : The 7-Day Carb Cycle Solution by Chris Powell (2013, Trade Paperback) at the best online prices at eBay! Free shipping for many products! Chris Powell is renowned as the fitness expert who helped one man lose 28 stone - an extraordinary achievement that grabbed headlines in the Daily Mail, Daily Telegraph and Daily Mirror. Now he follows up with Choose to Lose, a helpful, motivating fitness book, filled with exercises, nutrition tips and motivational advice to help anyone lose those last 20 pounds. As well as educating, guiding, motivating and calling readers into action, Choose to Lose also captures the realities of weight loss and the fitness journey, both good and bad. Listen Free to Choose to Lose: The 7-Day Carb Cycle Solution audiobook by Chris Powell with a 30 Day Free Trial! Stream and download audiobooks to your computer, tablet and iOS and Android devices. Powell's easy-to-follow Carb Cycle Solution contradicts everything you've heard about avoiding carbohydrates in an attempt to lose weight. Not only are you encouraged to eat carbs, but he will show you how to use them to amplify your weekly weight loss. By cycling between high-carb and low-carb days, your body will alternate boosting metabolism one day and burning fat the next. You will never feel deprived of the foods you love because you can fine-tune the solution to suit your needs.