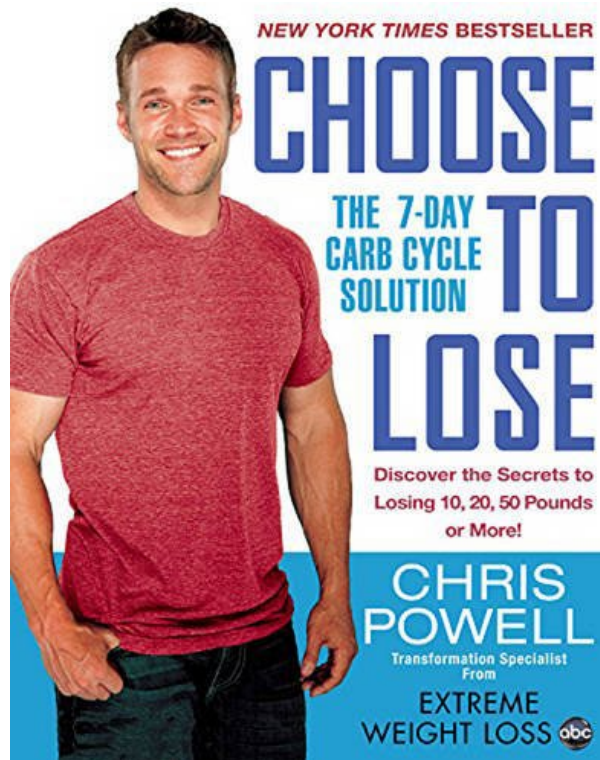
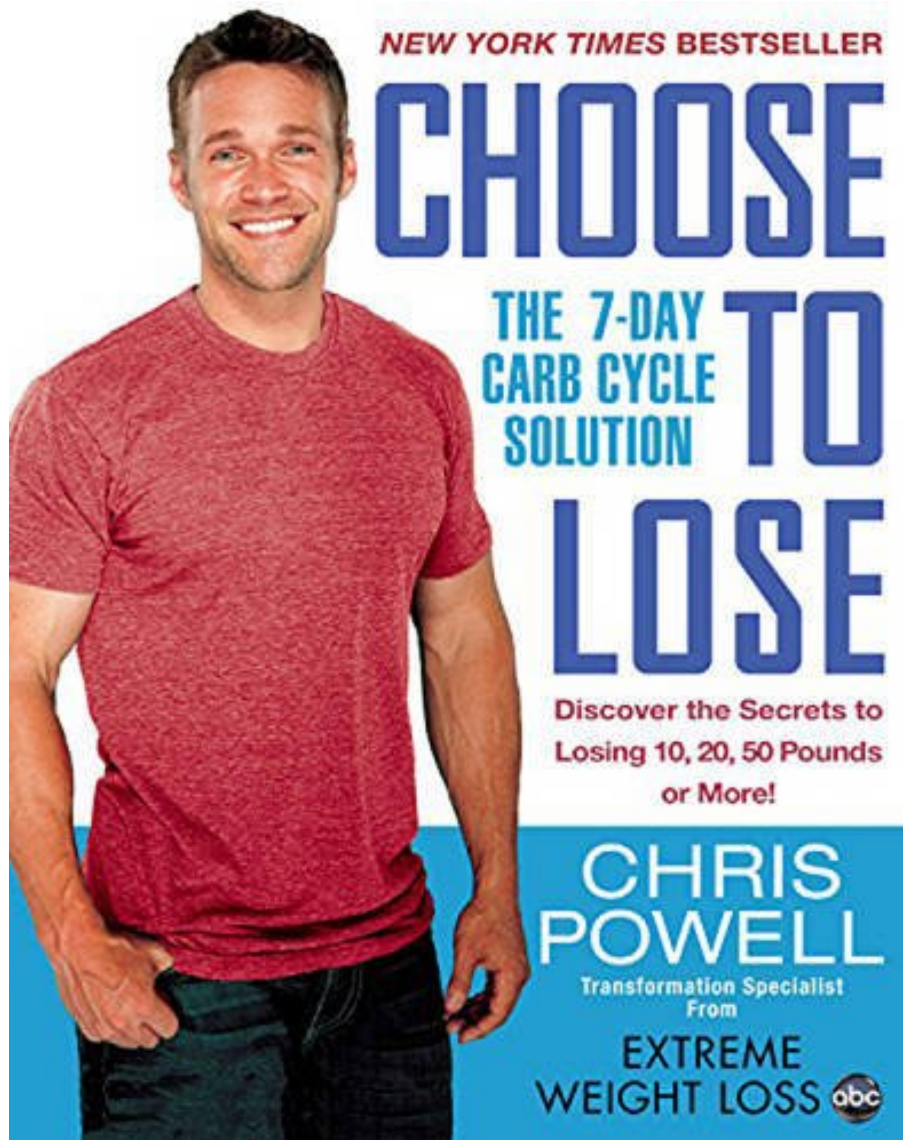


# CHOOSE TO LOSE: THE 7-DAY CARB CYCLE SOLUTION BY CHRIS POWELL



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## About the Author

Chris Powell is the star of ABC's primetime show, *EXTREME WEIGHT LOSS*. Chris holds a degree in Exercise Science, with concentrations in biomechanics and physiology and the training accreditation: The Certified Strength and Conditioning Specialist (CSCS). He is a regular contributor to "Good Morning America" and "The Doctor Oz Show;" he has been the Transformation Pro on KTVK's "Good Morning Arizona" for the last eight years delivering tips, shortcuts, and tricks of the trade to the largest news viewing audience in Arizona. He came to national attention through a documentary on David Smith--the man who experienced the fastest natural weight loss in recorded history, dropping 400+ pounds in 26 months with Chris Powell as his advisor and trainer.

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# **CHOOSE TO LOSE: THE 7-DAY CARB CYCLE SOLUTION BY CHRIS POWELL PDF**

From celebrated fitness trainer Chris Powell, star of ABC's **EXTREME WEIGHT LOSS**, comes this inspirational weight loss book to help anyone conquer their weight. You've seen him change lives on television. Now, in **Choose to Lose**, Powell presents fast and easy workouts, diet guidance, basic recipes, and insight into finding the true transformation mindset. Following his **Carb Cycle Solution**, you can drop pounds safely and quickly while learning how to listen to your body to optimize your overall health and fitness. Powell's easy-to-follow **Carb Cycle Solution** contradicts everything you've heard about avoiding carbohydrates in an attempt to lose weight. Not only does Chris encourage you to eat carbs, 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. Powell gives you complete control over your nutrition plus plenty of opportunities to indulge, and offers many delicious recipes to help you stay on track. If you work it, the **Carb Cycle Solution** may very well work for you--for the rest of your life. With detailed exercises and accompanying photographs, as well as guidelines on how to revamp your environment, support system, and more, Powell not only shows you how to lose pounds, but also works with you as a coach and mentor, teaching you how to finally take control of the incredible machine that is your body. His words of encouragement will be there day after day as you build unstoppable momentum, guiding your body toward your ideal weight. Great physical change begins with a psychological one: Change your mind, change your body. - EAT MORE CARBS

- BURN FAT
- BUILD MUSCLE
- QUICK-FIX RECIPES
- NO GYM REQUIRED
- CHEAT EVERY OTHER DAY

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- Used Book in Good Condition

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447 of 479 people found the following review helpful.

Time Will Tell....

By Amazon Customer

I started this program a week ago in an effort to lose the remaining 15 pounds on a 30 pound weightloss goal (after 3 kids in 5 years). I lost the first 15 on a coordinated weight loss program (one of the big ones) that was basically 100% carbs and all processed foods. Losing the first 15 was difficult, but doable. At 15 pounds, I plateaued and haven't been able to lose more. Given the expense of the other program, I decided to try my hand at doing it myself and also wanted a program that incorporated more whole foods. I'm impressed with Chris Powell's book so far. Unlike another reviewer's comments, I didn't find it a chore to read at all. It's very straightforward and easy to read and makes a lot of sense. I agree with the other reviewer that it's nothing you don't already know. The program consists of 7 days cycling on and off low and high carb days. For those who have done Atkins and the like, low carb days don't mean all you can eat avocado, sour cream, cheese, etc... Fats are limited on low carb days and prohibited on high carb days. High carb days allow for complex carbs only. The plan is also very vegetarian-friendly (for people like me). It's not often that you come across a diet book that mentions almond milk, textured vegetable protein and tempeh. Whereas other low carb Atkins-like programs are virtually impossible for vegetarians to follow, this plan is not at all.

Unlike others, I've not lost 6 lbs in 7 days (how does ANYONE do that??). But, I will say, that after spending 2 months at the same weight on the other diet plan I was following, I lost .6 lbs the first week of following the Choose to Lose plan. I am someone who eats healthy anyway and works out 4-5 days a week for 45 minutes each time. I would expect that people who were largely inactive and eating poorly prior to following this plan would see greater weight loss the first few weeks. I view any movement downward as being in the right direction. Plus, this plan has such great variety in what you can eat and the fact that it alternates daily helps to keep you out of the dreaded dieters' eating rut where you eat the same things over and over. Whether the claim of carb-cycling revving up your metabolism has any scientific merit is irrelevant if the plan helps people achieve their weight loss goals. Mr. Powell presents himself as a likable guy whose results with hugely overweight people cannot be denied.

I would recommend this book to anyone who is looking to adopt a weight loss program that focuses on healthy eating. It does require you to shop for your own food and prepare it yourself. So, if you want to drink a pre-mixed shake full of chemicals 3x a day, this program isn't for you. However, if you're looking to get a well-rounded plan that focuses on whole, non-processed foods, this is a great place to start.

335 of 385 people found the following review helpful.

The Easiest, Most Sensible Plan I Have Ever Tried

By Nia

My husband and I started this program on Sunday, 1/1/12. I have been struggling with weight for some time and have yet to find a program that made sense to me until now. The exercise regimen is quite simple despite the fact that I am currently unable to walk without the assistance of crutches and have to use a wheelchair for long distances. I am still, however, able to do the exercises--albeit modified a bit to suit my present condition. The eating plan is wonderful. It took us about 2 days to really get an understanding of it and that

was it (note: it helped to write out planned meals to get a sense of how much we should be consuming). We eat well-rounded nutritious meals every day! We totally have been enjoying our cheat meals to the fullest--with no negative effects. When I diet, I always feel anxious about being hungry and missing my delicious junk food (pizza junkie), we both, however, feel completely full through the day--so much so that we struggle to get through our last meal of the day.

Another benefit of the program I have noticed is improvement in sleep quality. I use to have difficulty sleeping and would wake up feeling exhausted, but by day 4, that started to change. I had the best sleep I have ever had in some time yesterday. I actually woke up feeling refreshed. I already feel my clothing loosening and my stomach has flattened considerably. My husband, who hates the idea of dieting, who loves his coffee (6 cups a day for about 10 years) and who can't live without dessert, is doing wonderfully on it. He actually managed to stop relying on caffeine. He has stopped drinking coffee; stopped taking "no-doz" and hasn't touched an energy shot all week. He went into the program sure that he would need his caffeine and although the first day he craved it, he realized by day two that he didn't feel like he needed it.

I intended to wait a bit before posting a review, but this has been the best week I've had in a long time while trying to lose weight, and I just wanted to give credit where credit is due. When I have reached my goal weight, I will provide an update. I am scheduled to weigh myself tomorrow and based on how I feel and how loose my clothes are, I am sure the numbers are great.

Thank you, Chris Powell!!

71 of 80 people found the following review helpful.

AWESOME easy to follow REALISTIC diet!!!!

By Nikki Futato

I started this diet weighing 230 lbs this March...It is almost July and I am now 170!! I have 4 kids. A 4 year old, 3 year old, and 1 year old twins. I also am a full time student. If you don't have a lot of time for exercising get his workout DVD...his shredders are on there! If you are faithful with the diet and exercise and DON'T skip a meal you should lose the pounds!!!

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