

## THE BOOK SHRED BY IAN SMITH%0A

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Dr. Ian Smith is the author of the #1 New York Times bestselling books, SHRED: THE REVOLUTIONARY DIET, and SUPER SHRED: The Big Results Diet, and BLAST THE SUGAR OUT. Dr. Smith's highly anticipated newest book, The Clean 20, became an instant New York Times best seller, helping hundreds of thousands of people reduce bad sugars from their diet, lose weight, lower blood sugar levels, and cut the cravings.

Books by Ian K. Smith (Author of Shred)

Ian K. Smith has 20 books on Goodreads with 9926 ratings. Ian K. Smith's most popular book is Shred: The

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IAN K. SMITH, M.D., is the #1 bestselling author of The

Fat Smash Diet, Extreme Fat Smash Diet, The 4 Day Diet

and Eat. He is a co-host of the television show The

Doctors, a medical contributor to The Rachael Ray Show,

and host of the nationally syndicated radio show

HealthWatch.

**SHRED by Dr. Ian Smith**

Dr. Ian K. Smith's Shred is the answer to every dieter's

biggest dilemmas: how to lose that last twenty pounds?

How to push through that frustrating plateau? What to do

when nothing else is

**The Shred Diet Cookbook - Dr. Ian Smith**

The Shred Diet Cookbook - Dr. Ian Smith

<http://amzn.to/1Ayhd29> The Shred Diet cookbook is the

answer to many of us on diets that desire to eat great food

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Super SHRED (2013) is a 4-week very rapid weight loss diet, written by Dr. Ian Smith of The Doctors. It's a follow-up to the SHRED diet. Use this page as a cheat sheet alongside the book. Send this page to friends, family, and anyone else who you want to understand what you're eating on this.

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Shred also introduces Dr. Ian's concept of "Diet Confusion". Diet Confusion, like muscle confusion, tricks the body and revs up its performance. In the same way you need to vary your workout to see results, switch up your food intake to boost your metabolism.

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Ian K. Smith, M.D., #1 bestselling author and diet guru, has created a revolutionary 6-week plan that combines meal spacing, snacking, meal replacement, strategic exercise, and "diet confusion". SHRED will rev up your body's performance, boost metabolism and shred excess weight permanently.

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