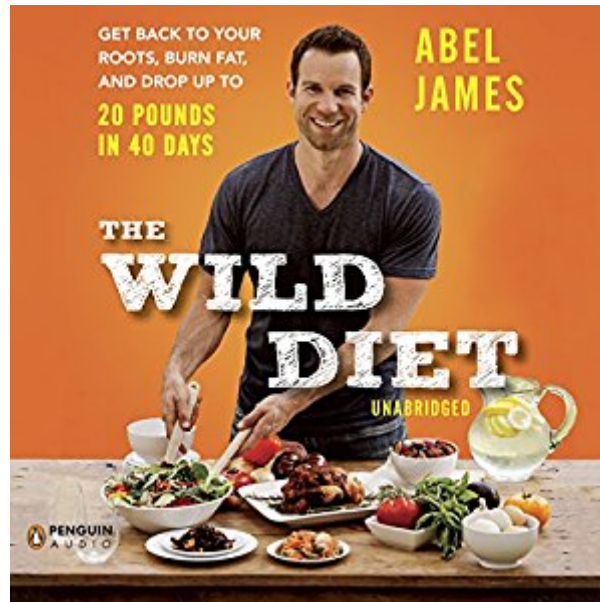


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The Wild Diet: Get Back To Your Roots, Burn Fat, And Drop Up To 20 Pounds In 40 Days



Synopsis

The creator of The Fat-Burning Man Show shares his revolutionary Paleo-inspired weight-loss program. Every month, half a million visitors download The Fat-Burning Man Show, eager to learn the secret of Abel James's incredible weight-loss success. Growing up on a defunct farm in the backwoods of New Hampshire, James had easy access to a host of natural foods that a backyard garden could provide: eggs, fresh produce, and real butter. But as he got older, he started eating a "modern diet" of processed foods, and by his early twenties, James found himself with high blood pressure, insomnia, acne, digestive problems, and love handles. Following the typical dieting advice of "eat less, exercise more," and despite running thirty miles a week and nibbling tasteless, low-fat, low-calorie food, his health only worsened as his waistline expanded. In an effort to gain control of his health, James dug deep into nutrition research and discovered that everything he'd been told about low-calorie eating was wrong. He realized that our bodies are wired to eat luxuriously-and burn fat-as long as we're eating real, natural foods that are grown on a farm and not in a factory. Incredibly, after just a few days of eating the most delicious "wild" foods that were rich in fat and fiber, James's health problems began to disappear. And after forty days-and radically cutting back his exercise routine-he had lost twenty pounds. The Wild Diet is the book James's hundreds of thousands of fans have been clamoring for. At a time when our collective health is failing, James sounds a clarion call to announce that good health doesn't live in a pill, exercise program, or soul-crushing diet. The secret is simply getting back to our wild roots and eating the way we have for centuries. Includes a bonus PDF of meals and recipes from the book. A leading voice in new media, Abel James is a bestselling author, musician, and talk show host. As the #1 most popular health podcast in 8+ countries, Abel's award-winning show, Fat-Burning Man, has helped millions reclaim their health with real food, cutting-edge science, and primal workouts. When his cooking app, Caveman Feast, bested The Food Network, Nickelodeon, and even Angry Birds with more than 1,000 5-star reviews in the 24 hours, Abel became the first independent publisher ever to hold Apple's #1 food app and #1 podcast at the same time.

Book Information

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Audible Audiobooks > Health, Mind & Body > Diet & Nutrition

Customer Reviews

I pre-ordered this book but waited to write this review because I wanted it to come from someone who has walked the walk. Bottom Line Upfront: July 12th - 184 pounds / September 13th 170. I'm 49 years old, and I'm just a regular guy. In the 90's I had great success with Body For Life and in the 00's with P90X. But the problem of course was that these programs were about exercise combined with denying yourself the pleasures of food. My pantry was stocked with imitation this, sugar free that, substitute this, diet that, fat-free this... you get the picture. Try as I may, I could not brainwash myself to look at eating as just another daily routine for health and maintenance like flossing. With the Wild Diet I'm enjoying whole cream-line milk, grass feed butter. grass fed steak, eggs from all sorts of fowl, bacon, mounds of greens, and fruits and nuts. And the desserts - after a hard day of work, imagine heading home to an amazing carrot cake waiting for you. Oh and my cholesterol - it was already pretty damn good - it got better. You'll love how the Wild Diet slowly removes cravings, especially for what you used to think of as delicious. In my pre-Wild days I used eat a slice of red velvet cake 3-4 times a week. Last week, I tried and found my body almost convulsing halfway through. The Wild life is not just about enjoying natural awesome foods, it's about getting out and living a natural awesome life. You don't need to physically suffer to get Wild-fit, just as you don't need to deprive yourself of pleasurable food. What I find so cool about The Wild Diet is its heart. Remove the book jacket and you'll find two simple initials - AJ - embossed on the cover. As you read, you may come to suspect that this is in many ways Abel's private journal.

I was (still certified) a personal trainer after losing 85 pounds on weight watchers. I struggled everyday to lose the weight and to keep it off. I do not want to discredit weight watchers because I DID lose the weight. But, I was eating low-fat yogurt, labeled fat free Oreos (LOL) etc etc etc and I was ALWAYS STARVED trying to stay under my goal! Then, I continued this way of eating and kept the weight off (barely because I fluctuated like 20 pounds constantly). Then, I had to take a break from training for a while because of a hysterectomy (and a dead metabolism to go with it), another

injury, and to focus on my boys starting sports. BAM! I gained 25 pounds in what seemed like overnight! Even though I was counting every calorie, fat gram, carb gram, protein gram, and still working out. I knew what I was doing and how to do it, why wasn't it working?! I first heard about Abel James and this diet on a Facebook post by Shaun T, where he calls Abel about the butter coffee and tries it on the video about 3 weeks ago. Then went to my local small town coffee shop where they already had people ordering the coffee and were stocked with grass-fed butter and MCT oil! I felt behind the times! LOL! I began researching it and why people drink it, etc etc etc. Then, I watched a few of the free podcasts and really saw how Abel was so different from all these "fad" fitness people. He's so straightforward! He tells you that you are wasting your time with people trying to sell you something (which I knew as a trainer to be true). I purchased this book and was hooked on page 2!!!! Abel really gives all the facts and all the science (with comments between that make me literally laugh out loud)! I swear I talk about this book, Abel, and this diet daily to everyone I know!

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