



The Life Plan Diet: How Losing Belly Fat is the Key to Gaining a Stronger, Sexier, Healthier Body

Jeffry S. Life M.D. Ph.D.

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Lose the Belly Fat, Become Heart-Healthy, and Look and Feel Years Younger

For most men, having six-pack abs seems like an impossible goal. But look no further than Dr. Jeffry Life, who transformed himself from an overweight fifty-nine-year-old with low sex drive, sky-high cholesterol levels, and borderline diabetes into the picture of health. Best of all, he's been able to maintain his physique for more than fifteen years. His journey has inspired thousands of men across the country. Now it's your turn to follow his path toward total wellness.

The bestselling author of *The Life Plan* and the popular face of anti-aging medicine has one simple message: Any man can lose significant amounts of weight and keep those pounds off permanently. Well-defined abs are the hallmark of good health, and *The Life Plan Diet* will show you how to lose the belly fat so that you can not only find your six-pack, but more important, lower your risk of heart disease, step off the blood-sugar roller coaster, and ignite your sex life.

This groundbreaking diet book offers a four-tiered approach to losing weight without strenuous exercise. It features:

- a jump-start diet that puts men on the right track with quick results
- a basic health diet that optimizes blood sugar levels by eating plenty of the right foods all day long
- a fat-burning diet that powers through weight loss plateaus to let you continue to lose weight week after week
- a heart-health diet for men who want to lose weight and reverse heart disease

This simple program doesn't require expensive equipment or difficult recipes with hard-to-find ingredients. Instead, it focuses on teaching men over fifty how to increase metabolism and shed real pounds. Packed with easy everyday menus and rules for eating out, tips for enhancing muscle mass and bone strength, foods that naturally increase testosterone levels and growth hormone, and good food habits for optimizing brain function, *The Life Plan Diet* is a proven and wildly successful method to help men over fifty lose weight and remain vital.

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