



# Shred: Una dieta revolucionaria (Spanish Edition)

*Ian K. Smith*

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**SHRED es un plan de dieta revolucionario que te ayudará a perder peso, tener más confianza en ti mismo y mejorar tu bienestar físico general.**

**¡14 semanas en la lista de libros más vendidos de *The New York Times* y 5 en primer lugar!**

A diferencia de otros programas que se enfocan simplemente en cuántas libras se han perdido a la hora de pesarse, SHRED también mejora otros factores de salud como la reducción del riesgo de hipertensión y diabetes, además de que aumenta los niveles de energía. Un problema fundamental que tienen muchos planes de dieta es que, si bien ayudan a perder peso, son tan extremos, difíciles o incómodos, que hacen que sea imposible para una persona seguirlos a largo plazo. Este no es el caso de SHRED: la gran mayoría de las personas encuestadas que probaron con las primeras versiones del programa comentaron repetidamente que, a diferencia de otros planes que habían puesto en práctica, se podían ver siguiendo SHRED por el resto de sus vidas.

SHRED es un programa de seis semanas. Usted puede seguirlo por más tiempo, pero esas seis semanas se consideran como un ciclo. De acuerdo a los miles de TRITURADORES que han probado el programa y nos han dado su opinión, la pérdida de peso promedio de un ciclo oscila entre 18 y 25 libras. Una vez concluido el ciclo inicial de seis semanas, si tiene que bajar más libras, el programa está concebido para que pueda iniciar otro ciclo. Después del primer ciclo, usted puede organizar las semanas del nuevo ciclo de la forma que le sea más conveniente.

Las seis semanas del ciclo de SHRED

1. Preparación
2. Desafío
3. Transformación
4. Ascenso
5. Purificación
6. Cambio total.

Entre los programas que tienen altos niveles de resultados, **SHRED es uno de los más fáciles de seguir.**  
**¡Anímese!**

**ENGLISH DESCRIPTION** 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 working? Here, Smith has created a weight loss program that uses all he knows about strategic dieting in one plan--like putting all the best players on the field at once to create a can't lose combination. Shred combines a low GI diet, meal spacing, and meal replacements. Those who follow Shred will constantly be eating (every three and a half hours!), four meals or meal replacements (soups, smoothies, shakes) and 3 snacks a day, over a six week program. 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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