



Why The 8 Hour Diet Isn't Working For You

Girard Sullivan

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What You've Been Promised Doesn't Actually Work

Can you eat whatever you want and expect to lose weight? Do the authors of The 8 Hour Diet make their conclusions on research that is applicable to humans? Can I expect to live longer because of their recommendations?

The short answer to all these questions is no. Through a thorough scientific review, I explore reasons why you're not experiencing the kind of results you expected. In a manner that all can understand, I discuss why The 8 Hour Diet contradicts basic nutritional principles, neglects to take into account human origins, and makes the mistake of thinking that preliminary rodent research can be used to make recommendations to humans fighting weight loss problems.

Great Marketing, Poor Science

David Zinczenko claims, through rigorous scientific research, to have found a paradigm shifting weight loss plan. What's the alleged secret to trimming waistlines, ending obesity, preventing heart attacks, stopping cancer, and prolonging human life expectancy? Restricting what you eat to an 8-hour period. Sounds ridiculously simple right? Unfortunately, like most popular fad diets, the claims of The 8 Hour Diet do not hold up to meticulous scientific scrutiny.

Learn From Actual Experts

People need real science to combat real world problems. After highlighting fundamental flaws in The 8 Hour Diet's reasoning, I point you to experts in the intermittent fasting community where you are assured to learn real science, which will deliver tangible results for your weight loss battles.

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Nicholas Tapia:

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Trent Gibson:

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Ann Macdonald:

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