



The Ultimate Diet REVolution: Your Metabolism Makeover

Jim Karas

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#1 *New York Times* bestselling author and fitness expert Jim Karas reveals the surprising truth about your metabolism, and how you can change it forever, following the radically different weight loss and fitness plan he calls The Ultimate Diet REVolution.

In *The Ultimate Diet REVolution*, the ever iconoclastic Jim Karas reveals little-known truths about human metabolism. Dismissing the latest cleansing and detoxing trends, he teaches you how to transform your metabolism and blast-through calories.

But as Karas makes clear, it's not just about losing weight—it's about shedding fat. Using his high-octane REV exercise plan, easily tailored for individual needs, you will build the long, lean calorie burning muscles you need to lose inches and keep them off. Tailored to work in balance together, the REV eating plan is the perfect ingredient to supercharge the REV exercise program.

Feel more energetic, reduce your stress, and increase your oxygen flow and strengthen your body and your brain with this REVolutionary plan tailor-made for anyone looking for real and rapid results and lasting change in their lives.

The Ultimate Diet REVolution features 50 photographs.

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