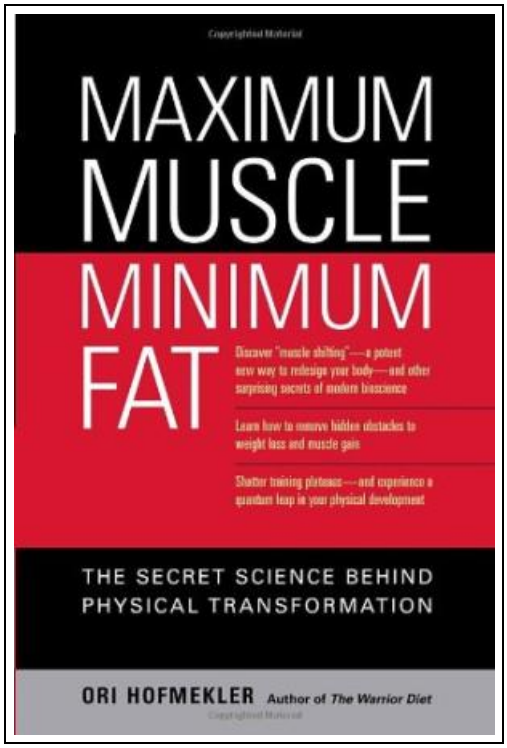
Maximum Muscle Minimum Fat: The Secret Science Behind Physical Transformation



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North Atlantic Books,U.S. Paperback. Book Condition: new. BRAND NEW, Maximum Muscle Minimum Fat: The Secret Science Behind Physical Transformation, Ori Hofmekler, "Maximum Muscle Minimum Fat" challenges common diet and fitness concepts. Cutting through the confusion of claims, speculations, and pseudo-science often associated with modern diets, fitness, and bodybuilding, the book reveals the true fundamental biological principles of muscle gain and fat loss. In view of the current epidemic of obesity, diabetes, hypertension, and other disorders associated with inactive lifestyles, the purpose of this book is to shed new light on the distinct way in which muscle and fat tissues operate and to assist people in making responsible decisions about how to go through a physical transformation becoming leaner, stronger, and healthier.This book leads to the revolutionary conclusion that there is a single overriding biological principle that dictates whether muscle gain or fat loss can possibly occur. The benefit of understanding this very principle goes far beyond just gaining muscle or losing fat. Topics featured in the book include how under-eating and fasting can trigger an anabolic switch that stimulates growth and rejuvenation; how to reengineer the body at the cellular level to burn fat and build muscles; how to naturally manipulate the body's hormones for rapid muscle fusion and faster fat breakdown; how to take advantage of hunger to stimulate growth, burn fat, and boost brain power; how to change muscle composition and to dramatically increase fuel utilization and energy output; how to turn insulin into a muscle builder instead of a fat gainer; and, how to shatter training and diet plateaus-and experience a quantum leap in physical development.

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