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Shred has taken the internet by storm, and thousands have already joined Dr. Ian's Shredder Nation, losing an average of four inches, two sizes or twenty pounds in six weeks. Utilizing the detox from Fat Smash Diet , the intense cleanse of Extreme Fat Smash , and varying food of The 4 Day Diet , Shred is a six week plan to a new way of life!

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will help you lose inches and pounds. The Shred Book combines meal spacing to avoid hunger and keep your energy up, a low GI diet ...

Shred: The Revolutionary Diet: 6 Weeks 4 Inches 2 Sizes

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Shred: The Revolutionary Diet : 6 Weeks 4 Inches 2 Sizes ...

The Shred Diet: Lose 4 Inches and 2 Sizes in Just 6 Weeks! Pt 1. Dr. Oz talks to weight-loss expert Dr. Ian Smith about his breakthrough diet that will help you shred fat fast. Learn how to trick your metabolism into burning more calories and you'll lose 4 inches and 2 sizes in just 6 weeks!

The Shred Diet: Lose 4 Inches and 2 Sizes in Just 6 Weeks ...

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