



Underground Bodyopus: Militant Weight Loss & Recomposition

Daniel Duchaine

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A Diet Book for People Who Aren't Fat? Popular diet and exercise programs (we don't need to name names) are designed to get you back to normal, to ordinary. But what if you want to become extraordinary? What do you do then?

In this innovative book, Dan Duchaine, the internationally-known bodybuilding "guru" will teach you all of the secrets from his 12-year career as a professional body confidante. You'll learn what the world's top bodybuilders do to get lean and ripped - from thermogenic aids, thyroid hormone, and anti-catabolics to protein selection and macronutrient ratios.

As a special bonus, BODYOPUS, includes the top 50 drugs for dieting, and a special section on diuretics for bodybuilding competitions. BodyOpus Weight Loss and Recomposition will show you how to realize your dreams. This will be your diet bible for the rest of your life!

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