



## ***The 3-Hour Diet*™ Book Jacket Copy**

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**LOW-CARB DIETS *DON'T* WORK FOR YOU?  
WELL, YOU'RE NOT ALONE.**

Fad diets – especially low-carb diets – do not work, long-term. Just look at the science. These trendy “plans” usually end up making you fat. Why? **They cause you to lose precious fat-burning lean muscle.** And that slows down your metabolism and speeds up your weight gain. But with the 3-Hour Diet™ you will lose two pounds every week, starting first with belly fat.

The key is to reset your metabolism with Jorge’s revolutionary Visual Timing™ formula that has already helped millions of his online clients. This secret allows you to eat anything by ensuring you automatically eat every three hours. Based on the latest science, this plan will also reduce the stress hormone cortisol, which is responsible for stubborn belly fat. Imagine preserving your metabolism, having a flat belly, and never depriving yourself of the foods you love. So get ready to start losing **two pounds every week** by eating the foods you rally love, such as bread, pasta, chocolate, and even fast food. No foods are off limits with the 3-Hour Diet™

It’s time to lose weight and bring back the *joy* of eating.

Finally – a diet plan that lets you eat what you really want and that actually works long-term! Jorge Cruise introduces a revolutionary diet and lifestyle plan that will shed the pounds for good. The answer is not in a grapefruit diet, a cabbage-soup diet, and certainly not in a low-carb diet. Although low-carb diets produce short-term weight loss, nutritionists and medical authorities are now recognizing that the results are not sustainable and can even lead to *serious* health issues.

What is the solution? Jorge Cruise’s all new groundbreaking 3-Hour Diet™ plan reveals that *timing* is the secret. Losing weight and keeping it off is not only about what you eat but *when* you eat. **Knowing when to eat resets the body’s metabolism and turns off**

**its “starvation protection mechanism,” ensuring that fat is released and fat-burning muscle preserved.** So get ready to lose two pounds every week using *The 3-Hour Diet™* - with no carb counting, no calorie counting, no starvation, no deprivation, and no exercising.

*The 3-Hour Diet™* includes:

- A recipe guide with options for breakfast, lunch, dinner, snacks, and delicious treats from a range of homemade, frozen, and fast-food choices.
- A 28-day visual eating planner to promote organization and accountability in meal planning.
- Tips and advice from Jorge’s clients on managing time and making meals on the go.
- A sample mini-week of “8 Minute Moves” for those who want to take health and fitness to the next level.

With his trademark easy-to-follow instructions, accessibility, and client success stories, Jorge Cruise’s *The 3-Hour Diet™* is a dynamite combination of proven success and medical innovation. Losing weight and keeping it off has never been easier!

JORGE CRUISE personally struggled with weight as a child and young man. Today he is recognized as America’s leading weight-loss expert for busy people. Jorge has also coached more than 3 million online clients at JorgeCruise.com and is the exclusive weight-loss coach for AOL’s 23 million subscribers. As “FitSmart” columnist for USA WEEKEND magazine, Jorge’s advice reaches more than 51 million readers across the country. Jorge is also *First for Women* magazine’s “Slimming Coach” columnist with more than 3 million readers each month. He has appeared on *Oprah*, CNN, *Good Morning America*, the *Today Show*, *Dateline NBC*, and *The View*.

**Visit [www.JorgeCruise.com](http://www.JorgeCruise.com) for your free weight loss profile.**