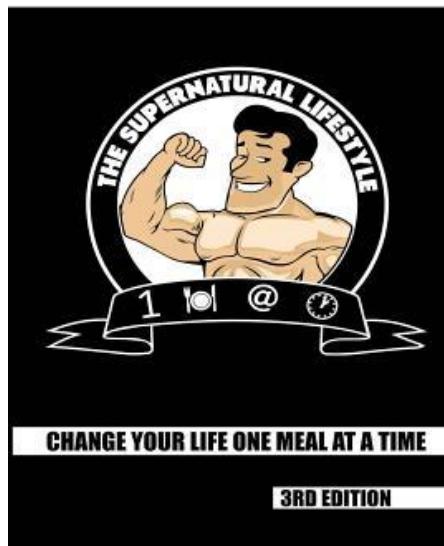


AARON W. REED



The Supernatural Lifestyle

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Aaron W. Reed is a prize-winning bodybuilder and former WWE pro wrestler whose intense self-study of nutrition led him to a powerful discovery. Strictly through "eating correctly," athletes can deliver top performance and create physiques beyond any goal. In *The SuperNatural Lifestyle*, Aaron takes readers on a journey that dispels food myths and answers an often-confusing question: "What should I be eating?" The solution is simple yet unbelievably dynamic. Eat whole foods and learn how to listen to your own body because the body is our wisest teacher. Aaron shares the principles he developed to naturally manipulate the metabolism to its best advantage through "eating correctly." In *The SuperNatural Lifestyle*, readers will discover: The importance of never combining sugars and fats How meal cadences can build an unbelievable physique Why it is so important to eat whole foods instead of "what have ya" How to manipulate your natural insulin spike for SuperNatural results The "secret" post-workout meal developed by Aaron for metabolic power How the body can naturally achieve good health Aaron's meal templates that can be individualized And much, much more *The SuperNatural Lifestyle ISN'T JUST FOR BODYBUILDERS*. It's for anyone who wants a better sense of wellbeing and high-level energy in a world where poor nutrition has become standard for most. Readers will find menu templates created by Aaron for everyone from those who don't exercise that often to "9-to-5ers" working toward optimum fitness. Aaron's goal is to start a Wellness Revolution. Join him. You will achieve success and good health that exceed your highest dreams."

The Supernatural Lifestyle Details

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