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[The 4 Day Diet - doctoriansmith.com](#)

Take weight off fast with Dr. Ian Smith's Customized 4 Day Diet Modules! You can follow The 4 Day Diet straight through for a month with stunning results.

Super SHRED diet by Dr Ian Smith (2013): Food list, what ...

Super SHRED (2013) is a 4-week very rapid weight loss diet, written by Dr. Ian Smith of The Doctors. It's a follow-up to the SHRED diet. Use this page as a cheat sheet alongside the book. Send this page to friends, family, and anyone else who you want to understand what you're eating on this

Menu for the 4 Day Diet by Dr. Ian Smith | LIVESTRONG.COM

The 4 Day Diet is actually not a diet at all, according to its creator Dr. Ian Smith. According to Smith, the average weight loss is 10 to 12 lbs per month on the diet.

Dr. Ian Smith, Best Selling Author, TV Personality, Physician

Ian K. Smith, M.D. Dr. Ian Smith is the author of the #1 New York Times bestselling books, SHRED: THE REVOLUTIONARY DIET, and SUPER SHRED: The Big Results Diet, and BLAST THE SUGAR OUT.

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the clean 20 [hardcover], very clever gut diet, healthy medic food for life and hidden healing powers of super & whole foods 4 books collection set

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Most people know Dr. Ian Smith for his great fitness and diet advice that come along with his best-selling books. But the medical doctor is also a novelist and his second mystery/thriller

Dr. Ian Smith: 'The 4-Day Diet'

Dr. Ian Smith, diet expert on VH1's "Celebrity Fit Club," discusses how to keep the weight off by changing your daily eating habits.