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## Stubborn Fat Solution

The Stubborn Fat Solution is the first book to scientifically examine the causes of stubborn body fat in extreme detail. From receptor type and number, blood flow, the propensity to both store and release fat, the physiology of stubborn fat is dissected in detail. The role of hormones and diet is also discussed.

**The Stubborn Fat**  
*Page 5/23*

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## Stubborn Fat Solution: Lyle McDonald:

**9780967145679 ...**

Like The Ultimate Diet 2.0, The Stubborn Fat Solution is aimed at lean dieters trying to achieve extreme levels of leanness. Dieters will not benefit from the approaches in The Stubborn Fat Solution until they are very lean. Men should be at 10-12% bodyfat and women at 15-17% before using the

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information in this  
book.

**The Stubborn Fat  
Solution -  
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True to its name, The Stubborn Fat Solution is the product of Lyle McDonald's years and years of research into why stubborn fat cells are so stubborn, and how to once and for all get rid of it.

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## **The Stubborn Fat Solution - What Study**

Lyle proceeds to give a solution to the problem: a specific exercise/supplement protocol designed to first mobilize, then oxidize stubborn fat. What he says makes perfect sense, and he backs up his statements with research.



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Stubborn Fat

**Solution Review Lyle  
McDonald - Lose Fat  
Gain ...**

On today's episode of The Meaningful Show Podcast, I'm joined by Lyle McDonald, author of The Stubborn Fat Solution Patch 1.1 (not to be confused with his original book with a similar title, The Stubborn Fat Solution). Lyle is a pioneer in the health and fitness industry; known for his

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science-backed  
bodybuilding blog:  
bodyrecomposition.co  
m

## **Lyle McDonald - The Stubborn Fat Solution**

The Stubborn Fat Solution is aimed at men who are already at 10-12% body fat and women who are at 15-17% body fat and want to go even lower. It isn't designed for people who need to

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Stubborn Fat  
lose a lot of weight.

This book is aimed at people who are already pretty darn lean and who want to get extremely lean and defined.

## **The Stubborn Fat Solution, Lyle McDonald's Latest Fat ...**

The Bodyrecomposition store brings you all of the books by Lyle McDonald on topics including fat loss,

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Stubborn Fat Solution  
sports nutrition and women's issues. ... The Stubborn Fat Solution. Rated 5.00 out of 5 \$ 27.00 - \$ 47.00 Select options; Stubborn Fat Solution Patch 1.1. Rated 5.00 out of 5 \$ 12.95 Select options; Ultimate Leanness Program

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McDonald protocol Vs  
Leangains stubborn fat  
protocols So, Been  
reading the above from  
Lyle. Also in my mind is  
Martin's article. One of  
Lyles protocols  
describes a 5 min  
warmup, 10 mins balls  
to the wall all out, 5  
min rest, then 45 mins  
moderate intensity.

**Stubborn Body Fat  
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McDonald protocol  
Vs ...**

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## Stubborn Fat Solution

In fact, in The Stubborn Fat Solution, I wrote (with a straight face no less) about the topic of whooshes and squishy fat. In fact, here's the chapter section from the book on that very topic. In fact, here's the chapter section from the book on that very topic.

### **Of Whooshes and Squishy Fat » Bodyrecomposition**

The exact origins of the

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## Stubborn Fat Solution

whoosh effect are unclear, but in a 2009 blog post, author Lyle McDonald shared an excerpt from his book, *The Stubborn Fat Solution*, in which he explained the concept of the whoosh: “ [Y]ou’ll be dieting and dieting and doing everything correctly with nothing to show for it.

## **What Is the Whoosh Effect and Is It a**

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**Stubborn Fat**  
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**Lyle McDonald - The  
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My Stubborn Fat  
Solution tackles the  
issue of stubborn



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## Stubborn Fat Solution

abdominal and hip/thigh fat. That was a 10 year project. I've also written about topics related to sports nutrition. My Protein Book is a complete work on the topic of protein nutrition for athletes.

**Lyle McDonald -  
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## **The Stubborn Fat Solution by Lyle McDonald**

In The Stubborn Fat Solution Lyle McDonald used the analogy of b2-receptors being

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## Stubborn Fat Solution

“accelerators” for fat loss and  $\alpha 2$ -receptors acting as “breaks” for fat loss. That’s the easiest way to think of them without getting too deep into the physiology.

### **Intermittent Fasting and Stubborn Body Fat | Leangains**

<p> The Stubborn Fat  
Solution<br>by Lyle  
McDonald<br><br>A  
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read, but remains in

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### **The Stubborn Fat Solution by Lyle McDonald | eBay**

Spend 6-8 weeks in a  
slight caloric surplus

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Stubborn Fat  
Solution

while training your brains out and gain some amount of muscle and fat. Now diet for 6-8 weeks and take the fat off while keeping the muscle. Do this in an alternating fashion over a year or two and you end up bigger and leaner.

### **An Interview with Lyle McDonald, Part II - Muscle Evo**

True to its name, The Stubborn Fat Solution

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**Stubborn Fat Solution**  
is the product of Lyle McDonald's years and years of research into why stubborn fat cells are so stubborn, and how to once and for all get rid of it.

## **Lyle McDonald - The Stubborn Fat Solution**

fThe Stubborn Fat Solution Lyle McDonaldf'This book is not intended for the treatment or prevention of disease,

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nor as a substitute for medical treatment, nor as an alternative to medical advice. It is a review of scientific evidence presented for information purposes only.

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