

THE SIX WEEK BODY MAKEOVER%0A

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[Six week body makeover - Diet.com](#)

The Six Week Body Makeover is designed for rapid weight loss over a relatively short period of time. It promises that dieters can lose thirty pounds and completely reshape their body in only six weeks by following a plan of dieting and exercise designed to boost metabolism.

[The Six Week Body Makeover Surrendered Hearts Ministries](#)

The Six Week Body Makeover, Michael Thurmond claims that his Six Week Body Makeover diet can help you lose up to thirty pounds in six week. He base his claim on the theory that every body is different and that you have to follow a certain diet for you specific body type.

[6 Week Body Makeover Diet Review - ConsumersCompare.org](#)

The 6 Week Body Makeover Diet Program came to market in 2006, and is the brainchild of Michael Thurmond who you might know if you are a fan of the television series Extreme Makeover.

[Help or Hype: The 6-Week Body Makeover](#)

The 6-week body makeover diet begins with a customized analysis of your body to determine what type of eating and exercise program will deliver the greatest benefit.

[Six Week Body Makeover - msn.com](#)

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[Meal Plans for a 6 Week Body Makeover | Livestrong.com](#)

If you want to lose weight fast, the 6 Week Body Makeover Diet is one option that aims to peel off pounds and sculpt the body within six weeks. The diet and exercise plan was created by Michael Thurmond, fitness expert from the television show "Extreme Makeover." The program includes a questionnaire

[6 Week Body Makeover Program?? - gardenweb.com](#)

I, too, purchased the 6-week body makeover about 3 years ago, but I mistakenly categorized myself as a B instead of a C body type. I wasn't losing anything and gave up! Then this summer, I redid the questionnaire and realized I was a C body type. I lost about 35 lbs. in 10 weeks. What I really loved was that I was only required to walk, but as I started to lose, I wanted to jog a bit and swim

[The 6 Week Body Makeover: Does it Really Work?](#)

The Six Week Body Makeover program is intended for those willing to commit to the plan for six weeks. There are several components in the weight management

package. There are several components in the weight management package.