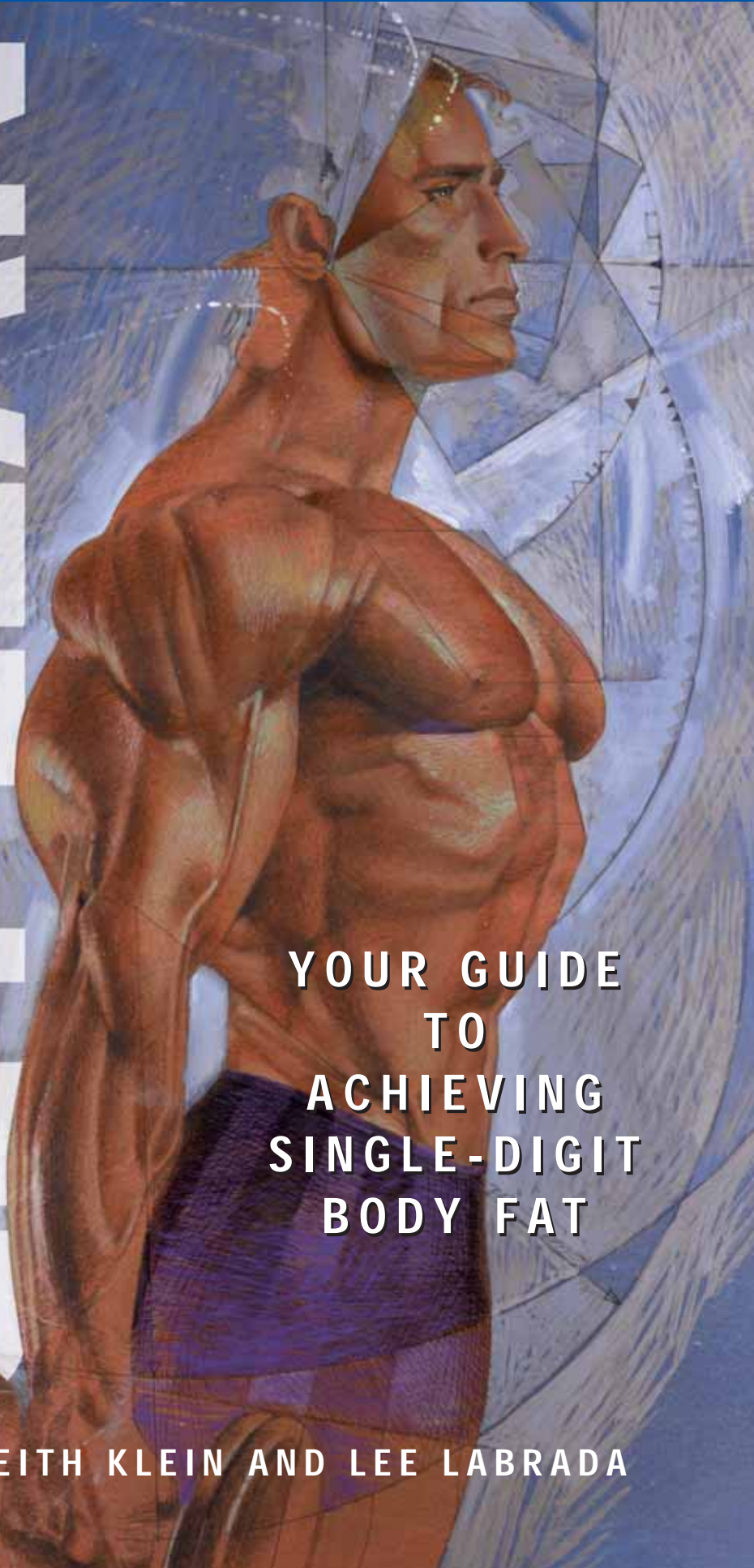


DELUXE 12TH ANNIVERSARY EDITION

GET LEAN



YOUR GUIDE
TO
ACHIEVING
SINGLE-DIGIT
BODY FAT

BY KEITH KLEIN AND LEE LABRADA



Get Lean Table of Contents

NEW, EXPANDED EDITION

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The Specific Dynamic Action of Food

The metabolism is affected by a multitude of different factors, and to maintain or increase your metabolic rate you must pay attention to these elements. First of all, learn which foods have the greatest effect on your metabolic rate. Some foods have a greater thermic effect upon the body than others, and should therefore be used while on this program. Certain foods increase your metabolic rate through a process known as "The Specific Dynamic Action of Food." Since your body has to burn off some of its own calories to do the work of digesting the food you eat, the more complex and more difficult the food is to break down, the greater the thermic effect it generates.

For example, your metabolic rate will increase by approximately 5% in response to eating fats. In other words, for every 100 calories of fat you ingest, your body will burn five calories to do the work of digesting, absorbing and assimilating the fat. With the ingestion of carbohydrates, your metabolic rate will escalate by approximately 10%. Therefore, for every 100 calories of carbohydrates ingested, your body will burn off 10 calories of its own during digestion.

With protein, your metabolic rate increases by approximately 17%-20%. For every 100 calories of protein consumed, your body will end up burning off 17-20 of its own during the process of digestion.

The reason there is a lower thermic response from carbohydrate and fat ingestion is that less energy is required to break down and store carbohydrates (as glycogen), and fat (as triglycerides). Proteins possess a much higher

thermic response due to the amount of energy required to break apart the protein, synthesize peptide bonds between amino acids, pull them through the intestinal wall, and then restructure them back into proteins that are identical to our body proteins. Consequently, if your calories are derived from high quality protein and complex carbohydrates, you will be eating in a manner conducive to increasing metabolic activity.

Don't Cut Back Too Far

The calories that you consume also perform an important role in increasing your metabolic rate. Dropping your caloric level too low will significantly depress the metabolic rate and force the body to feed on the nutrient dense muscle in order to furnish the energy it requires each day.

As an example, imagine yourself lost in the wilderness, unable to eat for several days. In response to the shortage of food, your metabolic rate would decrease so you would not starve. Without this built-in ability for the metabolic rate to slow down, you would soon die. Because of the body's ability to lower your metabolic rate, you can survive three times as long without food.

This response is a built-in survival mechanism from our primal days, during which feast or famine would occur at various intervals. Since your body doesn't know whether you are lost in the wilderness or sitting at home, it can only judge the situation based upon the amount of food you consume and the frequency with which you eat. Therefore, decreasing calories too much can simulate a famine period, causing the metabolism to slow and diminish your ability to lose fat and maintain muscle. Losing more than 2 pounds per week is

Does Zero Fat Always Mean It's Fat Free?

Believe it or not, according to the label laws, a manufacturer can also tell you a food contains zero fat when in fact it contains a lot of fat. This tactic is used frequently in the lunchmeat industry. Let me give you an example. Butter is always 100% fat by calories. No matter how small of a pat of butter I have, it will always be 100% fat. If you had a stick of butter containing 12 grams of fat, it would still be 100% fat. Now, if you cut that stick of butter in half, it would contain 6 grams of fat, but it remains 100% fat. In fact, no matter how many times you slice that stick of butter in half, it will remain 100% fat. But here's where the loophole starts. The law states that once a product contains less than one gram of fat, you no longer have to list the exact measure of fat, all you have to say is that it has "Less than one gram of fat". So if I make the serving of butter small enough, I could list on the label that it has "Less than one gram of fat", even though it is still 100% fat. The law also allows foods containing under a one-half a gram of fat to be listed as "containing zero fat". So, taking it one step further and slicing the butter in half again, this tiny piece of butter would contain under a half gram of fat, (0.4 grams of fat or less), and could legally be labeled, "fat free", while in actuality it is 100% fat! Manufacturers often manipulate serving sizes to lower the percentage of fat and deceive consumers.

This example explains why you have to go beyond just looking at fat grams. Examine the list of ingredients to see if any fats are listed, if so, avoid the product. For example, "Better N Eggs" egg white substitute, boldly states that it contains "Zero Fat". If you look at the grams of fat listed on the nutritional panel it

states 0 Fat. When you examine the list of ingredients you find "corn oil" listed near the top of the ingredient listing. While this product claims to be zero fat, it isn't! Because the serving size is so small, and each serving has less than .5 grams of fat, the law allows them to state that it has no fat. So read the list of ingredients to assure you that no hidden fat is within the product.

On the label of Oscar Meyer's "Healthy Favorites" oven roasted turkey breast, it states that the product is "97% Fat Free, 3% Fat". It advertises that it contains only 12 calories and has "Less than one gram of fat". By law, whenever a product states that it has "less than one gram of fat" it simply means that it has less than one gram. Thus, any product can display this statement if it contains 0.9 grams of fat or less.

Oven Roasted Turkey Breast
Grams of fat = Less than one gram
Calories = 12
$$\frac{.9 \text{ fat calories} \times 9}{12 \text{ total calories}} = .67 \text{ or } 67\% \text{ fat}$$

As you can see in these illustrations, although a label can advertise as only containing 3% fat, it could contain as much as 67% fat. Don't take a chance; avoid lunchmeats and other processed foods, including those purchased in bulk at the deli counter. Always determine the percentage of fat within the foods you are eating.

High Fat Water Packed Tuna

Never assume that because a food is considered diet or because you checked the label once that it will always be all right to use. Take the example of water packed albacore

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WEEKLY TRAINING JOURNAL

FREE Tip of the Week™ at www.leanbodycoach.com

Week (Beginning Monday)

	▼ Recommended Exercises	▼ Comments / Notes
CHEST	<ul style="list-style-type: none"> • Bench Press • Incline Press • Pec-Deck • Dumbbell Flies • Cable-Crossovers <p>Always combine a compound exercise (ex. Bench Press) with an isolation exercise (ex. Pec-Deck).</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
SHOULDERS	<ul style="list-style-type: none"> • Seated Barbell Press • Seated Dumbbell Press • Dumbbell Side Raises • Bent-over Side Raises <p>Raise and lower weight slowly to maintain continuous tension on the shoulders throughout the full range of motion.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
TRICEPS	<ul style="list-style-type: none"> • Lying Tricep Extensions • Close Grip Bench Press • Standing Cable Pushdowns • Dips <p>Squeeze your triceps hard as you extend your arms for a full contraction.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
BACK	<ul style="list-style-type: none"> • Lat Pulldowns • Bent-over Rows • Wide Grip Pull-ups • Deadlifts • Shrugs <p>When performing any standing back exercises (like Deadlift), wear a weight belt to avoid lower back injury.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
BICEPS	<ul style="list-style-type: none"> • Concentration Curls • Barbell Curls • Hammer Curls • Preacher Curls <p>Concentrate on your form with each rep, slowing down if necessary. Swinging the weight only nullifies the effect.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
LEGS	<ul style="list-style-type: none"> • Leg Extensions • Leg Press • Seated/Standing Calf Raise • Leg Curls • Straight Leg Deadlifts • Squats <p>Emphasize the full range of motion on all leg exercises. This will maximize proper muscular development.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
ABS	<ul style="list-style-type: none"> • Crunches • Reverse Crunches • Swiss Ball Crunches • Standing Oblique Curls • Hanging Leg Lifts <p>With each rep, exhale at the moment of greatest exertion to ensure a sustained maximum muscle contraction.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
CARDIO	<ul style="list-style-type: none"> • Bicycling • Jogging • Other Aerobics • StairMaster® • Swimming <p>Perform 25 - 45 minutes of cardio at a pace moderate enough to talk to someone; add periodic 2-minute bursts of high-intensity.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
OTHER	<p>Perform 3 - 5 sets of each exercise. Less than 3 won't provide enough stimulation, and sets over 5 lose their potency.</p> <p>Rest long enough between sets to catch your breath. This will allow your body to properly replenish its oxygen deficit.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

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IMPORTANT NOTE: Please consult a physician or health professional before beginning any new exercise, nutrition or supplementation program. Results of any exercise program will vary based on the individual, regardless of age, height, weight, sex or intensity level. This journal and its content are intended for educational purposes only and is not intended to treat, cure or prevent any disease or health problem.

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Fixing Flat Tires

Subjectivity

Some of the worst demons to conquer while attempting to get lean are the powerful cravings that emerge during dieting. Getting as lean as possible requires an enormous investment physically, but without mental discipline, you will be prone to succumb to binges. During the course of the Get Lean diet program, your mind may try to play tricks on you! One minute your muscles will feel tight and lean, and the next moment you could feel flat, fat and smooth. The mental battle you face is called subjectivity. When someone is subjective it means they cannot see themselves as they really are because they cannot step outside of their body to see themselves from a detached, unbiased viewpoint. Since you see yourself everyday, it becomes increasingly more difficult to view yourself objectively. Day in and day out you scrutinize your body in the mirror, looking at every possible change that might have occurred from the day before. This constant viewing of oneself makes it very hard to judge oneself accurately.

Our minds vacillate between chaos and order. Knowing how to control these two elements can either drive you to success or failure.

The Psychology of Deprivation

Cravings for certain foods can become overpowering. Binges during precontest dieting can be detrimental if allowed to continue too long. One factor that makes a binge so intense is the thought process that follows: "since I'm bingeing and I know I have to stop, I better eat as much as I can get my hands on before I have to regain control."

If you do binge, don't panic. Just put the event behind you and proceed with the diet as outlined, resolving to do better next time. A good analogy to help you stop a binge before it progresses into a full blown relapse is to compare it to a flat tire. Imagine driving your car down a road and a flat tire occurs. Would it make much sense if, in response to the flat tire, you jumped out of the car and slashed the other three tires? The thought most people have following a binge is; "since I've blown it now, I may as well really blow it!" If a flat tire (binge) occurs while you are on your journey, don't assume that the diet is over and ruined, just pick up and move forward.

The "Psychology of Deprivation" is a term coined to represent the natural response to being deprived. Whenever you are deprived of your favorite foods, you may do exceptionally well avoiding them for a few weeks or months, but once you come across the foods you have been deprived of, you will tend to experience a forceful desire to eat them. Whether you see the food in a magazine article, supermarket aisle or on a television commercial, it triggers a strong desire for the food. The desire is then followed by intense cravings.

The longer you attempt to suppress the thought and craving, the more likely you will end up bingeing on the food. Once the binge occurs, you will feel an overwhelming sense of guilt. The guilt stems from the feeling that you violated the guidelines and rules you set out to follow, committing yourself to avoid eating the forbidden food. Following the guilt, you will have the tendency to throw your arms up and say, "well I've blown it now, so I may just as well forget about continuing on with the program".

Skin Color

If you have competed before or have ever had the chance to observe a bodybuilding contest, there is a high probability that you have witnessed one contestant that appeared exceptionally orange, and wearing white posing trunks. There seems to be one at every show. Don't let that person be you!

On the day of your contest, skin color is as important as any of the other facets of preparation. The intense stage lighting which is utilized at modeling shoots or bodybuilding contests has a tendency to wash out definition, causing many to be overlooked from lack of skin color. Stage lights will cause a light skinned competitor to look flat and washed out regardless of how defined they are. This phenomenon occurs because white skin has a tendency to reflect more light than tanned skin. This dilemma rarely happens to black bodybuilders, as their bodies don't reflect as much light. Standing under harsh lights, the rays are reflected off the skin toward the onlookers. If the wrong type of body oil is used, it will intensify the reflection. Tanned skin, on the other hand, absorbs more of the light rays and literally magnifies definition.

Unnatural looking tans can be equally as distracting. Using preparations that dye the skin too orange or that streak with sweating can interfere with the judging process. Skin color is considered part of the "total package" which is what the judges are scrutinizing, so

anything that has a detrimental effect on your appearance will be reflected in your score.

Experience is the best teacher, and our experience has shown to us what works and what doesn't. First, let's take a look at what to avoid. Refrain from using tanning pills of any type, as they are ineffective and fail to provide any noticeable benefits. These pills are purchased from health food stores and magazine ads are typically very expensive, and the results they exhibit are poor.



Avoid using the instant tanning lotions that are sold in department stores and drug stores. These products are typically sold in the cosmetic sections and should not be utilized due to their tendency to streak. Pumping up, flexing, and standing under hot lights frequently causes a lot of sweating, and sweat can drag dye in streaks across the body. Streaking detracts from the physique and can cause unsightly stains on posing trunks.

Sun or Tanning Bed?

The best way to produce natural looking skin color is a combination of natural sunlight, tanning bed, and a skin dye made specifically for bodybuilding. If you have natural sunlight available, begin tanning eight weeks before your show. Since you have to build up a tolerance to natural sunlight, start tanning early to prevent burning and/or peeling. As

Chapter 9

Water Pills

The Big Mistake

Most people that use diuretics for weight control are not dieting properly. What they believe to be excess water is typically surplus body fat! As the contest approaches, those still having a “smooth layer” of bodyfat will foolishly try to eliminate it by using a diuretic. The result is that they end up looking worse as the diuretic drains water from the muscles causing the loss of muscle density and fullness.

Diuretics are often used to treat high blood pressure, water retention, and problems associated with liver, kidney, or heart disease. They function by increasing the amount of urine formation. But in washing out excess fluid they also cause the kidneys to excrete large amounts of electrolytes including sodium, potassium and magnesium. This disrupts the body's delicate balance and depending upon the dosage taken can lead to dehydration, low blood pressure, severe muscle cramping, diarrhea, nausea, and disorientation.

The primary function of a diuretic is to increase the output of water from within the system. The diuretics do not discriminate between subcutaneous water or intramuscular water. Muscle is comprised of approximately

60-70% water; while fat contains only 30-40% water. Because muscle is so heavily comprised of water, the use of a diuretic will cause a drastic forfeiture of precious muscle volume. Water retention within the muscles is desirable because the more water there is within the muscles the bigger and fuller they will look. Water within muscles tends to make them stronger, giving them more leverage and allowing you to lift heavier weights. Using a diuretic will have a negative effect on the fullness of the muscle thereby causing you to appear flatter and smoother, while decreasing

The primary function of a diuretic is to increase the output of water from within the system.

your strength. These three things are detrimental to your success. You must be able to differentiate between water retention and fat deposits. Many bodybuilders kid themselves into thinking they are “holding water” when in fact they are too fat! If you pinch your skin and there is thickness between the layers of skin, then your problem is fat, not water. Water retention lightly covers the layer of muscle and the skin can still be thin to the pinch. Vascularity hinges upon blood volume, which is directly related to water intake. This explains why cutting your water before the contest date causes you become flat, lose vascularity and be unable to maintain a pump. Water is the largest constituent of blood. Since diuretics

2100 k/cal/day

Ratio of Food Groups

Carbohydrates = 58%
Protein = 30%
Fat = 8%

Supplement Status:

B-Complex, 50 mg. Timed released
Vitamin E, 400 iu
Multi-Mineral, 2/day with food
Vitamin C, 1000 mg. Timed released. 2/day with food

2200 k/cal/day

Ratio of Food Groups

Carbohydrates = 58%
Protein = 30%
Fat = 8%

Supplement Status:

B-Complex, 50 mg. Timed released
Vitamin E, 400 iu
Multi-Mineral, 2/day with food
Vitamin C, 1000 mg. Timed released. 2/day with food

Meal # 1

8 egg whites
2 servings of cream of rice
2 rice cakes

Meal # 2

5 ounces of lean meat
1 cup of rice
1 cup of fresh vegetables

Meal # 3

5 ounces of lean meat
1 cup of rice
1 cup of vegetables

Meal # 4

5 ounces of lean meat
1 6-ounce baked potato or yam
1 cup of fresh vegetables

Meal # 5

5 ounces of lean meat
1 cup of fresh vegetables
1 6-ounce baked potato

Meal # 6

8 egg whites
2 servings cream of rice

Total.....Calories = 2154
Carbohydrates = 310 g
Protein = 164 g
Fat = 18.6 g
Sodium = 2002 mg

Meal # 1

8 egg whites
2 servings of cream of rice
2 rice cake

Meal # 2

5 ounces of lean meat
1 cups of rice
1 cup of fresh vegetables

Meal # 3

5 ounces of lean meat
1 cup of rice
1 cup of vegetables

Meal # 4

5 ounces of lean meat
1 8-ounce baked potato or yam
1 cup of fresh vegetables

Meal # 5

5 ounces of lean meat
1 cup of fresh vegetables
1 8-ounce baked potato

Meal # 6

8 egg whites
2 servings cream of rice
1 rice cake

Total.....Calories = 2224
Carbohydrates = 324 g
Protein = 166 g
Fat = 18.6 g
Sodium = 2038 mg

Carbohydrate Manipulation

If you have done everything correctly up until the week before your contest, you should be looking ripped and ready to go. We always make it a habit to have our trainees ready early to allow time for any necessary fine tuning.

It seems that bodybuilders always look better a week before or a week after a show! How can you explain that? Ask a bodybuilder if he feels he looked his best on contest day and nine times out of ten you'll get, "I looked better last week" or "I really blew it... I looked fantastic just a few days ago!"

The reason for this, more often than not is the fact that bodybuilders are notorious for making last minute alterations in their contest approach. Somehow they fall into the trap of changing their diet, fluid intake, or training regimen; or worse yet, they resort to last minute alchemy using diuretics or harsh

chemicals. The results are usually disastrous.

One of the aspects most frequently tinkered with is carbohydrate intake. Although moderate adjustments in carb intake are beneficial as we shall see, traditional carb depletion\carb overload regimens can backfire leaving you smooth and bloated.

Our Approach

Before we detail carb manipulation in the last week of preparation, let us state our approach to reaching peak condition with this simple analogy: To land a 747 jetliner at an airport, a pilot doesn't wait until he's over the landing strip to dive straight down. Instead he will gradually lower the plane, controlling his descent as it approaches the airport. he makes many fine adjustments, culminating in a nice

GET LEAN PROFILE

Darin Alexander

Lost 6 lbs.
over
3 months

Dropped
8.6%
bodyfat

AFTER

215 lbs
9.2% bodyfat

BEFORE



AFTER



Selecting the Right Poses

Next, pull out old bodybuilding magazines and books that contain full length pictures of the poses you like best. Once you have a nice selection of these, go through and choose about a dozen shots that you would like to try. You will need a full length mirror that will give you an unobstructed view of yourself from head to toe. You will also need overhead lighting of some kind. To create good lighting, you may be able to use the existing room lights or you may need to position a lamp to cast an even light over you. If worst comes to worst, use a car mechanic's light, the kind that has a light bulb on the end of an extension cord. This light should be attached to the ceiling or can be attached to a ceiling fan.

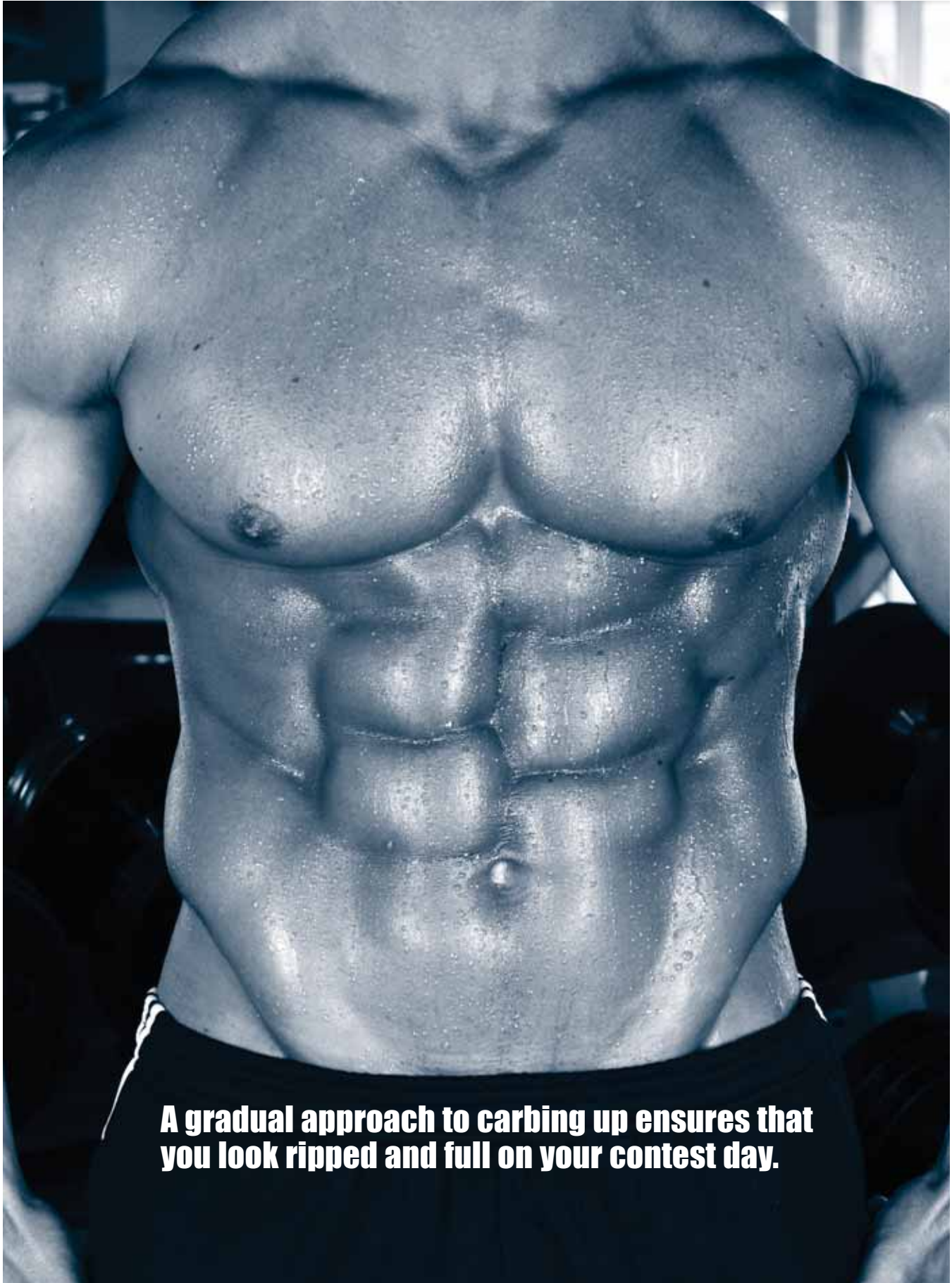
With light and mirror in place, position yourself so that you don't cast a lot of unnecessary shadows on your body. You may need to play with the lighting and your distance from the mirror until you get the look you desire. Now, try each one of the poses that you have chosen. Note the position of the hands, arms, and the angle of the torso. Try leaning one way or another until the pose looks right for your body. You will probably end up shifting back and forth or moving different parts of your body a couple of dozen times before you find the right position. Don't include a pose just because it looks good in a magazine, but rather choose poses that accentuate your physique and show it from its best vantage point. Focus on the body's lines and leg position. Feel free to move your body around as you try to find the angles that make your body look its best. Don't be discouraged if nothing seems to look right at first. With time you will learn to control every muscle and position every limb perfectly.

The most important thing is to practice and carefully study the pictures for key positions of all the muscle groups. Not all poses are going to look good on your physique, but as you practice you will soon discover which poses suit your particular body type. Give all the poses a fair chance before you decide whether or not they are right for you. Have a friend help you in deciding which poses look best, since you are limited with a mirror.

A second party can be a very valuable tool. Another valuable tool is the use of a video camera. Set it up pointing into the mirror as this will allow you to observe yourself objectively and correct your body stance as you see fit. It also gives you the ability to see your back poses clearly without having to turn your head.

Be careful not to fall into the "hero-worship" syndrome, which is common among beginners that insist on doing only their favorite bodybuilding superstar's signature poses. Beginners will practice day after day doing signature poses, to the point where they can look in the mirror and delude themselves into thinking they look just like their superstar. Realize that there are vast differences in genetics and bone structure.





A gradual approach to carbing up ensures that you look ripped and full on your contest day.

DELUXE 12TH ANNIVERSARY EDITION

Your definitive guide for developing the lean, muscular body you've always desired.

Get Lean is a time-proven system of building lean muscle tissue while reducing body fat. Developed by world-renowned sports nutritionist Keith Klein and professional bodybuilding legend Lee Labrada, *Get Lean* has been used by thousands of athletes and lay-people alike to attain the lean muscular body that they've always desired.

Although many successful professional and amateur athletes have used *Get Lean* to get into peak shape, the most important quality about *Get Lean* is that it has helped thousands of people just like you get into the best shape of their lives.

Get Lean is the product of over 50 years of combined experience in sports nutrition. No other system shows you how to reach single digit body fat levels in such easy step-by-step instructions. *Get Lean* covers everything you absolutely need to get that lean, muscular look that both men and women admire.

Here are just some of the things you'll learn in *Get Lean*:

- How to shed pounds of unwanted body fat while toning or building muscle, without starving.
- How to identify the common nutritional mistakes and dietary pitfalls that are sabotaging your hard work in the gym and blowing your chances of ever attaining a hard, lean physique.
- Exactly which foods to eat, when to eat them, and why, so that you can strip off body fat while maintaining lean muscle and increasing your metabolism.
- How to avoid physique-destroying food binges with an easy method of controlling your blood sugar levels. Kiss destructive food cravings goodbye!

You'll find answers to these and other perplexing fat-burning and muscle-building riddles in Get Lean. Start Getting Lean Now!



ROGER MARSHMAN

BEFORE: Body-fat: 9.7%
AFTER: Body-fat: 4.6%



HAYLEY NELSON

BEFORE: Body-fat: 18.9%
AFTER: Body-fat: 11%



ABOUT THE AUTHORS

LEE LABRADA holds 22 professional bodybuilding titles, including Mr. Universe. He is one of only five men in history to consistently place in the top four at the Mr. Olympia competition (the "Super Bowl" of bodybuilding) for seven consecutive years - a feat he shares with Arnold Schwarzenegger. In 2004, Lee was inducted into the IFBB Pro-Bodybuilding Hall of Fame. He has appeared on the covers of more than 100 magazines and has been featured on CNBC, FOX, NBC, ABC, CBS, CNN and ESPN as a fitness and nutrition expert. He is the author of *The Lean Body Promise* (Harper Collins) and the CEO of Labrada Nutrition, Inc.®



KEITH KLEIN is a world renowned nutritionist that has designed programs for TV personalities, Olympic Athletes, NFL football players, bodybuilders, models and people just like you. Keith is the former dietetic director at the Institute of Specialized Medicine in Houston, Texas and spent five years treating patients with eating disorders, heart disease and obesity. Through his work with psychiatrists, Keith developed his groundbreaking research, "The Psychology of Eating Management." He is the author of hundreds of articles and is a consumer activist that petitions the FDA, FTC and USDA in response to deceptive claims made by food manufacturers. Keith operates The Institute of Eating Management & Relapse Prevention Center in Houston, where he has practiced for more than 25 years.