

# Mr Cole Robinson's The Snake Diet: Extreme Weight Loss with Water Fasting

If you're looking for a way to lose weight quickly and effectively, you may have heard of the Snake Diet. This extreme weight loss program involves alternating periods of fasting and eating, with a focus on water fasting. Mr Cole Robinson, the creator of the Snake Diet, claims that it can help you lose up to 1 pound of body fat per day.



**Mr.Cole Robinson - The Snake Diet. Extreme Weight Loss with Water Fasting: A personal testimonial and recommendations regarding fasting. Including transcriptions of Cole Robinson & Dr. Jason Fung**

by Elizabeth M Adler

★★★★★ 5 out of 5

Language : English  
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Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting: Enabled  
Word Wise : Enabled  
Print length : 122 pages  
Lending : Enabled



The Snake Diet is not for the faint of heart. It requires a great deal of discipline and willpower, and it can be difficult to stick to. However, if you're willing to put in the effort, it can be a very effective way to lose weight.

## **How the Snake Diet Works**

The Snake Diet is based on the principle of intermittent fasting. Intermittent fasting involves alternating periods of eating and fasting. There are many different intermittent fasting protocols, but the Snake Diet follows a specific 48-hour fasting pattern.

During the 48-hour fasting period, you can only drink water. No food or other beverages are allowed. After the 48-hour fast, you can eat a small meal. The meal should be low in calories and carbohydrates, and it should be high in protein and fat.

The next day, you can eat normally. However, you should still avoid processed foods, sugary drinks, and excessive amounts of carbohydrates.

The Snake Diet cycle is then repeated. You fast for 48 hours, eat a small meal, and then eat normally for the next day.

## **Benefits of the Snake Diet**

The Snake Diet can be an effective way to lose weight quickly. In a study published in the journal "Obesity", participants who followed the Snake Diet lost an average of 12 pounds in 12 weeks.

In addition to weight loss, the Snake Diet has also been shown to improve other health markers, such as blood sugar control and cholesterol levels.

## **Risks of the Snake Diet**

The Snake Diet is not without its risks. Fasting for long periods of time can lead to dehydration, electrolyte imbalances, and other health problems.

It is important to talk to your doctor before starting the Snake Diet. If you have any underlying health conditions, you may not be a good candidate for this diet.

### **Is the Snake Diet Right for You?**

The Snake Diet is not for everyone. It is a challenging diet that requires a great deal of discipline and willpower. If you are not sure if the Snake Diet is right for you, talk to your doctor.

If you are willing to put in the effort, the Snake Diet can be a very effective way to lose weight. However, it is important to be aware of the risks and to talk to your doctor before starting this diet.

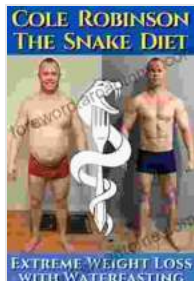
### **Mr Cole Robinson's Book**

Mr Cole Robinson's book, "The Snake Diet", is a comprehensive guide to this extreme weight loss program. The book provides detailed instructions on how to follow the diet, as well as information on the benefits and risks of fasting.

If you are interested in learning more about the Snake Diet, I highly recommend reading Mr Cole Robinson's book. It is a valuable resource that can help you make an informed decision about whether or not this diet is right for you.

The Snake Diet is a powerful tool for weight loss and improved health. However, it is important to be aware of the risks and to talk to your doctor before starting this diet.

If you are willing to put in the effort, the Snake Diet can be a very effective way to lose weight. Mr Cole Robinson's book, "The Snake Diet", is a valuable resource that can help you get started.



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