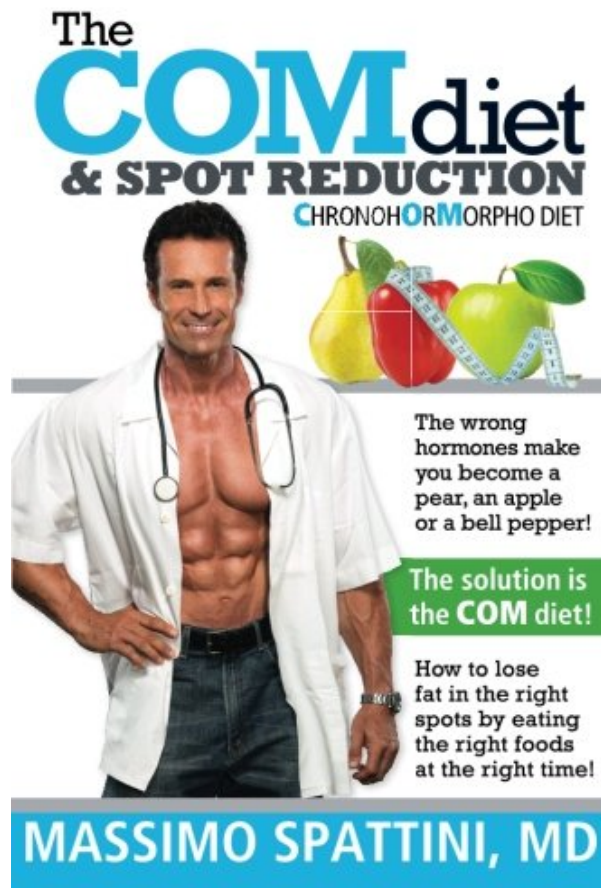


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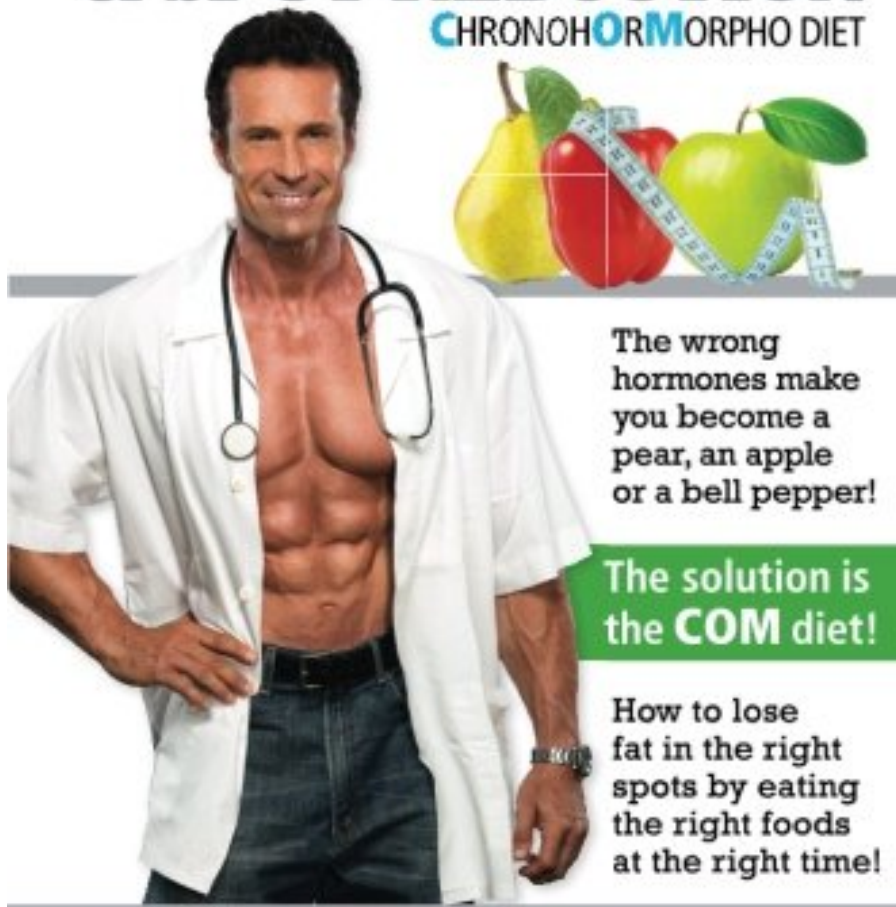


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Born in Parma on December 20, 1957. Graduated in Medicine and Surgery in Parma in 1985. In 1986 he became Italian champion FIACF - IFBB (Italian Federation of Physical Culture Amateurs -International Federation of BodyBuilding & Fitness) He specialized in Sports Medicine in 1988. He specialized in Nutrition and Dietetics in 1993. Since 1999 he is President of AFFWA (Accademia Funzionale del Fitness-Wellness-Antiaging), a sports association that organizes events and training courses for professionals in the fitness and medical field (www.affwa.it). 2011 - In Las Vegas, he acquires the Board Certification in Anti-Aging & Regenerative Medicine (ABAARM – A4M). Since 2011 he's Scientific Director of magazine “L’Accademia del Fitness-Wellness-Antiaging” (www.accademiadelfitness.com). 2012 - Dr Massimo Spattini obtained the AFMCP Certificate (Applying Functional Medicine in Clinical Practice) – IFM. Since 2012 - Member of the Scientific Committee of AMIA (Associazione Medici Italiani Antiaging). 2012 - He published in Italy the book “La dieta COM e il dimagrimento localizzato” - by Tecniche Nuove. 2012 - Professor at the University La Sapienza of Rome in the training course "Health and Lifestyle". 2013 - He published in Italy the book “ Antiaging e lo stile di vita integrato” - by Tecniche Nuove. 2013 - Professor at the University La Sapienza of Rome in the training course “Antiaging and antistress methodologies”. 2013 – Co-founder of SINE (Società Italiana di Nutrigenomica ed Epigenetica). 2014 - He published in Italy the book “La dieta COM in pratica” - by Tecniche Nuove. He is involved in promoting Preventive and Antiaging Medicine by taking part in radio and television broadcasts and working with several magazine of fitness, wellness and antiaging.

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Italy's Dr. Massimo Spattini has been on the forefront of sports nutrition and fitness science for over 35 years and has now collected his wealth of knowledge in his new book: *The COM Diet & Spot Reduction!* The Com Diet tackles the most controversial of subjects. Dr. Spattini will give you the scientific knowledge on how you can effectively achieve fat loss in specific areas. No gimmicks ... just straightforward scientific facts and advice. You will achieve all the information you need to get in the best shape of your life! Dr. Spattini will go into detail explaining why one diet plan cannot work for all body types, why certain foods eaten at certain times will have varying effects on your body fat stores and most importantly you'll be able to find out what your body-type really is based on your hormonal make-up. Food influences your hormonal balance and you will learn how to alter it to your advantage and lose fat where you need it with your specific chronohormorpho-diet... the COM Diet! Finally a complete book that let's you understand exactly what kind of spot training you should be doing, what type of foods you should be eating and when you should be eating them to achieve your ultimate fitness and fat-loss goals. Combining together, COM Diet and Spot Reduction, you will lose fat where you want, how you want!

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At last!

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At last a book that explains the real truth about spot reduction and the potential of "food timing" and natural hormonal regulation in a easy to read way but with Science behind: not your usual "new fad diet of the year" but pages and pages of easy to understand concepts backed up by SERIOUS research! It's obvious that the author has spent years delving accurately into the matter and...doing what he preaches, judging by his body! Also very interesting are the concepts the rotate around the various body morphologies in relation to hormonal secretion...a way already paved by no less than Hippocrates himself! A must read for everyone, from the gym lover to the perennial overweight, and the general practitioner too...

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A must-read for any athlete!

By Federico Filippo Bugané

As an aspiring professional golfer and athlete, I learned in my experience that in order to maximize my physical and mental performance, I have to know and control my body and mind in a continuous work of monitoring my diet, right timing of meals and integration, tuned with my competition rhythms all over the day, especially on 36 holes, meaning nearly 10 hours performance in a day or 4 continuous days of challenges, plus journeys and jet lags. The wonderful book of Dr. Massimo Spattini opened to me a completely different perspective and scientific approach, that I never found before, even in so called professionals that work with top athletes, that need to build a perfect "body machine" , not only for top performances, but also to avoid accidents, dued to overtraining, bad nutritions, and lack of knowledge on how to aim to homeostasis.

I verified that correct nutrition and integration, based and tuned on a right balance of fundamental issues, like morphotypes approach, circadian rhythms, hormonal interactions and management , are almost unknown and dangerously underestimated also in sports medicine.

Plus, the fact that the author is not only a researcher and doctor, but has also a brilliant athlete history, made to me much more congruent all the teachings I found in this book, that I highly recommend to everyone.

Federico Filippo Bugané

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conscious that results are built and gained on a daily basis and emerge from perfect integration of body and mind

By ELISABETTA BERNARDINI

I'm an international licensed sports performance coach, but essentially a mental life coach and health advisor to my clients, that before being athletes are men and women, conscious that results are built and gained on a daily basis and emerge from perfect integration of body and mind.

This book of Doctor Spattini is a powerful scientific tool for my work, because too often, I meet people that don't have optimal mental performances, dued also to hormonal imbalances, caused by wrong choice of foods and timing of nutrition or wrong recovery in training and rest, but above all, unaware of the hormonal effects and complex interactions that their apparently simple behaviors and habits can produce on their mind and body, strictly interconnected, in a waterfall of consequences, feeding a delicate circle, virtual or vicious, depending on personal knowledge first and choices after. I recommend this book and method to any professional and to everyone that want to approach in a global, multidisciplinary way the health issues, in a modern and scientific epigenetic view .

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