



Hormone Reset Diet: Effective Delicious Hormone Reset Recipes for Weight Loss Health

By Kira Novac

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Give Yourself the Energy Health You Deserve! Reclaim Your Health, Balance Your Hormones, and (if desired) Lose Weight. OK, so you are doing your best to be healthy. You eat clean and you exercise. Yet you still cant get rid of this stubborn fat, and you wish you had more energy and zest for life. You want to be happy, not moody, right? Heres whats really happening: YOUR HORMONES ARE not in balance. This is why, you need to discover the holistic approach to wellness and health- something that will work for you long-term. You need to find an enjoyable and effective way to get to the root of the problem- nourish your body and mind with real foods that you enjoy. The good news is that you are just about to learn the simple nutritional tricks to help you look and feel amazing without feeling hungry or deprived. This recipe book is a simple guide to support you on your path to wellness health. No more fad diets. No more calorie counting. Lets dive into...

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