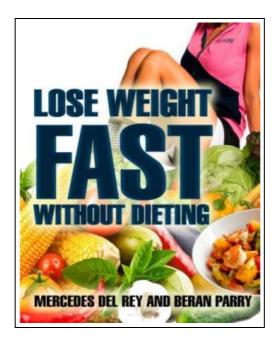
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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ****** Print on Demand *****.If you ve ever dreamed of being free from the rigours and boredom of dieting, this is the turbo-charged key to turn your body into a super-efficient fat-burning machine that will shred the excess pounds. Forever. The fact is that dieting never seems to work. You lose a few pounds by chewing on fad foods or swallowing some obscure herbal concoction but as soon as you take a break from the freaky diet regime, the pounds pile back on. It s disheartening. It s dispiriting. And it s absolutely unnecessary. Because the key to successful weight control is to kick start your fat-burning metabolism and give your body a chance to do what comes most naturally - burning off the excess weight and keeping it off. This fat-fighting approach to intelligent nutrition has been designed inside a 21-day programme to help you appreciate how incredibly effective this way of eating can be. You can experience the power of the detox and your body will happily switch into fat-burning mode. It s how we ve developed as a species and how our bodies love to function. Clear out the accumulated garbage and let the power of superbly natural nutrition do the work for you. Amongst a wealth of helpful information, you can learn how to: -Identify the best foods to switch on your fat-burning metabolism -Avoid the everyday foods that are wrecking your health and your waistline -Detox your body down to the cellular level and keep it clean for the rest of your life -Purge your system of the heavy metals that can harm nerve and brain function -Select the right herbs to cleanse your body -Prepare delicious meals that will promote...



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