



Flatten That Belly, Trim Those Thighs

By Eduardo Dias

Show Me the Fitness, United States, 2012. Paperback. Book Condition: New. 249 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.Eduardo Dias is a personal trainer with over 15 years of experience and the founder of Show Me the Fitness Boot Camp. By following his eating plan, based on the science of Leptin, -the hormone that controls fat burning and hunger-Eduardo s clients consistently lose an average of 2-5 lbs. a week! In this short, to-the-point, and easy to read book, Eduardo shares with you the secret to tap into your body s natural ability to burn fat by eating the way you were designed to eat. Eduardo s 7 Rules of Leptin Sensitivity Enhancement will not only change the way you eat, but will change your whole relationship with food. Food will be your ally, not your enemy. Eating right will be effortless and enjoyable.

DOWNLOAD



READ ONLINE
[6.03 MB]

Reviews

The ebook is fantastic and great. I am quite late in start reading this one, but better then never. I am just pleased to inform you that this is the greatest book i have got study inside my personal daily life and could be he best pdf for at any time.

-- Miss Shany Tillman

This created publication is wonderful. it absolutely was writtern extremely completely and beneficial. I discovered this publication from my dad and i encouraged this publication to discover.

-- Kristina Kshlerin DDS