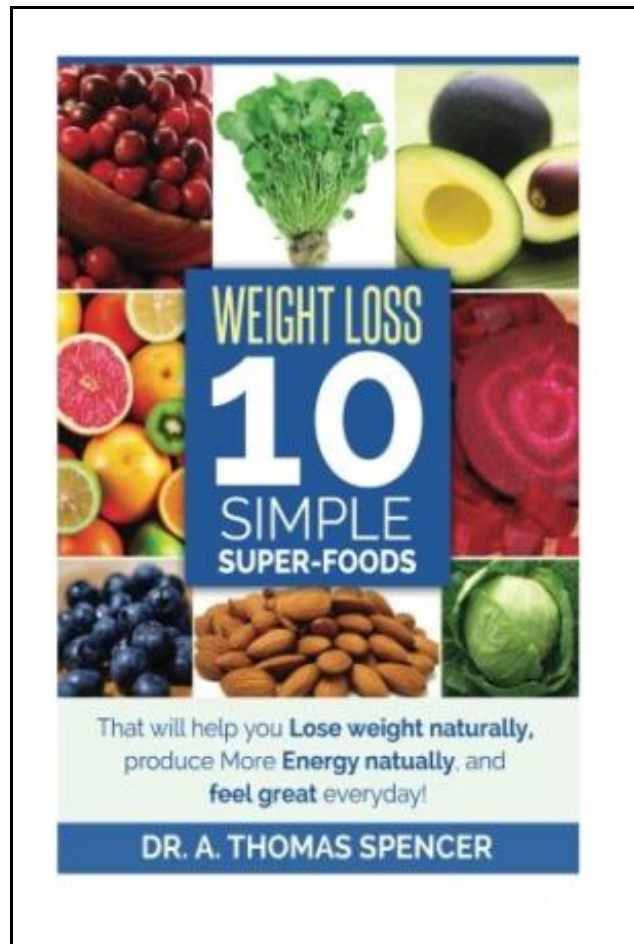


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you Know what TEN FOODS you need to have in your Fridge at all times? Ten simple foods that will change your life, help you lose weight naturally, produce more energy naturally, and feel great everyday! As a Nutritionist, I get asked all the time, What should I eat to lose weight? Our nutrition committee collaborated to compile a list of ten foods that promote fat loss naturally, boost metabolism, build your immune system, and prevents diseases. The committee built a rating system to select the top ten food items. That system is based on four factors. 1. Metabolism enhancement 2. Detoxifying characteristics 3. Digestive system enhancement 4. Immune system boost. So what are the ten, and how will they help me lose weight? In this book, you will learn the Ten foods to eat, how they enhance your body to lose weight naturally, boost your metabolism, boost your immunity and much more, including. - The weight loss 10 commandments. 10 steps to follow to lose weight the healthy way - Tips for successful healthy weight loss - Weight Loss Facts Myths - Learning about the Nutrition Label - Enhancing your Nutritional IQ - Overcoming the weight loss Plateau - Keeping the weight off forever - How to eat on Vacation - Details covering each of the ten foods - How the ten foods help your body - and much more! This is not a tricky diet book This book focuses on eating. Eating foods that will boost your metabolism, build your immune system, and enhance your muscle growth. If you are struggling with weight loss, and not sure what to eat, or maybe you have lost a little weight but hit...

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