



Pure Fat Burning Food: The Easy, Healthy Way to Permanent Fat Loss with Zero Calorie Counting (Paperback)

By Jennifer James

Createspace, United States, 2013. Paperback. Book Condition: New. 200 x 134 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you looking for a list of fat burning foods that you can eat and enjoy? If so, this may be the most important report you read this year . Here s why: Conventional wisdom says that in order to lose weight, you need to reduce calories and exercise more, right? WRONG! Dieting in this way is a surefire way to destroy your metabolism and increase your insulin resistance making it harder and harder to lose weight. In this report, you ll learn how to lose weight without dieting, but eating CORRECTLY! In fact, the only real way to lose weight FAST from your body without surgery, pills, potions and ZERO counting calories, and do it healthily - is to eat . NUTRITIOUS FOODS! Nutritious fat burning food is our best defense against illnesses, ailments, stubborn weight and EVEN belly fat. The secret is to eat foods that have a high nutrient content and eliminate foods that your body doesn t recognise and CANNOT use (empty calories). In this enlightening fat burning report, you ll discover: * The...



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