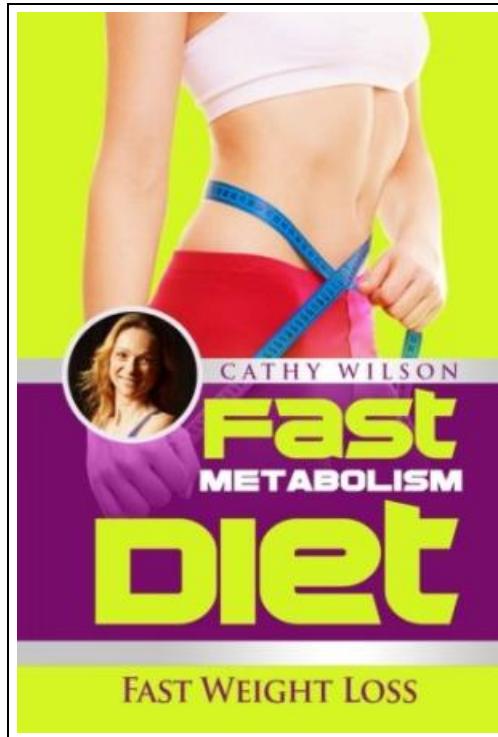


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Fast Metabolism Diet - Fast Weight Loss by Award Winning Health and Wellness Author Cathy Wilson, introduces the concept of smart weight loss, through high energy healthy eating tips, that boost metabolism and blast fat! Unlike many protein diet strategies that fail. The metabolic diet encourages plenty of healthy superfood eating choices in smaller amounts. Levelling blood sugars and mood, and keeping energy levels constantly high. FACT - There's NO calorie counting or strict food measuring with this smart weight loss strategy! Wilson outlines the Phases of eating required to trigger your metabolism to work faster, and harder for you. *PHASE 1 - Healthy carbs and fruit! *PHASE 2 - Loads of protein and veggies! *PHASE 3 - All of the above PLUS healthy fats! SNEAK PEAK INSIDE. *METABOLISM explained *Foods you SHOULD eat *Foods you SHOULDN'T eat *HOW your body metabolizes fat *SAMPLE eating plan *Myths and truths Cathy Wilson shows you how to TAKE ACTION against fat. Building a personalized eating strategy that works for YOU long-term. Fast Metabolism Diet Guide - Fast Weight Loss is your key to permanent weight loss!.

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