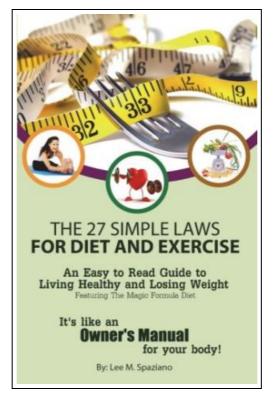
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THE 27 SIMPLE LAWS FOR DIET AND EXERCISE: AN EASY TO READ GUIDE TO LIVING HEALTHY AND LOSING WEIGHT (PAPERBACK)



Createspace Independent Publishing Platform, 2014. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand ******. Diet and exercise are a complete mystery to most of Americans. The 27 Simple Laws For Diet and Exercise is a no nonsense, Easy to Read Guide to Living Healthy and Losing Weight. No matter what condition you re in today, the simple laws in this book will help you live a longer, healthier life. This guide makes it easy for you to follow a few simple rules to be healthier. Moreover, it will educate you in nutrition so you can make a lifetime of healthy decisions. We are constantly bombarded with bogus television infomercials telling us how we can have a perfect body in just 30 days. We are told to avoid carbs, avoid fat, don t eat too much of this or that. It seems today we are overwhelmed with media, information, and just plain noise on the topic of health and weight loss. How can we just cut through all the clutter and learn what really matters concerning our diet and health? This book is for people who want to learn more about nutrition and healthy living. Learn how to have a healthy lifestyle through proper diet and exercise. Follow these 27 Laws in order to feel great, be well, have longevity, and have a lean sexy body. The guide teaches you how to eat healthy nutritious foods and get the right amount of exercise. Plus, the Dietary Worksheet helps you calculate your exact nutritional needs. Featuring the Magic Formula Diet. More than a weight loss program, this is a diet for life. Shed the fat you want to lose today, and then maintain your optimal weight and body composition by continuing to eat nutritious healthy food for...



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