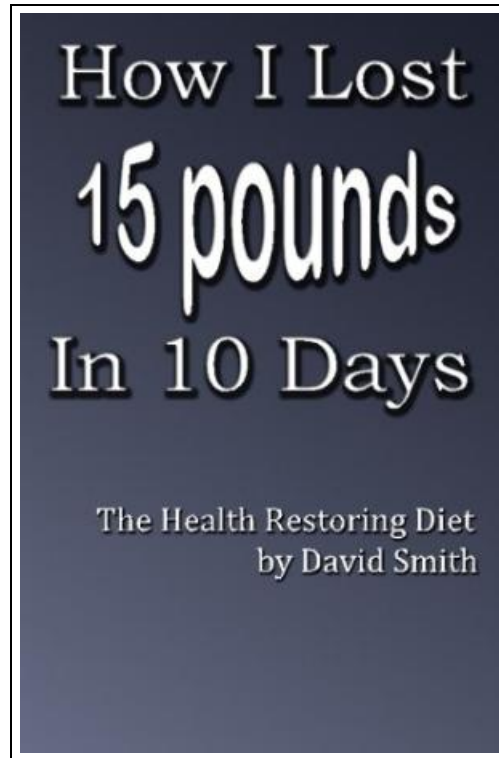


How I Lost 15 Pounds in 10 Days: The Health Restoring Diet (Paperback)



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Reviews

It is great and fantastic. I actually have read and so i am certain that i am going to going to go through once again yet again in the future. I realized this ebook from my dad and i encouraged this book to find out.
(Dr. Kayden Gerlach)

HOW I LOST 15 POUNDS IN 10 DAYS: THE HEALTH RESTORING DIET (PAPERBACK)



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Createspace, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Read the gripping story of a man realizing he has an eating problem, and using a portion control-free diet to lose over 15 pounds in just 10 easy days! It can't be done After hearing constant negativity from friends and family, the author took control of his life. Sometimes it's not what you put into your body that causes weight gain, but the negative ideas of those around you, which can be toxic to taking control of your weight. From Disbelief to Die-hard Followers The same people who were hesitant to believe it could be done were in shock as the author lost 15 pounds in an amazingly short time line. but he always seemed to be eating something! How could it be? Simple struggles make easy weight loss It doesn't take a complicated diet to lose weight: it takes a simple one. Getting lost in complex diets discourages us from the more simple and basic truths around our weight. Losing weight. Regaining Health. In the words of the author, who was suffering from numerous chronic health issues, here are some of the benefits all within 10 days: No more acid reflux ever! This had been regularly bothering me. No more allergies (What a relief!) More energy, I used to drag my feet to do anything, but now I feel great! Consistently fall asleep in 5 minutes instead of 50 minutes Cleaner, clearer skin. No more acne! Increased confidence, no more anxiety. Saved over \$110 on food costs in those 10 days. You saved my life man! I lost 13 pounds in two weeks on the diet and my many health problems keeping me awake at night stopped. You saved my life man! I also saved a ton on medicine I no longer needed...



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