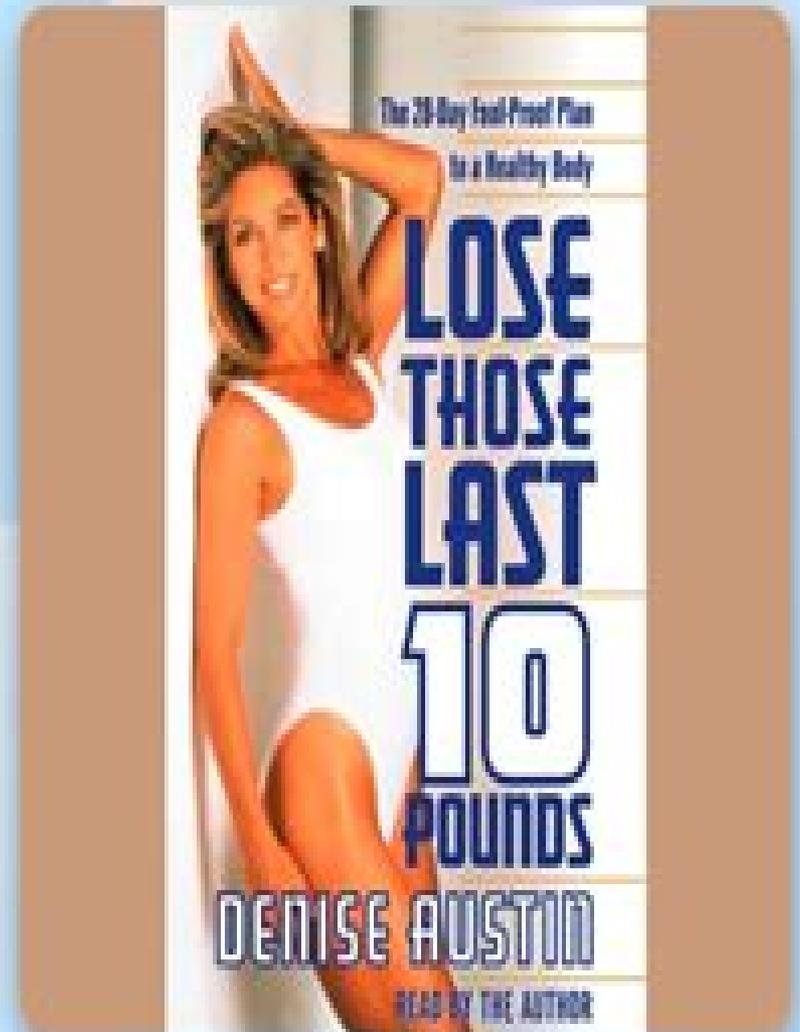


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Lose Those Last Ten Pounds

Denise Austin



Lose Those Last Ten Pounds

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The Hormone Fix Anna Cabeca, DO, OBGYN, FACOG,2023-08-29 NATIONAL BESTSELLER Hormone balance is within reach and this is the definitive guide to reaching that goal David Perlmutter MD author of Grain Brain A revolutionary diet and holistic lifestyle program for women in perimenopause or menopause featuring 65 keto based nourishing recipes and a 10 day plan to jump start weight loss and reduce your symptoms immediately As women approach menopause many will experience the physical and emotional indignities of hormonal fluctuation metabolic stall and weight gain hot flashes and night sweats insomnia memory loss or brain fog irritability low libido and painful sex Too often doctors tell us that these discomforts are to be expected and that we will have to wait them out during the change some of us even agree to be unnecessarily medicated But Dr Anna Cabeca s research and experience with thousands of her patients show that there is a fast acting and nonpharmaceutical way to dramatically and permanently alleviate these symptoms The Hormone Fix introduces Dr Cabeca s unique Keto Green protocol a plan that pairs the hallmarks of ketogenic low carb high fat eating with diet and lifestyle changes that bring the body s cellular pH to a healthy alkaline level The proven result balanced cortisol and reduced output of insulin the hormones most responsible for belly fat and weight gain plus an increase in oxytocin the love and happiness hormone Whether you are perimenopausal menopausal or postmenopausal The Hormone Fix offers an easy to follow program including a 10 day quick start detox diet daily meal plans and weekly shopping lists for a month s worth of Keto Green eating 65 delicious and easy to make recipes for breakfast lunch dinner smoothies and soups detailed information on vitamin and mineral supplementation that optimizes hormone balance simple self assessments and recommended optional lab testing to better understand your hormonal status tested and trusted stress reduction and oxytocin amplifying advice and techniques With The Hormone Fix you can expect to trim down tap into new energy levels enhance intimacy and completely revitalize your life Ready for your fix

Stolen by the Space Pirate Nina Croft,2017-04-10 A few days ago in a galaxy right here The earth faces total annihilation and one young woman signs up for a mission to rescue humanity Only she ends up getting rescued herself by a gorgeous space pirate And the sex is out of this world After a brief but magical interlude with a couple of stunningly gorgeous space pirates Ruby is back with the slavers and her mission is on target Now all she has to do is stay out of trouble be a good little slave and let her tracking device lead her allies from Earth straight to the slavers center of operations Hopefully before anything really nasty happens Protecting Ruby is becoming a habit for Space Pirate Killian

Sharpe When he learns the slavers final destination he knows there s more at stake than just Ruby s mission to save mankind Because he s going home This time saving Ruby might cost him his life The Ruby Robbins Sexy Space Odyssey 3 Part Serial is best enjoyed in order Reading Order Part 1 Rescued by the Space Pirate Part 2 Stolen by the Space Pirate Part 3 Saving the Space Pirate

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