



10

WAYS TO LOSE FAT EFFORTLESSLY



1



SLEEP, THE METABOLIC RESET
PRIORITIZE
QUALITY REST

2



STRESS LESS, BURN MORE
MANAGE
CORTISOL LEVELS

3



HYDRATION BOOST
FUEL YOUR
METABOLIC FURNACE

4



BALANCE YOUR PLATE
BUILD METABOLICALLY
HEALTHY MEALS

5



**TRY EARLY
TIME-RESTRICTED EATING**
FAST THE RIGHT WAY

6



FIBER FUEL
SUPERCHARGE
YOUR DIGESTION

7



SIP GREEN TEA:
UNLEASH
THERMOGENIC POWER

8



**GET ACTIVE
WITH CITRUS**
UTILIZE CITRUS
FRUITS

9



**BALANCE YOUR
BLOOD SUGAR**
IMPROVE INSULIN
SENSITIVITY

10



**EMBRACE THE POWER
OF MINDFULNESS**
NOURISH YOUR
METABOLISM

Lose Fat

D Keegan



Lose Fat:

Eat Fat, Lose Fat Mary G. Enig, Sally Fallon, 2005 A guide to weight loss through eating healthy amounts of the right fats in a balanced diet *Lose Fat, Not Faith* Jeremy Likness, 2008-05 What if you could wave a magic wand and suddenly look into your mirror to find the lean healthy body you've always dreamed of smiling back at you What if you could stop falling out of breath when you tie your shoes and instead have the energy to keep pace with your own children What if you had the confidence and self esteem to pursue your dreams It's not as easy as waving a wand swallowing a magic pill or snapping your fingers but if you feel it is difficult or impossible it's time you experience the keys to releasing your fat and embracing your faith It's time you join those around the world who have overcome obstacles and triumphed through the power of International Health Coach Jeremy Likness expert advice contained within *Lose Fat Not Faith A Transformation Guide*

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