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Lose Weight Rapidly With The Dr James Method

Alexandra Merritt



Lose Weight Rapidly With The Dr James Method:

Rapid Weight Loss Hypnosis: How to lose Weight Fast and Increase Your Self Confidence Using Positive Affirmations. Powerful Guided Meditations to Stop Emotional Eating, Quit Sugar and Burn Fat Anna

Cure,2022-05-08 Are you looking for a completely Natural Way to Start Losing Weight Fast without the need to be on a super strict diet Then keep reading Let s be honest Probably you might have already tried numerous rigid diets with the hope of getting rid of that uncomfortable belly fat They didn t work out because you focused on the wrong thing and you ended up eating more and worse than before We all have lapses when we overeat or snack on the wrong foods Far too often you then might experience self criticism and disappointment The voice beats you up by calling you weak or a failure When you are on a diet others may maliciously try to change your way of thinking by marginalizing the decision you had made to change Face the fact that diets alone don t work and it s easy for your willpower to be disrupted But this is your life and only you can alter its direction The Hypnotic Wisdom of Weight Loss is not willpower and is not short term By exercising the methods in this book you are creating a plan for an exceptional life a lifestyle change that will create memories whichever way you turn giving you greater fulfillment You will smile more You ll have more friends and a whole new outlook I still haven t mentioned weight loss have I Your weight is just one element of your lifecycle by setting goals and acting you will move more By planning what and when you are already making tiny changes increasing the balance of healthiness By feeling better and creating lots of that pleasure energy you cannot fail to succeed By reading this book you will learn The Winning Mindset that will help you to Stay Fit for life and how to achieve it 100 Powerful Positive Affirmations to activate your subconscious mind 10 Guided Meditation Hypnosis sessions to Boost Motivation and Emotional Control Successful Habits to finally start loving your body 15 Tips to maximize your Weight Loss The 8 most common mistakes that prevent people from losing weight And much more Hypnosis works by planting the seeds of accomplishment in your brain and reinforcing them until they become a piece of who you normally are The great recommendations that you ll get during the sessions will revise the speculation designs in your intuitive personality and make it another conviction that will essentially program you for achievement in any everyday issue Interested in Learning More Get Your Copy to Get Started **Rapid weight loss hypnosis for woman**

Robinson Academy,2021-11-10 Have you been looking to lose weight belly fat baby fat bingo wings and love handles but have tried all manner of strategies or hacks with little or no sustainable success And are you looking for a method that actually works one that will not require you putting yourself through unnecessary risks and one that won t require impossible amounts of willpower to pull off If you ve answered YES keep reading You Are about to Discover How to Make Weight Loss Easier than You ve Ever Thought Possible By Leveraging The Power Of Hypnosis By nature women tend to lose weight slower than men for a myriad of reasons including lower metabolism rates muscle composition and even social factors and I m sure you already know that Unfortunately most fat loss methods including all those popular diets tend to ignore this fact and

address both gender leading to poor adaptation and coping challenges in women yo yo dieting and giving up Ever tried a weight loss program and went through so much pain distress and other enervating challenges that you gave up thinking you were the problem Well turns out that the method was the challenge and all you ve ever needed was a feminine or women friendly method which is none other than Hypnosis Besides proving it to be a female friendly method of weight loss studies actually assert that people who use it lose weight more than twice as much as their counterparts who diet without this therapy But what is hypnosis exactly What does it entail Is it something I can do alone How do I get started with it What are the dos and don ts of this method If such questions are popping in your mind right now you re in luck because this book is here to address them and many others comprehensively Here s a bit of what you ll learn What hypnosis is and how it has developed over time since inception The different types of hypnosis Why you need hypnosis Why it s possible to lose weight How to get started with weight loss the right way How to reclaim your power over food and reconnect with your body How to train your brain to burn fat quickly How hypnosis works by tackling factors that hinder weight loss How to use hypnosis to control weight The best 12 week hypnotherapy program you need follow for optimal results How to eat properly to burn fat and lose weight How you need to change your cooking style for optimal results How to exercise to lose weight How to meditate to lose weight and build healthy eating habits The available medical and non medical treatments for weight loss And much more Even if you are an emotional and unconscious eater have tried all methods of weight loss without success consider yourself as lacking the motivation to follow through with a dieting plan and want a sustainable method for a change you will find this book life changing What s more it takes a beginner friendly easy practical approach to assure you positive instant results Don t wait any longer Scroll up and click Buy Now With 1 Click or Buy Now to get your copy to benefit in all these ways and more

Rapid weight loss hypnosis for men Robinson Academy,2021-10-29 Are you a man who s been on the hunt for the ultimate male friendly way of losing weight without success Do you feel that the materials and the community out there for weight loss is just not geared towards men especially those that don t want to spend hours at the gym If you ve answered YES keep reading You Are About To Discover An Easy To Follow Approach To Weight Loss That Won t Require Spending Hours Upon Hours At The Gym Or Using Up Your Will Power To Go Against Your Natural Desire To Eat When you look at the structure and marketing of modern diets and other weight loss regimens it s easy to conclude that every weight loss plan out there is geared toward women who want sexy bodies hormonal balance and flat tummies And if you look at anything male oriented it all focuses on building muscles weight lifting and everything else that seems manly As a man if you are not so much into weight lifting you may be left thinking What about me Are men not supposed to just lose weight without having to lift weights Unfortunately if you ignore the strange feeling of following these regimens and get started with one the next question then becomes Why is it so difficult for me to follow this program Why am I not seeing any results Is there a guaranteed way to lose weight without all this struggle If that s you if you re the one who s been struggling

to lose weight no matter what you do let me introduce you to HYPNOSIS the number 1 strategy for men that has been used for ages to burn fat lower anxiety and encourage healthy eating habits for long term success And guess what This book is here to introduce you to this concept and show you what you need to do in simple steps to burn fat release stress and overcome anxiety More precisely you ll learn What hypnosis is and why it s important for weight loss How hypnosis and hypnotherapy developed throughout history from inception The different types of hypnosis The myths and misconceptions about hypnosis How self hypnosis can benefit you as a man and its limitations How to perform hypnosis for weight loss How to lose weight in simple steps The best weapon for belly fat Why men gain weight The best fat burning supplements to use to burn fat How to burn fat naturally How to exercise to shed belly fat What you need to know about gastric band hypnosis for men How to use hypnosis to fight anxiety and increase self confidence How to maintain good body results with effective food control methods And much more As you can see this book approaches the whole process of weight loss differently by not only focusing on direct methods of fat burning but also targeting the root causes of weight gain and dealing with other subtle factors that constraint weight loss like stress and anxiety Hypnosis is the method you ve been looking for to get into both mental and physical shape and the only guide that you ll ever need to succeed with it is now only 1 click away Even if you ve been feeling as if your situation is helpless and hopeless having tried everything let this book prove you otherwise with its simple out of the ordinary approach to weight loss that actually works Scroll up and click Buy Now With 1 Click or Buy Now to secure your copy and get started

Weight Loss Essentials: How to Lose Weight Fast with Proven Diet Plans and Walking Boreas M.L. Saage, Ready to transform your weight loss journey with proven practical strategies Weight Loss Essentials offers a comprehensive approach to help you lose weight fast while creating sustainable habits for long term success Discover how to lose weight effectively through a perfect balance of nutrition science strategic eating patterns and simple movement This guide breaks down complex weight loss principles into actionable steps that fit into your busy lifestyle Inside you ll learn The psychological foundations of successful weight loss and how to overcome common mental barriers How to lose weight by eating the right foods at the right times Detailed explanations of foods that cause you to lose weight through their metabolic effects Various fasting methods to lose weight including intermittent fasting and guided protocols Simple walking strategies to lose weight without expensive equipment or gym memberships Mediterranean low carb and other diet plans customized to different needs and preferences How to eat right and lose weight while still enjoying your meals Science based approaches to optimize your metabolism and energy balance Unlike temporary solutions this book focuses on teaching you how to lose weight now while building habits that last The walking to lose weight section provides beginner friendly plans that progressively increase in intensity making fitness accessible to everyone Whether you re looking to lose weight fast for an upcoming event or create a sustainable approach to diets to lose weight over time this essential guide provides the tools knowledge and motivation you need Learn to work with your body s natural processes rather than

against them and discover how small consistent changes lead to remarkable results Start your journey to better health today with proven strategies that combine the best of nutrition science and practical lifestyle adjustments *The Pink Salt Trick for Weight Loss* Alexandra Merritt, 2025-05-22 THE PINK SALT TRICK FOR WEIGHT LOSS Ancient Himalayan Secret Revealed Discover the morning ritual that's transforming bodies without restriction pills or complicated diets What if the solution to stubborn weight gain has been hiding in your kitchen all along The Pink Salt Trick reveals the surprisingly simple morning ritual that's helping thousands shed unwanted pounds and inches while feeling more energized than ever before Unlike punishing diets that leave you hungry and deprived this revolutionary approach works WITH your body's natural processes creating an optimal internal environment where weight loss becomes effortless Based on centuries old wisdom validated by modern science this 5 minute morning practice resets your metabolism at the cellular level addressing the ROOT CAUSE of weight gain rather than just treating symptoms Inside this comprehensive guide you'll discover The exact step by step 21 Day Pink Salt Reset Program that transforms your body's biochemistry 40 delicious easy to prepare morning drink recipes targeting specific weight loss challenges How this ancient mineral complex triggers natural fat burning without stimulants or restriction Scientific explanations of why conventional weight loss methods have failed you Special formulations for hormonal balance stress reduction bloating and detoxification Strategies for overcoming plateaus and maintaining results long term Real success stories from people who've lost 20 30 even 40 pounds with this simple practice Perfect for anyone struggling with stubborn weight gain unexplained bloating afternoon energy crashes or sugar cravings that won't quit Whether you're just beginning your weight loss journey or have tried everything without success The Pink Salt Trick provides the missing piece you've been searching for Transform your body and reclaim your energy with the morning ritual that's changing everything we thought we knew about weight loss **CLICK TO GET A COPY NOW AND DISCOVER THE PINK SALT SECRET TODAY** *Rapid Weight Loss Hypnosis for Woman and Men (2 Books in 1)* Robinson Academy, 2021-09-16 Have you tried burning fat or maintaining your ideal body size without success Have you tried dieting exercising fasting medical approaches or interventions and other popular methods of weight loss but none of them seem to be working for you And are you tired of trying techniques that don't work and are looking for something else something that will help you deal with the root causes of uncontrolled weight If you've answered YES keep reading You Are About To Discover A New Approach To Weight Loss That Will Literally Hijack The Things That Cause Weight Uncontrolled Weight Gain So That You Can Turn Your Life Around As Far As Weight Loss Is Concerned According to research we fail to lose weight not because of lack of effort or resolution but because of an unaddressed or stifled subconscious or the gut reaction that guides good decisions and prevents acting solely on emotion In order to lose weight according to experts you need to turn that subconscious volume up to increase wisdom and thus better decision making as that's what leads to better and sustained long term habits that in turn lead to weight loss And you know what method trains the subconscious better than anything else Hypnosis With it you

address all the factors that collectively lead to weight gain and stalled weight loss like cravings mood problems poor habits motivation stress and anxiety But as a beginner to this novel method you may wonder What exactly is hypnosis and how does it work Is it easy to perform How do I practice it alone How does a typical monthly or weekly hypnosis or hypnotherapy plan look like That s why I am presenting to you this detailed 2 in 1 beginners guide to hypnosis for both men and women to get all the answers and find out the best approach to take to succeed with it More precisely you ll learn What hypnosis refers to and its history The different forms of hypnosis How we gain weight Why hypnosis is important and how it would help you lose weight especially belly fat How to get started with hypnosis properly How to train your mind and body to burn fat How to reclaim your power over food with hypnosis and reconnect with your body to better manage your weight How to prepare your food and eat to see quick results An ideal sample 12 week hypnotherapy program to help you get started on your journey How to exercise to maximize your gains Myths and misconceptions you need to be aware of How to fight anxiety and boost confidence with hypnosis What you need to know about gastric band hypnosis And much more Even though it may look otherwise due to its psychological nature this method is really straightforward and easy to follow and this book makes it so by maintaining simplicity throughout the text and tackling it from a practical perspective to ensure you can implement it as you go without any hassle Don t let uncontrolled weight gain make your life feel unfulfilling Let this book walk you throughout the journey to weight loss the easy way by showing you how to hypnotize yourself to effortless weight loss Scroll up and click Buy Now With 1 Click or Buy Now to get started

Eat Stop Eat. Intermittent Fasting Diet to Have More Energy and Lose Weight (with the Best Recipes) Mary Nabors,2021-09-15 If you truly want to lose weight in a sustainable way feel great about yourself and improve your overall health then you really need to read this book Most people are trying to find the right solution to lose weight have tried all sorts of diets but didn t get too far with those diets Why Because it s extremely hard to stick to them and immediately after it people will start gaining weight just like they were never on a diet You don t want this unpleasant surprise to happen to you so the real question you need to ask yourself is Do you want to lose weight and remain fit while you are having your favorite food If the answer is yes then you need a lot more than a diet you need a completely new lifestyle You really don t have to look further than this book to find the perfect inspiration for your new lifestyle The Eat Stop Eat Program Intermittent Fasting tends to be the most sustainable way to burn fat That s right you will burn fat and lose weight but you will not lose muscle mass if you follow the simple principles of this Intermittent Fasting programs This book will provide you valuable tips and tricks about what you need to eat in order to make your body burn fat how you need to structure your day to maximize the results of this procedure how you need to exercise to burn fat and not lose muscle mass Intermittent Fasting may sound very difficult for many people but the Eat Stop Eat program is the easiest and most accessible program you can do Even if you have never fasted before you can still easily cope with this program and experience the full benefits of it If you want to fall in love with Intermittent Fasting start with

this program first I promise that you won't be disappointed after trying this method and you will discover how easily you can stick to it unlike the previous diets you have tried Of all the Intermittent Fasting programs this is my favorite as it allows me to enjoy the benefits of fully nutritional meals combined with the fat loss and overall health benefits of Intermittent Fasting You will probably find plenty of information online about Intermittent Fasting but there aren't too many sources that will let you know what to eat in order to maximize the results of this program If you are looking for such information look no further as this book is exactly what you need So what are you waiting for Buy this book now **Ebony**, 1983-01 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine *THE FASTING CURE* Upton Sinclair, 2024-01-17 In Upton Sinclair's *The Fasting Cure* the author delves into the benefits of fasting as a means of healing and rejuvenation Written in a clear and engaging style Sinclair's exploration of fasting as a cure for illnesses is presented with a blend of scientific research and personal anecdotes The book is set in the early 20th century and reflects the growing interest in alternative medicine during that period Sinclair's literary talent shines through in his ability to present complex medical concepts in an accessible manner making the book a valuable resource for both scholars and general readers interested in the history of medicine Additionally Sinclair's advocacy for natural healing methods adds depth to the text making it a compelling read for those interested in holistic health practices *The Fasting Cure* is a thought provoking and informative book that sheds light on a lesser known aspect of Sinclair's literary repertoire **Metabolism Reset Diet: 2 Books in 1** Mary Nabors, 2021-10-29 If you want to become healthier bulk up and eat clean then keep reading For years it has been believed that bodybuilders couldn't follow a vegan diet People assume that in order to gain muscle that you have to eat animal products because for many animal products are the only decent source of protein While it is true that you need protein to build muscle you can get plenty of protein from plant sources As a dietitian I want to help you make the changes to your diet that you want to and still do the workouts you love There are a lot of myths out there about veganism and bodybuilding and if you are a bodybuilder who wants to eat vegan you may find it hard to figure out how to do so People choose veganism for many reasons and the reason you want to switch to this new diet isn't important The only thing that is important is that yes you can eat vegan and be a bodybuilder I want to help prove to you that you can have all the energy you need as well as the protein to be a successful bodybuilder and reach the gains that you have been striving for In this book you will find The best vegan supplements that will boost your workouts and energy The top bodybuilding advice that can prevent gains The most powerful foods you can eat to improve your bodies anabolic processes How to gain energy without animal products What it really means to eat clean What you can do for your gut health How simple nutrition is the key to gaining more muscle And much more I understand you may still be unsure about going vegan I get it There is a lot of misinformation out there for bodybuilders and non bodybuilders alike You may be worried that your energy will lack or that you won't be able to gain

muscle like you have been When you choose this book you will learn the facts about bodybuilding and a vegan plant based diet You ll realize the rumors you have heard are unfounded Even if you have only eaten a traditional bodybuilding diet you can make the switch to veganism without losing what you have gained I know you want to make the switch to veganism Otherwise you wouldn t be here So if you are serious about this scroll up and click buy now [Rapid Weight Loss Hypnosis For Women](#) Laura White,2021-06-10 Do you want to learn a healthy and effective technique for losing weight and having more energy Have you ever imagined yourself as attractive thin and free from any pain caused by excessive weight If you said yes to any of the above questions then look no further because all of the details you need to know about losing weight effectively can be found in this book This book is written to help you approach weight loss in a very effective way Instead of fighting against your desires and habits you can quickly use hypnosis to forget your cravings master portion control and build many other fat melting habits The topics you will find in this book include the following What Hypnosis is Importance of Hypnosis For Women Hypnosis and Weight Loss Meditation To Burn Fat Weight Management Gastric Band Hypnosis Hypnosis Techniques Mindful Eating Foods To Avoid Power of Affirmations and The Law of Attraction How to Increase Your Metabolism With Hypnosis Methods of Self Suggestion Hypnosis it s a powerful technique that can heal your body image issues make you stop overeating and fix your mind Hypnosis weight loss programs have now been proven over the past few decades to be an effective way to lose weight and relax Losing weight through the use of hypnosis is the only way to get in touch with the inner part of you that is invariably struggling with weight issues Accepting your body and changing it for your own benefit will help you boost your self confidence and self esteem Take a step now Grab your copy today [Quick Start Weight Loss Program for Mothers-to-be](#) Katherine Samaris,Garry Egger,2003 Following the success of his GutBuster programs Garry Egger s new initiative is Professor Trim s Quick Start Weight Loss Program a medically supervised slow but steady approach to losing weight and improving the health of Australians **Commanders Call** ,1981 **Popular Science Monthly** ,1924 [Quickly To Her Fate](#) Phillip Jones,2009-10-30 A brief history of the lives and crimes of the 27 women executed by the British authorities between 1900 and 1955 including the ten female war criminals from World War II and Ruth Ellis the last woman hanged in Britain [Intermittent Fasting](#) Mark Evans,2018-04-19 Ever reached a point when you just want to give up with all these diet plans which barely even made a difference Well in Intermittent Fasting you ll discover a completely new approach to weight loss A proven approach that can provide dramatic changes not only to your weight but also to your overall health something which you didn t have in any of those diet plans In this book you ll learn about the fundamental concepts of intermittent fasting and find out why more and more people who once tried to follow several diet plans are switching into this new weight loss technique To provide a quick look on the set of lessons that you can only learn once you read the book here s an overview A wide coverage of all the things you need to know about intermittent fastingThe science and research studies that back up the efficacy of the diet methodFull discussion on how intermittent fasting

specifically results to both weight loss and muscle gain

A list of the most prominent fasting types that are currently dominating the fitness industry

A comprehensive step by step guide to intermittent fasting for beginners including specific diet protocols and guidelines

Supplementary section which provides additional guides and ideas that can help maximize the results of intermittent fasting

Intermittent fasting is by far the most realistic option you have

So if you are really serious about losing weight consider this book as your personal guide and start taking the road to a healthier body

Intermittent Fasting by Body Type Mary Nabors, 2022-01-27

If you truly want to lose weight in a sustainable way feel great about yourself and improve your overall health then you really need to read this book

Most people are trying to find the right solution to lose weight have tried all sorts of diets but didn't get too far with those diets

Why? Because it's extremely hard to stick to them and immediately after it people will start gaining weight just like they were never on a diet

You don't want this unpleasant surprise to happen to you so the real question you need to ask yourself is: Do you want to lose weight and remain fit while you are having your favorite food?

If the answer is yes then you need a lot more than a diet you need a completely new lifestyle

You really don't have to look further than this book to find the perfect inspiration for your new lifestyle

Intermittent Fasting tends to be the most sustainable way to burn fat

That's right you will burn fat and lose weight but you will not lose muscle mass if you follow the simple principles of this Intermittent Fasting programs

This book will provide you valuable tips and tricks about what you need to eat in order to make your body burn fat how you need to structure your day to maximize the results of this procedure how you need to exercise to burn fat and not lose muscle mass

Of all the Intermittent Fasting programs this is my favorite as it allows me to enjoy the benefits of fully nutritional meals combined with the fat loss and overall health benefits of Intermittent Fasting

You will probably find plenty of information online about Intermittent Fasting but there aren't too many sources that will let you know what to eat in order to maximize the results of this program

If you are looking for such information look no further as this book is exactly what you need

So what are you waiting for? Buy this book now

Be Your Own Health Detective Reid Jenner, 2015-06-01

PLACE THE POWER OF HEALING IN YOUR HANDS

Are you or a loved one suffering with undiagnosed pain? Does your doctor rush you out the door in less than 10 minutes after performing a superficial exam? Does your doctor often interrupt you and not give you adequate time to describe the history of your illness? Does your doctor only seem interested in treating your symptoms with another prescription and not looking for the underlying cause of your illness?

Take back control of your health with these proven tools for solving your own health problems

THE FACTS: 75% of illnesses are caused by external influences which are easily recognized and analyzed by you

Most ailments can be simply diagnosed by examining your problem history and the circumstances surrounding its development

information that you have

Doctors typically spend only ten minutes examining you but difficult and intractable problems require a deeper analysis

time that you have

Most doctors prescribe drugs or surgery to treat your symptoms which does not address the underlying cause of your problem

Once you clearly pinpoint the

source of your problem a quick and painless permanent remedy can normally be found by removing the offending source without drugs or surgery _____ Beginning with a fascinating case study of a patient who suffered for years with an undiagnosed severe illness but who quickly solved it himself following the systematic self diagnostic process outlined in this book Be Your Own HEALTH DETECTIVE equips you with proven tools to discover the quickest and least invasive solution to your personal problem You can fill in the easy to use problem investigation template as the author walks you through the process referencing many interesting health problems others have solved in a similar manner Or you can wait until the end of the book and download the free worksheets to work through and solve your problem in one sitting Instead of endlessly searching the Internet trying to find a problem matching your own Be Your Own HEALTH DETECTIVE offers a clear and rigorous process for using the knowledge you have about your body and your personal history to quickly determine the root cause of the problem True health empowerment starts with not always expecting others to cure us You know your body and the history of your illness better than anyone and only YOU have the time information and motivation to find the most effective and least invasive solution for your health management needs Download this book today to equip yourself with the expert tools thousands of others have successfully used to reclaim control over their health A sampling of rave reviews from readers This is a brilliant book It takes a holistic perspective and helps patients to think like Sherlock Holmes I think every patient with an undiagnosed illness should read this It will help them help their doctor to diagnose their illness It s like you re a diagnostician in the TV show House Empowering Information Its absolutely amazing how much one can deduce for oneself before a doctor visit Simply wonderful Two big thumbs up This is a well researched eye opener that is a must read Highly recommended Ketogenic Diet Mark Evans,2021-02-09 The Complete Ketogenic Diet 4 Book Bundle This box set includes 1 Ketogenic Diet The Complete Step by Step Guide for Beginner s to Living the Keto Life Style Lose Weight Burn Fat Increase Energy 2 Meal Prep Beginner s Guide to 70 Quick and Easy Low Carb Keto Recipes to Burn Fat and Lose Weight Fast 3 Intermittent Fasting A Simple Proven Approach to the Intermittent Fasting Lifestyle Burn Fat Build Muscle Eat What You Want 4 Fat Bombs 60 Best Delicious Fat Bomb Recipes You Absolutely Have to Try Low carb diets are one of the most popular types of diet around and for good reason Many people report weight loss weight management and health improvements from going low carb But what about the people who succeed on other diets And why do some people fail to meet their goals on a low carb diet One simple answer ketosis Ketosis is essential to losing weight It is the process by which we get energy from fat And if you re not in ketosis you re not losing body fat So why go through a series of fancy steps trying to get into ketosis on a normal diet or a typical low carb diet when you can go straight to ketosis by adopting a ketogenic diet The ketogenic diet described within these pages adopts the latest in nutrition research the best foods for our bodies and eliminates all the unnecessary messing around No more counting points or calories in detail No more fighting carb cravings every day And no more avoiding healthy vegetables because of a fad diet This time you can focus

on healthy whole foods a low carb diet and a no cravings solution for now or forever Combining the Ketogenic Diet with Intermittent Fasting will super charge your health and you will also get a complete guide on meal prepping on a ketogenic diet and delicious Fat Bomb recipes to accelerate your ketosis without feeling guilty or fighting cravings Just a few examples of what you will learn in this box set includes Ketogenic Diet fundamentals Delicious Keto breakfast lunch dinner and snack recipes How to stay on a ketogenic diet without sacrificing your freedom A 30 day suggested keto meal plan based on the recipes in this book A straightforward guide to meal prepping and avoiding meal prep mistakes The science and research studies that back up the efficacy of the intermittent fasting method Full discussion on how intermittent fasting specifically results to both weight loss and muscle gain A comprehensive step by step guide to intermittent fasting for beginners including specific diet protocols and guidelines Guide to easy to do fat bomb recipes which includes nutrition information that will help you lose weight and maintain your ideal weight Alternative fats and sweeteners to use to make healthy fat bombs dishes And much much more Grab your copy and start living the keto lifestyle today

Ebony, 1983-01 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine

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Lose Weight Rapidly With The Dr James Method Introduction

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