

"Naturally Slim and Powerful reveals the special nutritional needs of a woman's body. It is a manual for losing weight while enhancing a woman's well-being."

From the foreword by **JOHN GRAY, Ph.D.**,
author of *Men Are from Mars, Women Are from Venus*

Naturally Slim and Powerful

The Natural Way to Boost
Serotonin Without Drugs
Lose Weight Without
Losing Your Mind

Dr. Philip
and Monika



Naturally Slim And Powerful

George Redmon, George L. Redmond



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If you wonder why your previous diets haven't worked here is your answer Serotonin is the chemical that controls emotion intellect and appetite According to renowned biophysicist Philip Lipetz conventional diets decrease serotonin levels in the brain causing an opposite effect of the desired results Here Dr Lipetz offers his revolutionary and proven diet program based on foods that naturally boost serotonin levels **The Natural Slim: 30 Proven Steps to Lose Weight Without Chemicals** Dr. Sebi Grandson,2025-07-04 The Natural Slim 30 Proven Steps to Lose Weight Without Chemicals By Dr Sebi's Grandson Are you tired of chemical weight loss pills strict diets and confusing advice The Natural Slim is your simple practical guide to shedding fat boosting metabolism and healing your body naturally Inspired by the healing philosophy of the late Dr Sebi this book presents 30 proven plant based steps using everyday natural ingredients like lemon garlic ginger hibiscus cinnamon and more From detox teas and slimming smoothies to herbal routines and mindful eating habits each chapter is a small change that leads to big results Whether you're just starting your wellness journey or returning to nature's way this guide empowers you to Burn fat using natural herbs and foods Cleanse your body without chemicals or side effects Improve digestion sleep and daily energy Build a lifestyle that's simple sustainable and rooted in nature You don't need a lab You need a leaf Lose weight live well and return to your natural rhythm with The Natural Slim Natural Born Fatburners George Redmon,George L. Redmond,2002 Natural Born Fatburners offers conclusive evidence that traditional diets don't work New vital information reveals the safest and most natural way to rid the body of unwanted pounds and dangerous fat levels and provides life saving information for those facing health complications due to weight gain Choose from Dr Redmon's top 100 fatburning foods Prevent fat loss from returning Lose weight naturally without resorting to dangerous drugs Learn ways to stop binge eating Induce fatburning by eating specific foods Increase your body's metabolism Select from 60 supplements for optimum weight control *Ten Habits of Naturally Slim People* Jill H. Podjasek,Jennifer Carney,1998-04 Offering dieters the keys to reaching and maintaining an optimal body weight The Ten Habits of Naturally Slim People presents proven methods for meeting the body's physical needs while developing life enhancing attitudes **Rapid Weight Loss Affirmations for Women** Hypnosis for Happiness and Success, If you have always wanted to lose weight but haven't achieved your goal then keep on reading Are you sick and tired of not fitting into the clothes you want to wear Sick and tired of counting calories working out endless hours and beating your head into a wall with little to show for it Have you tried countless solutions but found they only work for a few weeks Do you finally want to say goodbye to those extra pounds and discover something that will work for you permanently You have probably obsessed over counting calories and Weight Watcher points but found the dial on that scale barely moves You have dieted and worked out but you just don't see the results you want In this book you will discover How to reprogram your unconscious mind's connection to food How you can

reduce your cortisol levels to reduce your weight That it is possible to increase your motivation everyday How you can overcome subconscious barriers to effective weight loss How to deal with any unresolved emotional issues from your past And that you can feel better about your body All while you change the beliefs that prevent you from achieving your weight loss success and much much more When it comes to weight loss some of Irving Kirsch s research and the American Psychological Association have found that people that listen to weight loss hypnosis have dropped more than 20 pounds after four to six months and also maintained that weight loss during an 18 month follow up period Even if you re very far from your target weight right now you can still lose a lot of weight with self hypnosis Take a second to imagine how you ll feel once you are finally be able to buy the clothes you want and how your family and friends will react when they see you walking through the door looking healthier and happier than ever If you have a burning desire to lose weight fast and look better than ever then scroll up and click the Add to Cart button and get your copy today *Health and Weight Loss* John Ratcliffe,2005 The Glycemic Index GI eating has shattered the myths about dieting forever This essential new approach to lifelong health offers real solutions to weight loss heart disease cholesterol and diabetes **Understanding Negative Body Image** Barbara Moe,1999-12-15 Discusses positive and negative body image with an emphasis on body size and weight and suggests ways to improve self esteem and develop a healthy body image **Low Carb Made Easy** John Ratcliffe,2005 The Glycemic Index GI has shattered the myths about dieting forever Find out about this essential new approach to lifelong health that offers real solutions to weight loss heart disease cholesterol and diabetes *Real Kids Come in All Sizes* Kathy Kater,2009-02-19 Confronting two of this country s fastest growing health problems body image and weight concerns among children and teens this practical guide shows parents how to help their children maintain body esteem and make healthy choices a routine part of their lives At a time when they should feel secure in their body s growth too many American children become anxious about size and weight and begin to eat in ways that contribute to the very problems they hope to avoid Obesity negative body image and eating disorders are extremely difficult to reverse once established and can be devastating to the self esteem of developing bodies and egos Long overdue *Real Kids Come in All Sizes* challenges the toxic myths that promote body image and weight concerns in our culture Building a foundation for lifelong health parents can use these lessons to help their children Eat well and be active Accept size diversity in themselves and others Value health and well being over image Be comfortable in their developing bodies Resist damaging cultural messages Develop a strong identity and choose realistic role models

Immerse yourself in heartwarming tales of love and emotion with is touching creation, **Naturally Slim And Powerful** . This emotionally charged ebook, available for download in a PDF format (Download in PDF: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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