

Lose Fat While You Sleep

No Dieting
No Drugs
No Exercise

by Pete Billac



Lose Fat While You Sleep No Dieting No Drugs No Exercise

M Tight



Lose Fat While You Sleep No Dieting No Drugs No Exercise:

The Enzyme Cure Lita Lee,2013-04-24 The medical industry continues to tell us that conventional medicine is the only way to treat all of our health issues For too many people however these treatments do little more than spend money But there are alternatives For decades the use of natural enzymes has been studied and evaluated The Enzyme Cure is a comprehensive guide for everyone who wishes to learn more about treating health problems with enzymes The Enzyme Cure teaches you how to use plant enzymes to help reverse asthma cancer diabetes herpes kidney stones menopausal symptoms weight problems and dozens of other common disorders It not only details the enzymes that should be used for each condition but also guides you in treating many underlying problems through diet and lifestyle changes If you have ever wanted safe and effective medical alternatives ever wished that doctors would provide new solutions instead of more prescriptions The Enzyme Cure is for you

The Diet Trap Pamela M. Smith,2000 The Diet Trap examines the dilemmas deceptions and dangers of today s popular diets and then offers a healthy alternative six week plan for losing weight and feeling great

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[The Complete Book of Diet Drugs](#) Steven R. Peikin,2001-01-01 One of America s foremost leading experts on safe diet drugs and drug assisted weight control presents an innovative guide to losing weight with prescription and non prescription diet drugs that discusses how the diet drugs work possible side effects finding the right one and much more Reprint

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No Collar to Tank Top Wayne Stinnett,Sam Hoster,2023-07-01 As an author I spend a lot of time sitting at the keyboard as do many in this and similar professions Prior to becoming a novelist I was a long haul trucker another sedentary lifestyle Over the course of many years the body I once had as an active duty Marine turned into a blob So I decided to do something about it The change from Marine to blob took decades so I didn t even notice it happening But when I put the aging process in reverse the changes were very noticeable and fast coming I d intended to write a sequel to Blue Collar to No Collar my non fiction on writing and publishing in the digital age and the title was to be No Collar to White Collar a study of taking my writing career to the next level as a publisher Six years later I ve only lived chapter one of that book so it will be a while before I finish it Then along came Sam Hoster my co author I know very little about health and fitness except that I m living proof that even in our mid sixties it s not too late to become fit and strong So I invited Sam to write this book with me

You see he s the owner of the gym I started going to and through the guidance and tutelage of his trainers and coaches I went from blob to competitive powerlifter in just over a year At the time of this writing it s not certain if I will hold any of my states powerlifting records for my age and weight but the Marine in me says that by the time this is published I ll hold four state records This book isn t a memoir but a motivational Anyone can become stronger and healthier All you need is guidance and a little push That s what we re here for Sam provides the guidance and I do the pushing Kinda like in the gym

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