



LOSE WEIGHT: How to Lose Weight Fast and Naturally: Build Your Health and Your Body by Eating Right, Not Less (Fitness, Lose Weight, Build Muscle, Fitness ... Fitness Exercises, Fitness Motivation)

Dr. Michael Ericsson

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Today only, get LOSE WEIGHT: How to Lose Weight Fast and Naturally: Build Your Health and Your Body by Eating Right, Not Less! Read on your PC, Mac, smart phone, tablet or Kindle device.

Do you have a hard time losing weight? Are you tired of fad diets that requires you to starve yourself in order to lose weight? For most of us losing weight is a challenge. It is a life-long feat.

Losing weight has a number of benefits. It helps increase your energy and improve your productivity. It helps get rid of various health problems associated with being overweight. It strengthens your immune system and it helps you sleep better. It also reduces the risk of cardiovascular diseases and diabetes.

This book contains various techniques that will help you change your eating habits and lifestyle and lose weight in the process. This book also contains 25 healthy salad recipes, 25 fruit infused water recipes, and 5 powerful herbal teas that you can use to lose weight fast and effortlessly.

You do not have to starve yourself to lose weight. You just need to make a few changes in your diet. Losing weight is not as hard as you think. This book will help you lose weight and keep it off.

Here Is A Preview Of What You'll Learn...

- Basics of Weight Loss
- Low-Calorie Salad Recipes
- The Weight Loss Wonders of Fruit-Infused Water
- Tea for Weight Loss
- Lifestyle Changes
- Much, much more!

Basics of Weight Loss

Many people have tried to lose weight but only a few succeeded. Weight loss is a struggle mainly because of lack of knowledge of how it works. So, how do you lose weight?

Weight loss is basically a “numbers game.” In order to lose one pound, you need to have a calorie deficit of 3500 calories. So, to lose weight, you must consume fewer calories. In fact, to lose three pounds in a week, you must have a deficit of 10,500 calories per week. So, many people try to starve themselves just to lose weight. However, you do not need to cut down your food intake just to lose weight. You just need to go for low calorie food items.

For instance, one cup of French fries contains 182 calories while one cup of raw carrots has 50 calories. So, in order to lose weight, you must pay attention to what you’re eating. You must pay attention to your food choices and do some tradeoffs.

Here are the basic rules that you must follow in order to lose weight:

1. Drop all the sugary drinks.

Sugary drinks such as sodas and processed fruit juices are not good for you. In fact, studies show that there's a strong correlation between obesity and soft drink consumption. These beverages' high sugar content can cause insulin resistance which can lead to weight gain and diabetes. To lose weight fast, you have to avoid these sugary drinks and drink more water instead.

Take action today and download this book for a limited time discount! Download your copy today!

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