

LOSE WEIGHT GAIN ENERGY GET HEALTHY

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Reduce your cholesterol (page 116) Top ten anti-ageing diet tips (page 131) Nutrition for super skin (page 147) Chocolate – friend or foe? (page 185) Foods to boost your brain power (page 188) Healthy meal ideas (page 215) Learn more online (www.teachyourself.com/loseweightgainenergygethealthy)

**DON'T DIET –
EAT HEALTHILY**

Teach Yourself Lose Weight Gain Energy

Sara Kirkham

A qualified nutritionist bargains now not a diet, yet Teach Yourself Lose Weight Gain Energy an conceivable method of consuming which maximizes Teach Yourself Lose Weight Gain Energy using superfoods to shed pounds and achieve strength and well-being For those frustrated by means of having tried 1000's of diets and failed, this is a straightforward, proven, and attainable method of nutrition and weight loss. With lots of interactive workouts and sensible tips, this publication bargains complete counsel on how and what to devour in a way that is sustainable for all times instead of only for the quick term. protecting either tips on how to detox and the way to maintain your weight loss, this is often the ultimate consultant to optimal nutrients and how to securely develop a new, slimmer body.

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