



51 Fat Burning Foods and Supplements: How To Lose Weight Easily With Thermogenic Foods, Herbs and Natural Supplements (Fat Burning Books Book 11)

Sarah Patterson

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Lose 7 Pounds In 7 Days With Natural Fat Burning Foods and Supplements

I Believe Anyone Can Lose Weight Fast With These Alternative Weight Loss Solutions

You could be just one week away from fast, natural weight loss! In this book you will learn:

How To Lose Weight With Natural Foods and Supplements

If you've tried diet after diet and exercise program after exercise program and still haven't lost weight, chances are you're missing the key nutrition that your body needs to detoxify! Our body stores toxins in our fat cells, so if you don't detoxify your body with good nutrition, your fat cells can't release all that extra weight. In this book you'll discover the 51 most powerful superfoods and herbal supplements that help improve metabolism, detox your body and eliminate fat cells.

Foods and Herbs That Boost Your Metabolism

Boosting your metabolism is a huge key to weight loss. In this book, you'll find 51 natural solutions that will raise your metabolism to help your body burn fat faster - naturally!

The Secret to Will Power and Discipline For Weight Loss

If you want to lose weight, you have to be able to choose healthier options and a healthy lifestyle. That means exercising your will power and understanding how to change those old bad habits that keep you stuck, tired and overweight. This book will show you how.

About The Author

Sarah Patterson studied at the Institute of Integrative Nutrition and has created a partner fitness program for

healthy living and natural weight loss. Sarah is passionate about natural weight loss and living a healthy lifestyle.

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