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Kimberly Snyder



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The Natural Way of Losing Weight James Smith, 2017-01-30 This e book comprises of detailed step by step guide that will help you to naturally lose weight The e book is categorized into three different phases as highlighted below PHASE 1 How to Lose Weight In order to successfully reach your weight loss goals you re going to first need to understand how to lose weight That s what Phase 1 is A complete yet easy to understand explanation of exactly what is required for weight loss to take place PHASE 2 Creating Your Weight Loss Diet Plan In Phase 2 you re going to learn how to put this information to use and create your own weight loss diet plan The very first thing you re going to need to do is figure out what your calorie maintenance level is and you will be guided on every step PHASE 3 Continue Losing Weight and Keep It Off In Phase 3 you will learn how to make sure you continue losing weight and even more importantly keep the weight off for good Losing weight is guaranteed by following this guide

Weight Loss the Natural Way Dr. Aihan Kuhn, 2014-09-05 Many people have tried different ways to lose weight and most have never found a solution because the pounds keep creeping back In this book Dr Aihan Kuhn explains how to get your weight down in the most efficient way and keep it off for life Her approach does not involve extremely hard work hard exercise an extreme diet or diet pills it is about balance Her approach is completely natural and easy to practice She provides diet guidelines knowledge and incorporates multiple techniques to help people lose weight Along with losing weight you also start your healing journey Dr Aihan Kuhn is an expert in natural healing prevention and anti aging She is award wining author speaker and master of Tai Chi and Qi Gong She has changed many lives and being called Miracle worker Dr Kuhn is the president of the Tai Chi and Qi Gong Healing Institute TQHI org a nonprofit organization that promotes natural healing and well being For more information about Dr Aihan Kuhn visit www.DrAihanKuhn.com

The Fastest Diet Victoria Black, Gen Davidson, Krista Varady, 2023-11-28 One of the world s leading researchers on intermittent fasting Dr Krista Varady teams up with the world s largest online fasting network SuperFastDiet to show you how to supercharge your weight loss and dramatically improve your health There are myriad ways to use fasting to improve health and lose weight Victoria Black and Gen Davidson of SuperFastDiet having been working with clients for years gathering insight into which versions work best in terms of ease and effectiveness The result An intermittent fasting formula that will supercharge your weight loss Not content with anecdotal evidence they have teamed up with Dr Varady a professor at the University of Illinois who provides the hard science to back it all up The book contains 50 delicious recipes and clear eyed advice on how to make this remarkable diet part of your everyday life Fun informative and effective this is the go to diet for fast and sustainable weight loss and a pathway to glowing good health This is a specially formatted fixed layout ebook that retains the look and feel of the print book

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