Losing Weight Natures Way Ebook Rights

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!!! FREE Bonus \$\$ Buy One Get One FREE \$\$ FREE Bonus !!! Stop Weight Gain and Lose Inches Fast! Finally... A Real Cure for Obesity! No medication! No bogus cures! No diuretics, fad diets, food deprivation or killing yourself exercising for months on end only to find out you have not lost one single pound! Or even worse ... that you have gained it all back in half the time it took you to lose it. Are you sick to death of being lied to by the weight loss industry and sick of being sold products and devices that may even harm your health? ARE YOU READY FOR PERMANENT WEIGHT LOSS? Try a permanent revolutionary lifestyle change! Losing Weight Natures Way === FREE BONUS - Plus you get to choose a FREE Bonus Gift from any product I have in my Tradebit Store! (One of equal or lesser value.) Does this sound like your life? * You used to be as thin as a rake, but now if you even look at food you seem to gain ten pounds automatically * You wear clothes that look like sacks in order to disguise your growing girth * You avoid flying or sitting on buses because you have gotten so huge, and you dont want to make other people feel uncomfortable * You have tried all kinds of herbal remedies, but all they did was make you feel sick, speedy, bitchy or tired * You never go swimming because you look too flabby in a bathing suit * You feel depressed about your looks, which makes you eat more than you should * You tried a high protein diet only to find that your energy wanes to the extent that you can barely think * You tried an all vegetarian diet only to find that you gained weight instead! * You tried eating in the "Zone", but zoned out energy-wise when it came to cooking all those special meals * You tried Weight Watchers, but found yourself gaining weight again the minute you got off of it * You tried a low carb diet only to find that you became horribly constipated and felt intoxicated * You tried herbal teas but they made you feel jittery and dehydrated * You have tried weight loss pills, but your family and friends told you to stop because your personality suddenly had all the charm of a raging crack addict * You tried detoxifying your colon only to experience days and days of the worst headaches you have ever had in your life * You feel ashamed because you sense others are making fun of you behind your back * You have tried working out, but after each session you feel even hungrier * You have not had sex or a date in ages because you are so embarrassed about the way you look naked * Your weight is causing you incredible social anxiety

to the extent that you do not go out much anymore * Your doctor has told you it is time for you to do
something about your weight but you dont know where to even start! These psychological and physical
sensations that are associated with being fat are all too common, but the truth is that you dont have to
just give in and expect that you will be morbidly obese! In my new eBook I tell you how to cure obesity.
You do not have to spend hundreds of dollars You do not have to starve yourself You do not have to alter
your body chemistry You do not have to exercise until you drop exhausted on the floor. In fact you can
change all of this simply by changing your lifestyle. All you have to do is follow the suggestions in my
eBook Losing Weight Natures Way and you will soon be your old happy, healthy and svelte self again!
======= In Losing Weight Natures Way, you will
learn - * How to prevent yourself from becoming just another burden and statistic overloading Americas
already stressed health system, by taking just a few steps towards improving your general health * How
to know if you are truly obese * How weight loss works physically inside your body so you understand the
processes it must go through for you to accomplish your goal * How much energy you really need to get
through your day, and what amount of food that represents for you to stay healthy yet slim * The
difference between gaining weight and gaining muscle * The relationship between weight gain and
hibernation leading to social isolation * The relationship between weight gain and refined foods * The
benefits of regular exercise combined with sensible eating to lose pounds * Which kinds of exercise are
best for losing weight * How to exercise using no equipment at all and still lose weight * How keeping a fat
loss journal can help you lose weight * How to figure out the net calories that you burn very day * How to
find daily opportunities to exercise in your regular routines * The importance that water plays in weight
loss, and how much water you need to drink a day to actually get the weight off of you * The importance
of eating vegetables to accomplish your natural weight loss goals * The importance of eating more fruit to
lose weight * What are negative calorie foods * The role that Green Tea can play in weight loss * The role
that Acai Berries can pay in weight loss * How to use Yerba Mate and incorporate it into your diet plan *
How to shed pounds using apple cider vinegar * How to chew your food properly * A comprehensive list
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