

# How To Boost Your Metabolism Plr Audio Ebook + Free Bonus

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Discover The Secrets To Increase Your Metabolism! In The Next 45 Minutes You're Going To Discover How To Boost Your Metabolism And Lose Weight. Do You feel like those holiday pounds never went away? If you're stuck with a slow metabolism that doesn't let you eat what you want, you'll be happy with what I have to tell you... = You Can Control Your Metabolism And Burn Off Calories Fast! === 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.} You're about to discover : = What metabolism really is and how to program it to help you lose weight fast = How your metabolism helps you in ways you never knew = The truth behind calories and how your body uses them. HINT: Your body doesn't know the difference between the calories in an apple or a bowl of ice cream = How anyone can speed up their metabolism by making changes in these 3 areas of their life = How to boost your metabolism through exercise = Why jogging isn't enough to boost your metabolism and lose weight by itself = The secret to burning more calories while you sit around doing nothing = Interval training as your secret weapon for fitness and burning extra calories = How the most health-conscious add variety to their fitness routines for better results = How wine with dinner can help you lose the battle over your metabolism = Why getting just the right amount of sleep can help your metabolism grow strong, plus 6 tricks for getting to sleep on time = Will learning to relax turn into one of your best weapons for fighting a slow metabolism? The truth is revealed... = Why most people are wrong about how they look at calories = How to stay within your calorie limit and still get the proper nourishment = The secret to eating more and losing weight = Experts choose to eat early in the day for this reason = Breakfasts that will only make you more hungry later = This type of food takes more energy to break down and burns more calories = Why a trip to the grocery store can be an adventure even for the health conscious = The truth about carbohydrates = And more Included In This Package: = 25 Page Information packed Ebook in Adobe .pdf and RichText .rtf Formats = .mp3 Audio Ebook = Graphics Package - Adobe .psd files = Professionally Designed Website - Salespage, Download page, and Graphics examples page = Private Label Rights Certificate - Adobe .pdf Format ==

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