



## Weight Loss: Top 10 Simple Super-Foods: Your Guide to Lose Weight Naturally, Produce More Energy Naturally, and Feel Good Everyday (Paperback)

By Dr a Thomas Spencer

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do you Know what TEN FOODS you need to have in your Fridge at all times? Ten simple foods that will change your life, help you lose weight naturally, produce more energy naturally, and feel great everyday! As a Nutritionist, I get asked all the time, What should I eat to lose weight? Our nutrition committee collaborated to compile a list of ten foods that promote fat loss naturally, boost metabolism, build your immune system, and prevent diseases. The committee built a rating system to select the top ten food items. That system is based on four factors. 1. Metabolism enhancement 2. Detoxifying characteristics 3. Digestive system enhancement 4. Immune system boost. So what are the ten, and how will they help me lose weight? In this book, you will learn the Ten foods to eat, how they enhance your body to lose weight naturally, boost your metabolism, boost your immunity and much more, including. - The weight loss 10 commandments. 10 steps to follow to lose weight the healthy way - Tips for successful healthy weight loss - Weight Loss Facts Myths...



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