



Lose Belly Fat Without Exercise: How To Achieve Weight Loss Without Dieting Or Skipping Meals

Dr Brad Turner

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Dr Brad Turner's Lose Belly Fat Without Exercise is an easy to follow guide which gives you the important information you need to give you a jump start to a vibrant, radiant and sexy new you! If you are tired of counting calories, fat grams and points and or have lost your motivation with crash course Exercise programs and are tired of diets that just do not work, then this book is for you. Here Is A Preview Of What You'll Learn... Here Is A Preview Of What You'll Learn... - What is Weight Loss – Its Definition and Types - - The definition of weight management - What is a healthy diet? - Eating the right proportions - Pills and surgery - If Surgery is Effective It Is for Losing Weight? - Alkaline Water health benefits Alkaline water and the PH scale - How to maintain the right body weight - What is your BMI (Body Mass Index)? - The food pyramid The food/plate proportion - The Significance of Weight Loss Management

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