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Blast Belly Fat with Mufas (Paperback)

By Maddy Larosa

Createspace Independent Publishing Platform, 2013.
 Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.From Bestselling Author And Registered Nurse, Summer Accardo, RN Belly fat is extremely stubborn to lose. You do, however, have a secret weapon to help you flatten your belly in no time. This secret weapon is MUFA foods. Incorporating foods containing rich sources of MUFAs, or monounsaturated fatty acids, quickly helps you get rid of resistant belly fat so that you can have the body that you've always dreamed of. For Everyone With Sluggish Metabolisms! Even If You Don't Have Hypothyroidism, You'll Enjoy Amazing Health Benefits From This Life-Changing, Fast Metabolism Diet Book! Discover How You Can Quickly Lose 10 Pounds Without Diet Or Exercise! This Ground-Breaking Book Shows You How To Supercharge Your Metabolism, Lose Weight Fast, And Regain Your Energy! Here's What Your Doctor Doesn't Tell You While your doctor probably explained the physiology behind hypothyroidism, he or she probably didn't tell you how you can boost your metabolism, feel younger, relieve depression, regain your beautiful hair and look better, all by using complementary remedies and a special fast metabolism diet. Forget About Medication...



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