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*Beran Parry, Mercedes Del Rey*

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# **Lose Weight Fast Without Dieting Book Bundle: Paleo 21 Day Cleanse: Detox Herbal Tea Encyclopedia (Slim, Detox, Stay Healthy - Paleo Ketogenic Diet for Weight Loss, Diabetes and Anti-Inflammatory)**

*Beran Parry, Mercedes Del Rey*

## **Lose Weight Fast Without Dieting Book Bundle: Paleo 21 Day Cleanse: Detox Herbal Tea Encyclopedia (Slim, Detox, Stay Healthy - Paleo Ketogenic Diet for Weight Loss, Diabetes and Anti-Inflammatory)** Beran Parry, Mercedes Del Rey

If you've ever dreamed of being free from the rigours and boredom of dieting, this is the turbo-charged key to turn your body into a super-efficient fat-burning machine that will shred the excess pounds. Forever.

The fact is that dieting never seems to work. You lose a few pounds by chewing on fad foods or swallowing some obscure herbal concoction but as soon as you take a break from the freaky diet regime, the pounds pile back on. It's disheartening. It's dispiriting. And it's absolutely unnecessary. Because the key to successful weight control is to kick start your fat-burning metabolism and give your body a chance to do what comes most naturally - burning off the excess weight and keeping it off.

This fat-fighting approach to intelligent nutrition has been designed inside a 21-day programme to help you appreciate how incredibly effective this way of eating can be. You can experience the power of the detox and your body will happily switch into fat-burning mode. It's how we've developed as a species and how our bodies love to function. Clear out the accumulated garbage and let the power of superbly natural nutrition do the work for you.

Amongst a wealth of helpful information, you can learn how to:

- Identify the best foods to switch on your fat-burning metabolism
- Avoid the everyday foods that are wrecking your health and your waistline
- Detox your body down to the cellular level and keep it clean for the rest of your life
- Purge your system of the heavy metals that can harm nerve and brain function
- Select the right herbs to cleanse your body
- Prepare delicious meals that will promote health and weight loss
- Plan your day to eliminate the temptations
- Organise your kitchen to make mealtimes easy and totally beneficial for your health
- Integrate the smart nutrition principles into your daily routine
- Master your cravings
- Renounce the habit of dieting forever
- Appreciate every mouthful of your new approach to eating

This well-researched and highly effective way to tame your weight issues offers a much broader array of advantages than simply helping you to be free of those excess pounds that stubbornly cling to your waistline. This is a revolutionary approach to mastering your eating habits and it follows the exact requirements of your body's most natural nutritional needs. Cleansing and detoxing your body, re-balancing your metabolism and discovering the joys of eating properly and with generous portions of natural, healthy and delicious food can change your life at every level. If you're ready to discover how it feels to be slimmer, fitter, healthier and a

lot happier with your amazing body, download this life-changing bundle right now and begin the road to a whole new way of life. Because you deserve it.

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**From reader reviews:**

**Justin Fernandez:**

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