



Flexible Dieting: How to Cut the Fat in 3 Hours Flat: Weight Loss Basics and Secrets Simplified and Revealed - Macro Calculation

Frank Wright

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Are you sick and tired of all these new fad diets?

Are you ready to change your diet, change your health, and change your life!?

In this book, we will go over some of the most popular diets and DEBUNK them!

Dieting is one of the most controversial subjects out there. If you know you are overweight and want to slim down, it seems like the making of diet books never ends. There is the cookie diet, the peanut butter diet, the Paleo diet, the two shakes a day diet, the cabbage soup diet, Weight Watchers, TOPS, Jenny Craig, etc. . How is the overweight person supposed to know what kind of diet will work and if it is healthy or not?

You may ask, "Why should I go on a diet anyway?" The answer is that there are many health problems that can be caused by obesity. Diabetes, heart disease, strokes, high blood pressure, high cholesterol can happen when a person is carrying too much weight. Losing the excess weight will help boost self-esteem, you will look better aesthetically, and you can improve your endurance and athletic performance.

Here are some of the diets that we will be covering

- the Paleo Diet
- the Low Carb Diet (Atkins)
- the Gluten Free Diet
- And Many More!!

In this book we will

- Review each diet
- Show you what a typical day would look like
- The BENEFITS and DRAWBACKS of each diet
- Then we will DEBUNK them and show you the reasons why these aren't long-term effective solutions!

Do you go low carb or high carb, vegan or high protein? There is a vast ocean of dieting information out there, but the number of obese persons is increasing. Which diet will help you succeed in the war against excess fat? In the end, we will provide the SECRET to what it takes to achieve, long lasting, health success.

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Tags: HOW TO LOSE WEIGHT, LOSE WEIGHT FAST, WEIGHT LOSS FOR WOMEN, WEIGHT LOSS FOR MEN, WEIGHT LOSS SURGERY, WEIGHT LOSS MOTIVATION, WEIGHT LOSS TIPS, WEIGHT LOSS STRATEGIES, PALEO DIET, DUKAN DIET, ATKINS DIET, VEGAN, GLUTEN,

GLUTEN-FREE, MACROS, IF IT FITS YOUR MACROS, IIFYM, LOW CARB, LOW FAT, LOSE WEIGHT FAST, WEIGHT LOSS

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