

ULTIMATE BODY FAT BREAKTHROUGH



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Forever*

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Get Off Your Sugar Dr. Daryl Gioffre,2021-01-05 In his first book Dr Daryl Gioffre taught us how to fight inflammation by getting off unhealthy highly acidic foods Now he's targeted sugar because when you break your sugar addiction you cut out a major contributor to inflammation brain fog aging and chronic disease You'll go from stress eating to strength eating with Dr Gioffre's life changing plan Phase 1 Weed 7 days to detox your mind body and diet Phase 2 Seed 21 days to crush your cravings Phase 3 Feed A lifetime of satisfying strengthening eating With tips for customizing the plan including using clean keto and intermittent fasting to tune up your metabolism and sixty five craving stopping recipes Get Off Your Sugar is your guide to turning your body into a strength eating energy filled acid kicking machine

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week is all the time you need to burn away belly fat and get your health back on track The trick It has to be the right kind of exercise Based on ten years of scientific research at the University of New South Wales Belly Fat Breakthrough shows how by incorporating a simple interval training routine and delicious Mediterranean eating plan you can shed and keep off that stubborn excess belly fat With simple easy to follow guidelines Dr Stephen Boucher explains how to apply exercise healthy eating and stress management in a practical easy to follow program that will overhaul your bad habits And you ll see the difference in just six weeks Too much belly fat increases your risk of developing type 2 diabetes and cardiovascular disease and research has shown that most types of diet and exercise won t help you lose it At last there is a solution Belly Fat Breakthrough will make you rethink your attitude to getting and staying healthy It s not simply a diet it s a total lifestyle revolution

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