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- ✓ Form a “healthy food plate”;
- ✓ Fight stress without eating;
- ✓ Set the right goals and achieve them

X App Weight Loss Plan Guide

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The Hormone Reset Diet Sara Szal Gottfried, M.D.,2015-03-17

The Harvard educated physician and New York Times bestselling author of The Hormone Cure shows you how to grow new receptors for your seven metabolic hormones making you lose weight and feel great fast When it comes to weight loss most people don't think about hormones But when you develop resistance to your seven major metabolic hormones cortisol thyroid testosterone growth hormone leptin insulin and estrogen your body adjusts by increasingly raising your hormone levels and ultimately slowing down your metabolism And a slower metabolism leads to weight gain and difficulty losing weight The solution Dr Sara Gottfried contends is to reset the efficiency of your hormones by repairing and growing new hormone receptors Based on leading scientific research The Hormone Reset Diet is her proven weight loss and energy program to reverse hormone resistance in just three weeks It will help you Boost your metabolism and calorie burning by growing new and fresh thyroid receptors Increase your weight loss by re balancing estrogen and progesterone receptors Reverse your aging by resetting glucocorticoid receptors for better processing cortisol For the last twenty years this Harvard MIT educated physician has helped thousands of women address the root hormonal causes of what bothers them most excess weight lack of energy aging and illness Going beyond her bestselling The Hormone Cure this program is the next generation of her deep understanding of hormonal optimization for rapid weight loss

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Within the pages of "**X App Weight Loss Plan Guide**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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