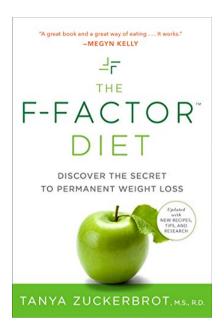
i24iT [GET] The F-Factor Diet: Discover the Secret to Permanent Weight Loss





A great book and a great way of eatingIt works. --Megyn KellyUpdated with must-have new recipes, diet tips, and research. Discover the simple secret to permanent weight loss and optimal health, as seen on Dr. Oz. Fad diets come and go, but after more than two decades of success stories and media attention, The F-Factor Diet has stood the test of time. Now hailed as the go-to lifestyle program for anyone who wants to improve their health and lose weight for good, F-Factors scientifically proven approach allows you to achieve results without hunger, deprivation, or denial. Change your life without disrupting your lifestyle: dine out, drink alcohol, eat carbs, and work out less from Day 1. Now revised and updated with new recipes, diet tips, and research, The F-Factor Diet includes: An easy to follow 3-step program to shed pounds, boost energy, and increase longevity, on which men lose an average of 15 lbs., and women 10 lbs., in just one month. More than 75 quick and delicious F-Factor approved recipes plus a complete set of guidelines for dining out and ordering in. Proven tips, tools, and solutions to keep you motivated, inspired, and on track. Its time to change your life forever and join the F-Factor movement. Your journey to a happier, healthier you begins now!

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