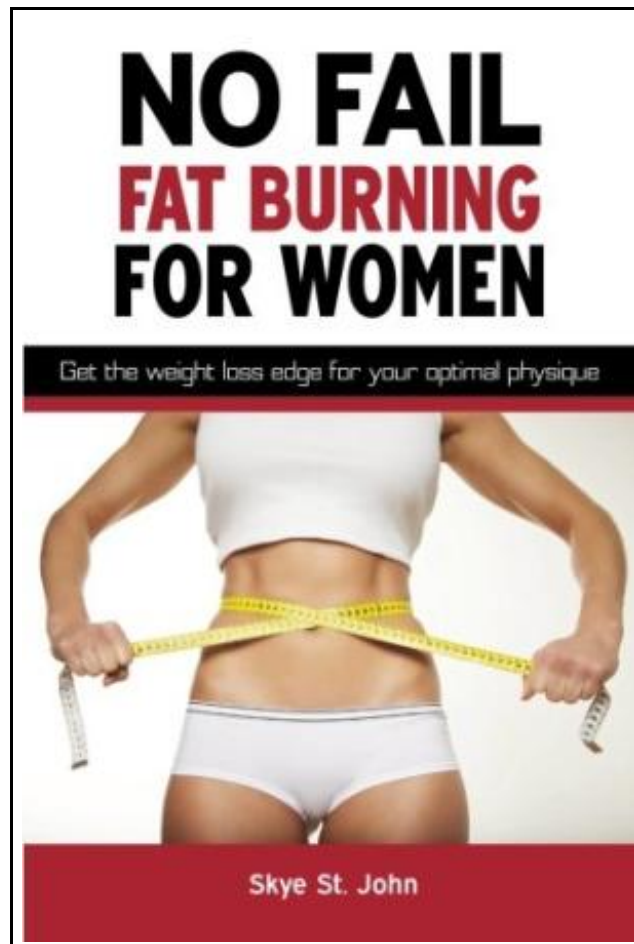


No Fail Fat Burning for Women: Get the Weight Loss Edge for Your Optimal Physique



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Reviews

This publication is amazing. It is actually loaded with knowledge and wisdom You will like the way the blogger write this publication.

(Keon Altenwerth)

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Createspace, United States, 2014. Paperback. Book Condition: New. 222 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Finally! The Truth About How A Woman s Body Burns Fat for Good. Q: How did Skye St. John drop 15 bodyfat after failing at every fad diet? A: It s simple. It s science. And it hasn t gotten the research or exposure it deserves in the male-focused nutrition, science and biohacking world. For the companion blog to the book, visit **NO FAIL FAT BURNING FOR WOMEN** finally provides us with the proven research, results and wisdom of the most progressive biohackers, nutritionists, physicians, and trainers of world-class athletes. Skye St. John spent years and thousands of dollars in a quest for optimum health and body composition after a downward spiral of weight gain and hormone imbalance issues. She s tried every fad diet there is with some success that ultimately lead to more fat gain, painful menstruations and fatigue. Why? Because most of the big ideas in nutrition aren t tailored to women at all. Or, the ones that are don t focus on overall health, sending your body into metabolic derangement after you plateau. In this book you have a simple, practical method to scorch excess bodyfat -- and we mean scorch it off. Moreover, you will maintain lean muscle, balance your hormones, and gain an abundance of authentic energy. Take everything you think you know about exercise and nutrition and throw it in the trash. Here s the truth: Starvation is stupid. You should never feel hungry. Calorie counting is a waste of time. Exercising for hours increases obesity and eats at your muscle. Carbs are not the enemy. Most health foods marketed to us by the food industry make us fat and worse...

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