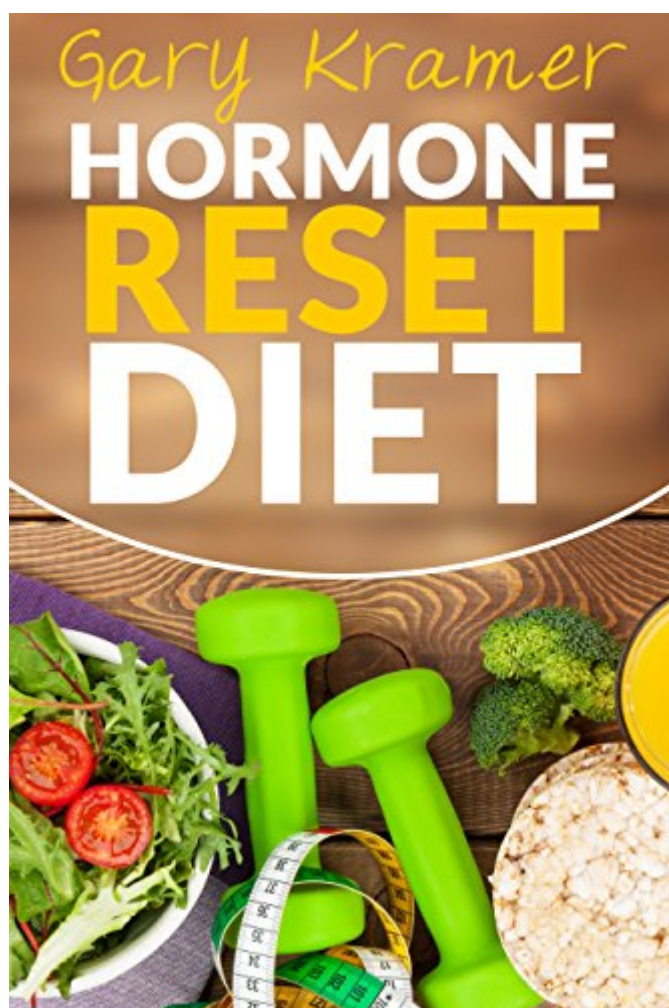


The book was found

Hormone Reset Diet: The Ultimate Cure To Balance Your Hormones And Lose Weight (Hormone Therapy, Hormone Cure, Hormone Secret)



Synopsis

Discover The Hormone Reset Diet: The Ultimate Cure to Balance Your Hormones and Lose Weight...Today only, get this bestseller for just \$0.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Thousands of weight loss products flood the market today. And this was sparked by the worldwide fight against obesity. Not all people have the same reason or drive to lose weight, however. Some fear the breakdown of their health. Huge amounts of fat causes failures in various bodily functions, and can result to hypertension, diabetes, high blood pressure, heart attack, and more. There are those, on the other hand, who simply wish to look their best aesthetically. Today's mainstream media have been labeling abs and shapely bodies with "beautiful". Though the topic remains scandalous, it has also caused a positive drive on overweight people. Being fit, after all, will always be more beneficial than not. The real problem, however, is how losing weight is done. Many have rested their entire trust on weight loss products even without gaining full comprehension on what it does to the body, and how the body responds to it. Hundreds to thousands of dollars after, some would live up to their promises. Reaching the ideal weight, however, is only the first obstacle. Maintaining that ideal number is where the bigger problem is. Drastic weight loss puts the brain in alarm. This is a survival instinct hardwired on every human being. Therefore, once the diet is over, and the body has recognized the huge mass missing, it will trigger the stomach to double hunger. And this will then lead to higher consumption of food, and then back to being overweight. In some cases, especially with ingested weight loss products, the diet will result in damaged health. These are those that artificially increase heart rate, metabolism, and other bodily functions linked to fat burning. In essence, these products are effective, but the side effects that come along are fatal. In the long run, heart, kidney, liver, and digestion failures are acquired together with sleeplessness and agitation. There are proper ways on losing weight. It begins, however, with grasping how the body and hormones work. And once all that are understood, you will see why a few lifestyle changes are necessary to lead you to a healthier, rebound-less, and revitalized life.

Here Is A Preview Of What You'll Learn...

- Understanding the Human Body
- Why You Should Stop The Sugar?
- The Importance of Quality Sleep
- Why You Should Bring the Stress Levels Down?
- Why You Should Get Serious with Exercise
- Getting it Right with Food...
- and much, much more!

Download your copy today! Take action today and invest in your financial future by downloading this book, "Hormone Reset Diet: The Ultimate Cure to Balance Your Hormones and Lose Weight", for a limited time discount of only \$0.99!

Tags: hormone reset diet, hormone cure, hormone balance made simple, hormone therapy, adrenal fatigue, hormone secret, hormones and weight loss

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Customer Reviews

I wasn't much aware about this subject before, but I'm glad now I have better understanding of it, there are so much that could affect your hormones and in returns influence not only your weight but even your stress levels as well, I also like that it explains how managing this issue could improve the detoxing of your body.

This book is easy to read and understand what hormones and weight loss do to the body physiologically. Gary gives a basic in depth measure of what is the right and wrong way of making food choices , exercise, and behavioral changes for longer lasting results .

Great info. Thank you so much I struggle with my hormones and reading this book has open my mind to weight-loss possibilities

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Stress, Boost Energy, Adrenal Reset Diet Book 1) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Balancing Your Hormones With Essential Oils: How Essential Oils Can Help To Reset Your Hormones

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