



Natural Medicine for Weight Loss

Deborah Mitchell

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DO YOU KNOW... The metabolic rate of two people of the same age, sex, and body type may vary as much as 20 percent; Most of the weight loss from popular high-protein diets is water? and not fat; An addiction to sugar can make it impossible for you to lose weight--unless you know the simple steps (and dietary supplements) for breaking it; Thermogenic agents can trigger your body to burn fat--safely (Find out which ones are recommended? and which to avoid); An herbal form of phen-fen is available without the health risks of the prescription drug; Lemon water or apple cider vinegar can reduce cravings (no kidding!); Acupressure you can do yourself will boost your metabolism--and reduce bloating. Find out how in Natural Medicine for Weight Loss.

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