



Lose weight without fucking diets

Frank Diamante

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Diet is a serious matter; if you really intend to produce one, then please contact a dietitian, so do not be fool enough to listen to those fucking diets promoted by people who do not distinguish the difference between losing weight and losing fat: you can lose up to ten pounds of weight a month, but for the most part they are liquid and muscles.

In this ebook, you'll find practical tips to increase your metabolism without having to do these workouts considerable, but exploiting those actions that already fulfill during the day, finding original and practical ideas.

When it comes to weight loss, metabolism is the master, and with some physical effort and a little common sense, you can increase your basal metabolic rate without restrictive diets or sessions of intense sports activity.

And if you can not motivate yourself enough to lift your butt and walk, some blunt advice and reasoned it could make a difference.

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