

How To Lose 10 Pounds Naturally - Ebook + Audio (plr)

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You gradually and consistently add more slight alterations to your lifestyle, and in just a couple of weeks you'll start noticing results. You're about to discover: # Why it's so much harder to keep the weight off now than ever before # How to use the effects of water to help you lose pounds # The 2 most important concepts for losing weight and keeping it off # Why drinking plenty of water is so important # Which popular fruits will fill you up without adding too many calories. Not all fruits are created equal # Which drinks you should stay away from - it's not just soda pop # What not to do with your vegetables before you eat them # Why fiber is so important and why you need to eat more of it # Which vegetables to avoid and which vegetables to savor # What vegetable you should be eating every day # How to control your sweet tooth # Which fruit juices are acceptable and which are not # Which butters are preferred when trying to lose weight # The truth about canned fruit # Why setting meal times and sticking to them is so important # Why skipping meals can actually make you fall a step behind when trying to lose weight # How many times a day you should be eating # Why eating diversely can help you stick to your diet and keep you from getting sick # The best time to eat breakfast and why # The truth about carbohydrates in your diet # The importance of protein in your daily eating plan # That you do not need to cut out fats # What a non-stick frying pan can do for your weight loss plan # The benefits of fresh parsley # Why you should chew your food 8-12 times before swallowing # Two advantages to exercising outdoors # 3 everyday secrets to help you burn calories while at work or play # How to fight the urge to become a couch potato # How to use stairs to your advantage # What meats are preferable when trying to lose weight # How punching your pillow can help you lose weight # What to do with high tech gadgets such as remotes and cell phones to help you burn calories. # Why body massages can be a great tool for losing weight # How good posture can help you burn more calories each day # The value of high fiber multigrain breads # How you can use the concept of "grazing" to actually eat more meals a day and still lose weight # Why smoking can negatively effect your weight loss plan # What TV commercials are good for # What role salt has in obesity # 2 great stress relieving and calorie burning activities that you will always have time for # When "cheat food" is acceptable # And more . . . Are you ready to drop those extra pounds you've been

carrying around?

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