

The 7 Principles Of Fat Burning

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the 7 principles of fat burning is the handbook to the sensational berg diet that has empowered thousands of people to get healthy lose weight and keep it off it shows how to activate your fat burning hormones with a tailor made eating and exercise plan for your body type the 7 principles is a highly practical book that provides clear explanations aided by dozens of charts and illustrations of the principles of healthy weight loss easy to understand health and nutrition information and simple tests to determine your correct body type are the keys to its success knowledge is power and the 7 principles of fat burning gives dieters the power to take command by eating the healthy diet that activates the fat burning hormones for their body type for years people have been told to lose weight to be healthy the truth is you need to get healthy to lose weight the seven principles of fat burning shows you how dr berg thoroughly educates readers and puts them right where they should be in charge of their own weight

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reprint of the original first published in 1866

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