



You're Not Fat You're Toxic, Your Permanent Weight Loss Program

Stephanie Relfe

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YOU'RE NOT FAT - YOU'RE TOXIC! Whether you want to lose 5 pounds or 500 pounds, here are the keys to permanent fat loss, without going hungry, even if nothing else has ever worked for you before! Stephanie Relfe has put everything you need to know to reduce fat forever, and to be happy, healthy and energized at the same time.

This detailed book with over 600 pages, has the exact information you need for your ideal body. It's written in a very easy-to-understand style, so that anyone can benefit from this powerful program. Scientific explanations are put into the simplest possible terms so that anyone can easily understand what they need to know.

- * Learn 14 ways that show why it is toxins in the food we eat, rather than calories, that are making us fat.
- * Instead of presenting just one field of research, Stephanie Relfe has summarized the most important information from multiple sources, including 43 well-referenced books & documentaries. This information alone is worth over \$500 by itself.
- * Includes additional information from modern scientific research, magazine articles and unique sources, which are combined together in one very do-able weight loss program.
- * Learn many fat loss secrets that you won't find in any standard weight-loss plan.
- * Many case histories to inspire you.
- * Learn how some so-called weight loss foods are in fact causing obesity.
- * Extensive shopping list to make this program easy.
- * 45 recipes to make it easy to get going on your new lifestyle.
- * Containing revolutionary and unique ways of belly fat loss and getting slim, some of which have nothing to do with food or exercise.

Don't be a victim of the \$60 Billion per year "weight loss" fraud. Stephanie Relfe shows you many powerful reasons, backed up by scientific research, to give you the power to improve your life, and get the body you deserve, without counting carbohydrates and without being hungry. With this book, you finally have the chance to learn and understand how you have been victimized by the Food Mafia and how you can fight back. Everything you need is here. You will never need to buy another weight loss product, because you will know more than those companies do!

YoureNotFatYoureToxic.com
PerfectHealthSystem.com

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From reader reviews:

Cleveland Wheeler:

This You're Not Fat You're Toxic, Your Permanent Weight Loss Program book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is definitely information inside this e-book incredible fresh, you will get information which is getting deeper you actually read a lot of information you will get. This kind of You're Not Fat You're Toxic, Your Permanent Weight Loss Program without we know teach the one who studying it become critical in thinking and analyzing. Don't end up being worry You're Not Fat You're Toxic, Your Permanent Weight Loss Program can bring any time you are and not make your tote space or bookshelves' turn into full because you can have it inside your lovely laptop even telephone. This You're Not Fat You're Toxic, Your Permanent Weight Loss Program having great arrangement in word along with layout, so you will not sense uninterested in reading.

Cheryl Burnett:

Playing with family within a park, coming to see the marine world or hanging out with pals is thing that usually you could have done when you have spare time, subsequently why you don't try point that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love You're Not Fat You're Toxic, Your Permanent Weight Loss Program, you could enjoy both. It is excellent combination right, you still would like to miss it? What kind of hang type is it? Oh seriously its mind hangout guys. What? Still don't have it, oh come on its named reading friends.

Kisha Hutton:

As a college student exactly feel bored to help reading. If their teacher requested them to go to the library or make summary for some guide, they are complained. Just tiny students that has reading's soul or real their passion. They just do what the instructor want, like asked to the library. They go to at this time there but nothing reading significantly. Any students feel that examining is not important, boring along with can't see colorful pics on there. Yeah, it is being complicated. Book is very important for you personally. As we know that on this period of time, many ways to get whatever we would like. Likewise word says, ways to reach Chinese's country. Therefore , this You're Not Fat You're Toxic, Your Permanent Weight Loss Program can make you experience more interested to read.

Lisa Phelps:

Some people said that they feel weary when they reading a guide. They are directly felt it when they get a half parts of the book. You can choose the book You're Not Fat You're Toxic, Your Permanent Weight Loss Program to make your reading is interesting. Your skill of reading talent is developing when you similar to reading. Try to choose straightforward book to make you enjoy to learn it and mingle the sensation about book and studying especially. It is to be first opinion for you to like to wide open a book and go through it.

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