



Lose Weight Fast with Gluten Free Recipes: Lose Pounds, Improve Your Skin and Hair and Boost Your Immune System (Volume 1)

Sherry Everett

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If you want to lose some weight and want to lose it in a healthy, nutritious way, then Gluten Free Recipes for People on a Weight Loss Diet is for you. Being overweight increases the risk of health problems, but what benefits can we expect if we lose weight, especially the gluten-free way? Are there immediate health pay-offs? The answer is a resounding YES! Dieting the gluten-free way: Will make you feel better Will give you much more energy Will enable your lungs to come clean and “alive” Will have your hair shining and skin glowing Will enable inflammation to decrease Will enable your blood pressure to lower, reducing your risk for serious, life-threatening illnesses like cancer and diabetes, just to name a few Your doctor might decide that you can take less of the medication(s) you have been taking, or stop taking it altogether, and the benefits go on and on. And that’s why this book, Gluten Free Recipes for People on a Weight Loss Diet, is the way to go. When you lose weight the healthy way, the weight stays off—that is if you maintain a healthy balance in the foods you eat afterward. Who wants to lose weight just to gain it all back in a few months? Heck, I definitely don’t and I know you don’t either. Anyway, yo-yo dieting is so dangerous—and can sometimes be deadly. So, I invite you to join me in a weight-loss program that’s safe, healthy and has so many more healthy benefits, which hundreds of thousands of people, including myself, have benefited from.

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Dawn Nelson:

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