



## Quick & Easy Tips to Lose Weight

*Georgina Salgado Chavez*

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## **Quick & Easy Tips to Lose Weight** Georgina Salgado Chavez

Quick and Easy Tips to Lose Weight by health and wellness expert Georgina Salgado Chavez is for any person who has been struggling to lose weight and is looking for a permanent solution to keep the pounds off, and intends to boost their health to optimum levels. These tips are as practical as they are easy to do, and they can help anyone feel better, and gain strength, balance and energy. Written in reader-friendly prose, Chavez's book takes a holistic and modern view of weight loss, addressing stress factors, chemical toxicity, movement and proper nutrition, as well as diet. Whether readers want to shed a few pounds or many, Quick and Easy Tips to Lose Weight is the sensible and effective way to do it.

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