



Blue Shirt Weight Loss: No Diet! No Exercise! No Pills! This is Weight Loss with a Real Twist! How to use the latest medical research and ... weight! (Blue Shirt Health Series) (Volume 1)

W. R. McWayne MD

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If you've been frustrated for a long time by trying to lose weight, the whole idea may have gathered up so much baggage that you're really fed up with it all! This book will help you drop that baggage, step out into something completely different, and get the results you want, almost without realizing it. BLUE SHIRT WEIGHT LOSS is a totally unique way of side-stepping into low numbers on your scale and a lean and healthy body. It's for those who are tired of buying and trying the next flashy weight loss gimmick – that doesn't work. And it's also for those who want to skip all that from the get-go, and lose weight the right-honest, most healthy, most humanly natural way. BLUE SHIRT WEIGHT LOSS teaches you to trick your minds into thinking that what you're doing here is something else, so you can focus on an entirely different set of skills that you're much more confident with. And then you just get it done without quite realizing how it's happening! BLUE SHIRT WEIGHT LOSS is not about what you eat. It's built around exciting new medical research showing that intermittent fasting is not only the best and fastest way to lose weight, but that it also has surprising other wide reaching health benefits. It sounds like just another painful weight loss technique that no one wants to try, but when we put it together with the pattern interrupt, (the BLUE SHIRT), then POW! Without really understanding what's going on, your scale starts reading lower and lower numbers! Please note: This approach is only suitable for children or diabetics with full approval and careful supervision from their personal physicians. For everyone else BLUE SHIRT WEIGHT LOSS is a quick motivating read, a simple technique, and with a little practice, anyone can do it.

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