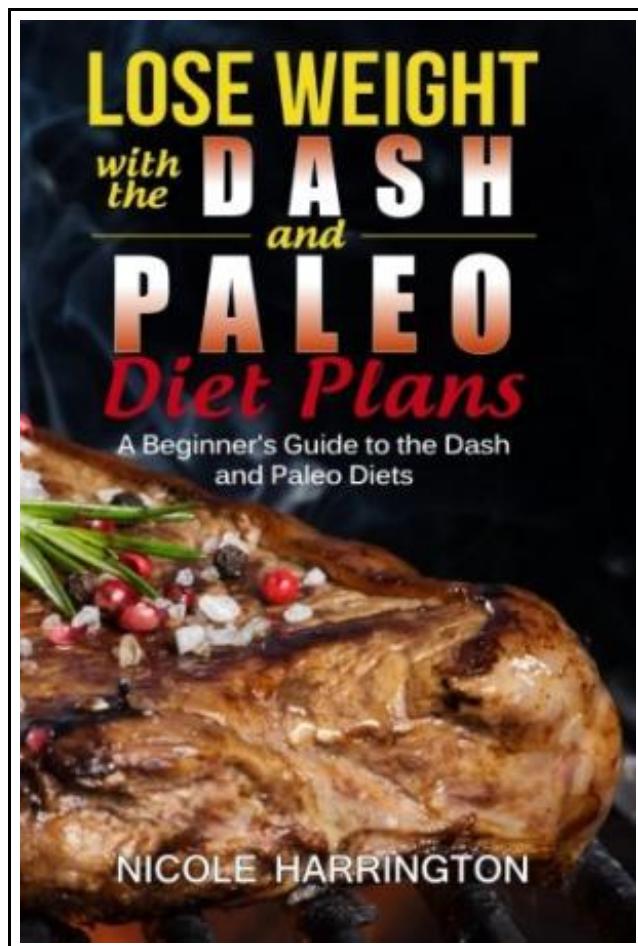


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Get Fit and Blast Fat on the Dash and Paleo Diet Plans For the first time, two books, Dash Diet by Nicole Harrington and Paleo Diet by Jeannie Lambert, are being offered in one collection. Discover how both of these great diets can help you obtain your goal weight and gain a better and healthier life. Description from Dash Diet by Nicole Harrington Are you tired struggling to lose weight and keep it off? Do you feel like you have tried everything, and despite your best efforts nothing seems to work? It is easy to get incredibly frustrated with the vast amount of diets out there promising results, but which fail to deliver. The Dash diet is a effective way to safely and easily lose weight. There are no wild promises or easy solutions, there is only a scientific approach to what foods you should eat, and what foods you should avoid. There are so many choices of things to eat that it becomes incredibly easy to make the wrong decisions. The Dash diet helps you make the right ones! You don t have to struggle to lose weight any longer. You can make a change, starting today. And embarking on a Dash diet plan is your first step to making that change and gaining the life and body that you desire. Description from Paleo Diet by Jeannie Lambert You may ask, what is the Paleo diet? In essence, Paleo diet is one of the healthiest diets that is in existence. Its nutritional framework informs this dietary approach. The focus of this diet boosts your body functioning by enhancing the genetic aspect of your body. This ensures that...



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