



Bajar de peso sin dietas de mierda (Spanish Edition)

Frank Diamante

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La dieta es un asunto serio; si realmente la intención de producir uno, por favor póngase en contacto con un especialista en dietética, así que no ser tan tonto como para escuchar esas dietas de mierda promovidos por personas que no distinguen la diferencia entre la pérdida de peso y perder grasa: usted puede perder hasta diez libras de peso un mes, pero para la mayor parte de ellos son líquidos y los músculos.

En este ebook, usted encontrará consejos prácticos para aumentar su metabolismo sin tener que hacer estos ejercicios considerable, pero la explotación de aquellas acciones que ya se cumplen durante el día, la búsqueda de ideas originales y prácticos.

Cuando se trata de la pérdida de peso, el metabolismo es el maestro, y con un poco de esfuerzo físico y un poco de sentido común, que puede aumentar su tasa metabólica basal sin dietas o sesiones de intensa actividad deportiva restrictivas.

Y si usted no puede motivarse lo suficiente para levantar el trasero y caminar, un consejo contundente y razonada que podría marcar la diferencia.

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