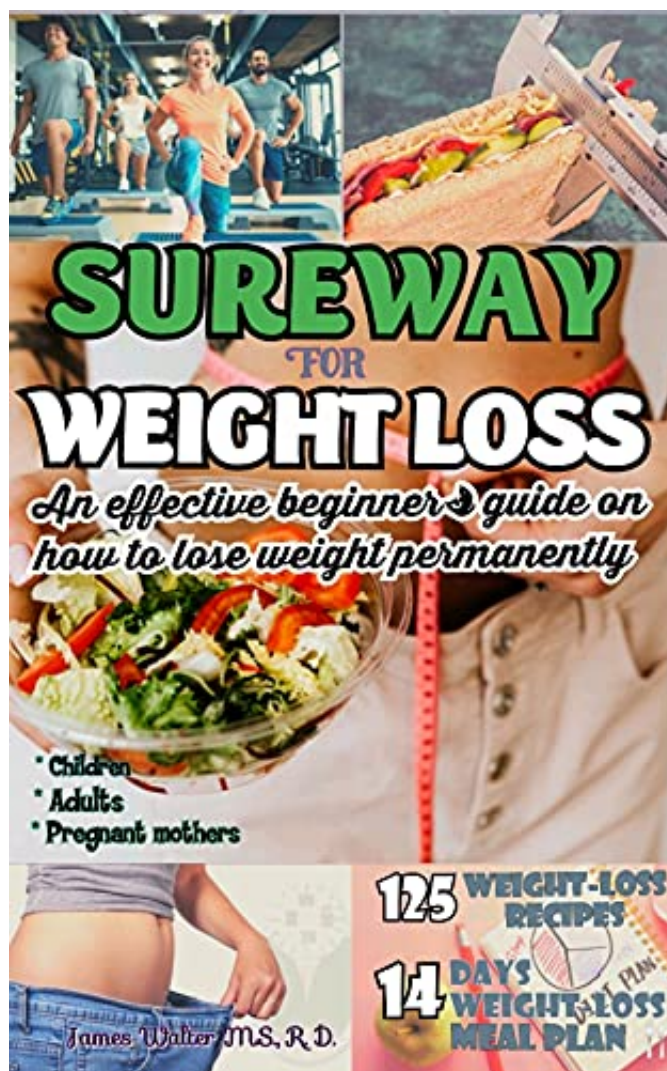


# SUREWAY FOR WEIGHT LOSS : An effective beginner's guide on how to lose weight permanently (Overweight)



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## Synopsis

You don't need to starve yourself unnecessary in order to lose weight. Sureway for Weight Loss is the perfect guide that will help you burn fat even as you maintain your healthy eating habits. Being obese or overweight increases your risk of stroke, cancer, heart disease, liver disease, and kidney disease. Obesity has been linked to depression and low self-esteem in people. Explore this step-by-step guidebook; a complete solution for overweight and obesity in children, adults and pregnant women respectively. Learn the numerous causes of overweight, risk factors, preventive measures, treatments, physical activities, medications and lots more. This book provides you with healthy eating tips, pinpointing the types of foods to avoid and the healthy ones to embrace, in combination with simple physical activities. More also, this article serves as a weight-loss cookbook, consisting of over 100 delicious and hearty recipes around the globe ( low fat and carbs), with 14 days weight-loss meal plan; balancing your hormones, resetting your metabolism so you can burn those fats permanently. Don't hesitate to grab a copy for yourself and for your loved ones.



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