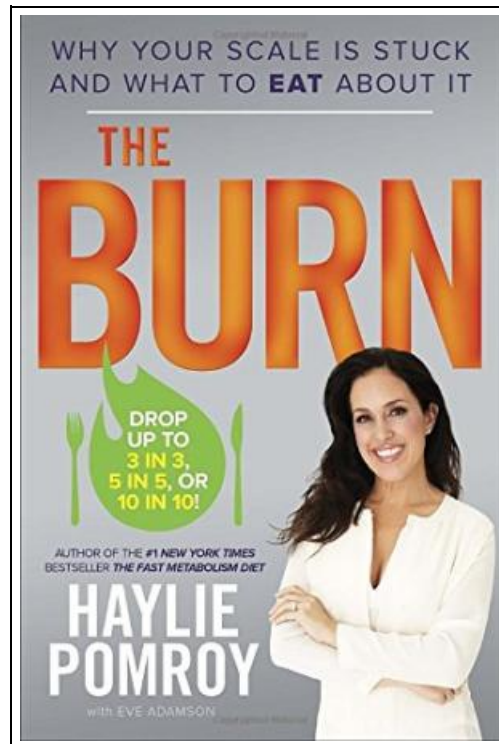


The Burn: Why Your Scale Is Stuck and What to Eat about It (Hardback)



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Reviews

*An extremely wonderful book with perfect and lucid explanations. This really is for those who stante that there had not been a worth reading. Your way of life span will be convert when you comprehensive reading this book.
(Effie Douglas)*

THE BURN: WHY YOUR SCALE IS STUCK AND WHAT TO EAT ABOUT IT (HARDBACK)

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HARMONY, 2014. Hardback. Condition: New. Language: English . Brand New Book. Haylie Pomroy, the powerhouse nutritionist behind the #1 New York Times bestseller *The Fast Metabolism Diet*, breaks new ground and gives anyone trying to lose weight new tools for busting through plateaus. Using targeted micronutrients to incinerate weight-loss roadblocks, Haylie will help you remove the problem--and lose up to 3, 5, and 10 pounds in as many days! *The Burn* offers three eating plans, therapeutically designed to achieve highly specific results. The I-Burn targets the body's inflammatory reactions to food and flushes out toxins and subcutaneous fat, producing prominent cheekbones and a glowing complexion in three days. In five days, the D-Burn unblocks the body's digestive barrier and torches torso fat, to create a flat belly and tighter waistline. The 10-day H-Burn addresses the hormonal system, repairing and facilitating the proper synthesis of hormones to reshape lumps and bumps into gorgeous curves, sleeker hips, and thinner thighs. *The Burn* also unveils: - I-Burn, D-Burn, and H-Burn eating and living plans, complete with detailed grocery lists and daily menus to keep the process simple and easy-to-follow. - Dozens of delicious recipes for meals in a flash. - Simple success boosters: foods, teas, tips, and practices that are easy to incorporate and stoke up your body's ability to heal. - How to live your life on fire - road maps that help readers recognize what their bodies are saying to keep their metabolisms blazing!.



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