



Lose Weight Without Dieting or Working Out: Discover Secrets to a Slimmer, Sexier, and Healthier You

JJ Smith

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Discover the surprising secrets that will help you lose weight fast and keep it off—without dieting or exercise—with this #1 national bestseller from the author of the healthy living bible, *10-Day Green Smoothie Cleanse*!

Want to lose weight without counting calories, starving yourself, or giving up your favorite foods? Would you like to look and feel younger and healthier than ever without crash diets or exhausting exercise? Then this book is for you! JJ Smith's breakthrough weight-loss solution can help you shed pounds fast by detoxifying your body, balancing your hormones, and speeding up your metabolism. You'll learn how toxins slow your metabolism and why sugar and starch hinder permanent weight loss. You'll also come to a keen understanding of which foods help you stay slim and which foods cause you to get fat so you can finally get off the rollercoaster ride of weight loss/weight gain and stay slim for life!

You will learn how to:

- Detoxify your body for fast weight loss
- Drop pounds and inches fast, without grueling workouts or starvation
- Lose up to fifteen pounds in the first three weeks
- Shed unwanted fat by eating foods you love, including carbs
- Get rid of stubborn belly fat
- Eat foods that give you glowing, radiant skin
- Use green smoothies to detox
- Trigger your six fat-burning hormones to lose weight effortlessly
- Eat so you feel energetic and alive every day
- Get physically active without exercising

In a bonus chapter, JJ provides an all-new green smoothie recipe and tips for using her famed *10-Day Green Smoothie Cleanse* to jump start the healthier eating and weight loss plan outlined in *Lose Weight Without Dieting or Working Out*. This is your last stop on the way to a new fit and healthy you! Create your best body—NOW!

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Janet Medley:

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Rachel Wessels:

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