



Health & Fitness The Ultimate Guide of Losing Weight & Stay Healed

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This book will tell what to do to remain healthy and fit forever in your life. This book is different from other books in terms of concise and summarized approach on healthy eating and healthy living. There is clear and to the point description defined in this book which will definitely save lots of time of the people who wants ready stuff just to have action on it. The various foods and other learning defined are definitely going to have positive impact on our life to live a fantastic healthy life (if we follow these under medical supervision). This book describes three things: 1-What is not good for our health 2-What is good for our health 3-How can we achieve a Healthy Life? These three factors controls our behaviour and urge to attain “A super -healthy life”, if we are aware of these things and make a plan to eat healthy, do some exercises and avoid some risky food, then there is no way we cannot live a marvelous life full of joy and disease free.

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