



# **Your Perfect Body in 12 Weeks - A nutrition and exercise program that will stop aging, fix many ailments.**

*Maggie McLeod*

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Your Perfect Body in 12 Weeks is a supreme health routine designed to enhance health by changing your lifestyle to one that will have you looking and feeling healthier. Your present foods are likely hampering your health and making to make you sick. This book shows you what to eat and what to do to get your life back again.

The chapters take you on a tour of daily gastronomic chores to give you a healthy lifestyle and those who follow this regime will start to lose weight. Depending on how much dedication you have and how much weight you need to lose, you could reach your perfect body in less than 12 weeks. Everyone on this routine will start to look and feel better after the first week.

This Book Will Show You :

- What foods to dump and what foods keep you healthy
- Amazing daily recipes and menus
- How to make the perfect breakfast
- A lesson on fiber
- The myth about carbs
- The 5 demon foods to avoid

This is the last health book you will ever need...

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