



## The Secret to Lose Weight, Stop Your Cravings and Flatten Your Belly in a Snap: The Sugar-Candidas-Yeast Link and the Know How to Beat Obesity (Paperback)

By Ferny Roby

Createspace, United States, 2012. Paperback. Book Condition: New. 224 x 162 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The time has come you are going to do it - lose those unwanted pounds. How does someone stop those craving or urges to eat? Ferny Roby announces The Secret to Lose Weight, Stop Cravings and Flatten Your Belly in a Snap Roby is a Harvard s Master Biologist and Pharmacologist. Weight loss is not a foreign concept. It is often the pledge of many New Year s Eve resolutions. About 45 million Americans diet each year spending anywhere from \$1 billion to \$2 billion on weight loss programs, but do they work? There is no shortage of weight loss programs, turn on your TV where you could see ads from Jenny Craig, Nutrisystem, The South Beach Diet, The Biggest Loser, and Extreme Makeover and more. How does one become hunger free and finally conquer losing weight? Ferny Roby announces The Secret to Lose Weight, Stop Cravings and Flatten Your Belly in a Snap. In The Secret to Lose Weight, Roby states The simple reason we are fat is because we eat in excess of what we need....



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