



# AMAZING TIPS FOR LOSING WEIGHT: A REVOLUTIONARY CONCEPT ON DIETING

*Conrad Samayoa M.D*

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**AMAZING TIPS FOR LOSING WEIGHT: A REVOLUTIONARY CONCEPT ON DIETING** Conrad Samayoa M.D

AN ORIGINAL, BOLD AND INGENIOUS NEW APPROACH TO TRADITIONAL BOOKS ON DIETING.

FOREVER SAY GOOD BYE TO THOSE FRUSTRATING EXTRA POUNDS.

NO MORE MAGIC POTIONS, PILLS OR MEDICATIONS TO BUY.

THROW AWAY THOSE TEDIOUS RECIPES TO COOK. WORK WITH EVERY DAY, COMMON FOODS.

ARE ORGANIC FOODS REALLY SUPERIOR TO CONVENTIONAL NUTRIENTS? FIND THE BEST EXPLANATIONS TO THIS AND OTHER QUESTIONS.

ARE MEGA-DOSES OF VITAMINS TRULY NECESSARY?

EXPLORE THE MYTHS AND FALLACIES OF VITAMINS, COLONICS AND CLEANSERS. LEARN THE MOST COMMON EXPLANATIONS FOR EACH ONE.

DISCOVER HOW EASY IS TO PUT INTO PRACTICE THE STRATEGIES OFFERED AT THE END OF EACH CHAPTER.

DON'T WAIT UNTIL TOMORROW! EMBRACE THE NEW YOU TODAY!!

NOTE: THIS GUIDE DOES NOT OFFER GLOSSY PICTURES OR HARD TO FOLLOW RECIPES.

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