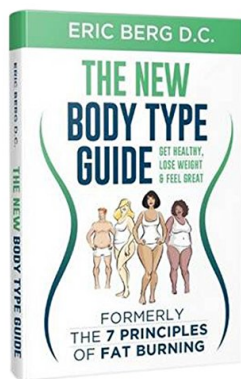


[PDF] Dr. Berg's New Body Type Guide: Get Healthy Lose Weight & Feel Great

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Books Details:

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Description:

The New Body Type Guide by Eric Berg, DC, is a major upgraded and improved version of his best selling book, The 7 Principles of Fat Burning. In his recent years, many new discoveries and observations prompted Dr. Berg to come out with a new version to bust through any slow metabolism. Dr. Berg will teach you how to take your results to a whole new level and get your body

into super health state. Also added is several additional chapters on acupressure techniques to rid stress, pleasure food recipes that are healthy and how to stick to your plan no matter what comes up. But the major change is in what you are going to be eating. Forget about cravings, blood sugar imbalances and the numerous continued problems people have when they struggle to lose weight. This is your personal guild to customize your results based on your body type - let the adventure begin!

(Eric Berg, DC)

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