



Herbal Remedies for Weight Loss: Burn Fat and Boost Your Metabolism with Herbs

By Dana Selon

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Herbal Remedies for Weight Loss: Burn Fat and Boost Your Metabolism with Herbs You need to lose weight, , say that statement to someone and you will get the same reaction every time. Weight loss is indeed a very serious problem growing rapidly with time. People around the world are doing different things to control their weight including dieting, exercising and taking medication. Unfortunately, medication isn't a natural way and thus brings with it many side effects. However, alternative medicine is always available to become your weight loss solution. Yes, we are talking about herbs and herbal remedies for effective weight loss. While diet and physical activity play an active role in reducing weight and weight management, doing it together by following some effective weight loss herbal remedies can give you better and long-lasting results. What this book will provide you: 1.The reasons why extra weight can be a risk to your life 2.The non-herbal, quick home-remedies to help you get started with a healthy lifestyle 3.An introduction to a list of effective herbs...



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