



Herbal Remedies for Weight Loss and Wellness: All You Need to Know about Natural Remedies and Herbal Supplements to Restore Balance and Lose Massive Weight (Paperback)

By Marta Tuchowska

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Amazingly Natural Effective Solutions You Deserve to Make Good Friends with! A Truly Holistic Approach to Guarantee Your Weight Loss and Wellness Success! You are just about to discover how to finally lose weight and re-energize your body mind with Natural Herbal Remedies Herbal remedies have a range of healing properties for the body and mind and should be a part of everyone s daily lifestyle whether you want to lose weight or not. Even if you have the best diet and fitness plan around, you should not underestimate the power of holistic remedies and cures that will help you: ->prevent emotional eating, ->detoxify your body, ->reduce cellulite and stretch marks, ->increase your energy levels ->reduce muscle pain and tension after working out, ease stress, ->fight insomnia (if you don t get enough sleep or don t sleep well, you are more prone to uncontrolled sugar cravings) + ->add to your overall wellbeing. IT S ALL ABOUT BALANCE AND GETTING TO THE ROOT OF THE PROBLEM. In other words, you need to build up a...



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