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Secrets To Lose Toxic Belly Fat! Heal Your Sick Metabolism Using State-Of-The-Art Medical Testing And Treatment With Detoxification, Diet, Lifestyle, Supplements, And Bioidentical Hormones

J.M. Swartz M.D.

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Welcome to a very different kind of weight loss book.

Secrets to Lose Toxic Belly Fat shows you how you can heal your sick metabolism and lose weight *without starving yourself or following difficult and dangerous diet plans.*

What is toxic belly fat? **TOXIC BELLY FAT IS THE WORST KIND OF FAT!** *Toxic belly fat is a parasite that preserves itself at the expense of its host -- YOU! Toxic belly fat produces hormones and chemicals that keep you hungry, never let you feel satisfied, and make you continue to gain weight. The hormones and chemicals produced by toxic belly fat keep you fat and diabetic.*

Trust me -- I've been there, and it is *not* fun. As the years passed, I felt sicker and more tired and less and less able to lose the growing fat around my midsection. I felt hopeless, angry, and confused. That is, until I reached the point where I finally collapsed into utter exhaustion, unable to do much of anything for months at a time.

I decided that I *had* to pull myself out of the severe health slump that befallen me. I started looking for answers.

In my search for answers, I discovered that:

- **My health problems were primarily caused by my hormones.**
- My doctors knew little to nothing about helping me to heal my hormones. Following their advice and taking their prescriptions would only make me sicker.
- The information that I needed to heal my hormones, to lose toxic belly fat, and to overcome my health problems was not in books or on the internet.

Instead, I turned to the experts. I began years of intense study with the smartest bioidentical hormone replacement experts on the planet.

I developed a plan to heal my hormones, lose my toxic belly fat, and completely regain my health. I followed my plan. It worked.

And now I want to help you do the same.

After all, deciding to lose your toxic belly fat and heal your sick metabolism is a decision that you make because you have a vision of a healthier life. **It's your chance to take control of your health and your life.** *Follow the secret action plan outlined in this book to heal your sick metabolism as fast as possible WITHOUT damaging your organs. You will discover the secrets to live a life of renewed health and vigor.*

Secrets to Lose Toxic Belly Fat will show you how to create the kind of lifelong health that will allow you to pursue your passions in life. You will look great, feel great, lose weight, and have better sex!

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From reader reviews:

Earl Austin:

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Sandra Jordon:

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David Fulton:

What is your hobby? Have you heard that question when you got scholars? We believe that that issue was given by teacher with their students. Many kinds of hobby, Everybody has different hobby. And also you know that little person including reading or as looking at become their hobby. You must know that reading is very important in addition to book as to be the matter. Book is important thing to incorporate you

knowledge, except your current teacher or lecturer. You see good news or update with regards to something by book. Many kinds of books that can you decide to try be your object. One of them is Secrets To Lose Toxic Belly Fat! Heal Your Sick Metabolism Using State-Of-The-Art Medical Testing And Treatment With Detoxification, Diet, Lifestyle, Supplements, And Bioidentical Hormones.

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