



Sexy Forever: How to Fight Fat after Forty

Suzanne Somers

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What If Your Weight Wasn't Your Fault?

If you are like most, you have tried to find an easy, enjoyable, permanent weight loss solution. One that doesn't make you give up too many of your favorite foods, have you working out like a maniac, and won't fail you in the long run. But long-term success is awfully hard if you don't address the hidden culprit behind the excess fat we carry: the toxic burden our bodies have accumulated.

Whether you have just a few pounds to lose or are battling more, this new plan from health pioneer Suzanne Somers will give you the knowledge you need to easily combat these toxins and become slim, vibrant, healthy, and sexy . . . forever.

Within the pages of *Sexy Forever* you will discover:

Thousands of FDA-approved chemicals and toxins surrounding us every day that sabotage our health and weight—and how to conquer these enemies.

A simple-to-follow three-phase weight loss program, filled with rich, delicious foods. Plus, a special Detox Phase that has been designed to release your toxic burden and blast off those first—or last few—pounds.

All-new delicious recipes, with menus for fabulous eating every day.

A moderate (hint: fast and easy!) exercise program to keep you fit and healthy.

Ways to jump-start your success: cutting-edge, natural tools and products to make every step of the plan faster, easier, and more convenient. Includes amazing supplements and weight loss products to help catapult your success.

A simple test that could unlock the hidden secret to your personal food demons—food sensitivities or intolerances that could silently be keeping you overweight or even chronically ill.

How to achieve natural hormonal balance: the missing ingredient for every person over forty that must be added to make any plan successful.

An all-access pass to revered doctors, experts, and nutritionists who helped Suzanne craft the plan.

YOU CAN WIN THIS BATTLE.

YOUR GOALS ARE ACHIEVABLE.

Stay the course and you'll be on the path to regaining the vibrant health you were born to have.

Sexy Forever is your ticket there.

From the Hardcover edition.

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Rose Sosa:

This Sexy Forever: How to Fight Fat after Forty are reliable for you who want to be described as a successful person, why. The explanation of this Sexy Forever: How to Fight Fat after Forty can be on the list of great books you must have is usually giving you more than just simple looking at food but feed you actually with information that possibly will shock your preceding knowledge. This book is usually handy, you can bring it everywhere and whenever your conditions at e-book and printed types. Beside that this Sexy Forever: How to Fight Fat after Forty forcing you to have an enormous of experience including rich vocabulary, giving you test of critical thinking that we all know it useful in your day exercise. So , let's have it and revel in reading.

Sharon Self:

A lot of people always spent their own free time to vacation or go to the outside with them family or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or playing video games all day long. In order to try to find a new activity that's look different you can read any book. It is really fun in your case. If you enjoy the book that you just read you can spent all day long to reading a publication. The book Sexy Forever: How to Fight Fat after Forty it is rather good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. If you did not have enough space to deliver this book you can buy the e-book. You can m0ore quickly to read this book through your smart phone. The price is not to fund but this book offers high quality.

Todd Apperson:

Your reading sixth sense will not betray you actually, why because this Sexy Forever: How to Fight Fat after Forty e-book written by well-known writer who really knows well how to make book which might be understand by anyone who have read the book. Written in good manner for you, leaking every ideas and producing skill only for eliminate your current hunger then you still question Sexy Forever: How to Fight Fat after Forty as good book but not only by the cover but also by content. This is one book that can break don't determine book by its include, so do you still needing another sixth sense to pick this specific!? Oh come on your studying sixth sense already alerted you so why you have to listening to an additional sixth sense.

John Smith:

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