

Discover Surprising Weight-Loss Secrets to Lose Weight Fast and Keep It Off!

Want to lose weight without counting calories, starving yourself, giving up your favorite foods, or eating bland packaged foods? Would you like to look and feel younger and healthier than you have in years without diets and exercise? If you've answered yes to these questions, this book is for you! JJ Smith's revolutionary system teaches proven methods for permanent weight loss that anyone can follow, no matter her size, income level, or educational level. And the end result is a healthy, sexy, slim body.

JJ's breakthrough weight-loss solution can help you shed pounds fast by detoxifying the body, balancing your hormones, and speeding up your metabolism. You'll learn which foods help you stay slim and which foods cause you to get fat. If you have been on a roller-coaster ride of weight loss, you will finally be able to get off, lose weight, and stay slim for life!

You will learn how to...

- Detoxify the body for fast weight loss
- Shed unwanted fat by eating foods you love, including carbs
- Trigger your 6 fat-burning hormones to lose weight effortlessly
- Drop pounds and inches fast, without grueling workouts or starvation
- Get rid of stubborn belly fat
- Eat so you feel energetic and alive every day
- Lose up to 15 pounds in the first three weeks
- Eat foods that give you glowing, radiant skin
- Get physically active without exercising

This is your last stop on the way to a new fit and healthy you! Look and feel younger than you have in years. Create your best body—NOW!



JJ Smith is a nutritionist and certified weight-management specialist who has been featured on The Montel Williams Show and The Jamie Foxx Show and on the NBC, FOX, and CW Network television stations, as well as in the pages of Glamour, Essence, and Ladies Home Journal. Since reclaiming her health, losing weight, and discovering a "second youth" in her forties, bestselling author JJ Smith has become the voice of inspiration to women who want to lose weight, be healthy, and get their sexy back! To learn more, check out www.jjsmithonline.com.

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