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Cheer's to Go Health

By Latosha D Martin

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Now that I have drop some major pounds and became a Nutritional Therapist. I think its time to help ours become more healthier. I feel like a new person, in fact I am a new person. Changing my lifestyle has not only effected my appearance, it has effected something from within. I know first hand how it feels to be over weight. I have struggled with my weight since middle school. Some of us are genetically born with fat cells. Which means we will always have to watch our food intake. I made up in my mind, heart and soul that I want to live a long fruitful life. No weight loss journey is easy. Take it 1 day and 1 pound off at a time. It s no tea, pill, or drink that can keep the weight off once you lose it. You have to change you lifestyle and eating habits to maintain your weight loss. Everyday is a struggle for me. I struggle to eat healthy when everyone around is eating junk food. I struggle with...



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It is great and fantastic. Better then never, though i am quite late in start reading this one. Your life period will likely be transform once you comprehensive reading this book.

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An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- **Prof. Dan Windler MD**