



The Fat Loss Method: The Secret to How to Lose Weight Without Eating Less

Keith Evans

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Most of what you heard about losing weight is wrong! Contrary to what mainstream dieting advice would have you believe, not all calories are created equal. In The Fat-Loss Method, we will explore how some foods help balance hormones, increase satiety, and promote fat-loss while other foods disrupt hormonal balance, leach vitamins and minerals from your body and lead to fat gain. The Paleo Fat-Loss Method is not about eating less food, but about eating the right foods. This mentality is the key to sustainable weight-loss and the cure to "yo-yo" dieting.

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