



60 Seconds to Slim: Balance Your Body Chemistry to Burn Fat Fast!

Michelle Schoffro Cook

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This research-driven program shows readers that losing weight quickly and permanently is a matter of correcting their body chemistry and success is just a few 60-second steps away.

Many studies have examined the acid-alkaline relationship between the foods we eat and how our bodies store fat, but Dr. Schoffro Cook offers the first plan to alkalize the body with simple, surprising, and flexible 60-second weight loss tricks. First, readers learn how to "kick the acid" by eating delicious meals made with whole foods that are balanced to help readers flush fat and revitalize their entire bodies. To keep the pounds peeling off, each week readers add a few new habits to their regimens. Every tip brings readers closer to balancing their pH and boosting their metabolism, so they can pick and choose the tips that fit best into their busy lifestyles for flattering results that will last.

The plan features 50 mouth-watering, alkalizing recipes such as Coconut Waffles, Grilled Chicken with Citrus Salsa, and succulent Strawberry-Rhubarb Crisp. Also included is a 7-day meal plan that shows readers how to incorporate these dishes into a day of hearty, delicious, body-balancing meals.

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From reader reviews:

Paul Blum:

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David Lussier:

Spent a free the perfect time to be fun activity to complete! A lot of people spent their free time with their family, or their friends. Usually they performing activity like watching television, planning to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? May be reading a book may be option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to try out look for book, may be the reserve untitled 60 Seconds to Slim: Balance Your Body Chemistry to Burn Fat Fast! can be great book to read. May be it can be best activity to you.

Mason Childress:

A lot of people always spent their own free time to vacation or perhaps go to the outside with them family members or their friend. Do you realize? Many a lot of people spent they free time just watching TV, or even playing video games all day long. If you want to try to find a new activity that is look different you can read the book. It is really fun for you. If you enjoy the book that you just read you can spent 24 hours a day to reading a reserve. The book 60 Seconds to Slim: Balance Your Body Chemistry to Burn Fat Fast! it is rather good to read. There are a lot of people who recommended this book. These were enjoying reading this book. Should you did not have enough space to deliver this book you can buy often the e-book. You can m0ore simply to read this book out of your smart phone. The price is not too expensive but this book has high quality.

Corinne Schlegel:

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the geeky man or woman but for all of you who wants to end up being success person. So , for every you who want to start reading as your good habit, you are able to pick 60 Seconds to Slim: Balance Your Body Chemistry to Burn Fat Fast! become your starter.

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