



The Hormone Reset Diet: The Ultimate Guide to Heal Your Metabolism, Balance Your Hormones, and Lose Up to 5 Pounds In 7 Days

Lucy Branson

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You and I, as well as the dozens of other men and women who also made the conscious decision to take action against their weight gain through this book, have something in common — you've experienced how difficult it is to lose weight after several (and I do mean several) diet and exercise attempts. This is exactly what we're going to explore in this book! Hormones may not have been key topics in several weight loss books but, now, we're going to get to the bottom of how you can beat flab by resetting your hormones. We're also going to learn more about the different processes and recipes involved in Hormone Reset and it doesn't stop there. In this book you will learn things like... Many types of hormone that requires you to reset Why you need to do hormone reset diet What exactly is hormone diet and how is it done? Delicious hormone reset recipes And much, much more!

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