



# You're Not Fat You're Toxic, Your Permanent Weight Loss Program

*Stephanie Relfe*

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YOU'RE NOT FAT - YOU'RE TOXIC! Whether you want to lose 5 pounds or 500 pounds, here are the keys to permanent fat loss, without going hungry, even if nothing else has ever worked for you before! Stephanie Relfe has put everything you need to know to reduce fat forever, and to be happy, healthy and energized at the same time.

This detailed book with over 600 pages, has the exact information you need for your ideal body. It's written in a very easy-to-understand style, so that anyone can benefit from this powerful program. Scientific explanations are put into the simplest possible terms so that anyone can easily understand what they need to know.

- \* Learn 14 ways that show why it is toxins in the food we eat, rather than calories, that are making us fat.
- \* Instead of presenting just one field of research, Stephanie Relfe has summarized the most important information from multiple sources, including 43 well-referenced books & documentaries. This information alone is worth over \$500 by itself.
- \* Includes additional information from modern scientific research, magazine articles and unique sources, which are combined together in one very do-able weight loss program.
- \* Learn many fat loss secrets that you won't find in any standard weight-loss plan.
- \* Many case histories to inspire you.
- \* Learn how some so-called weight loss foods are in fact causing obesity.
- \* Extensive shopping list to make this program easy.
- \* 45 recipes to make it easy to get going on your new lifestyle.
- \* Containing revolutionary and unique ways of belly fat loss and getting slim, some of which have nothing to do with food or exercise.

Don't be a victim of the \$60 Billion per year "weight loss" fraud. Stephanie Relfe shows you many powerful reasons, backed up by scientific research, to give you the power to improve your life, and get the body you deserve, without counting carbohydrates and without being hungry. With this book, you finally have the chance to learn and understand how you have been victimized by the Food Mafia and how you can fight back. Everything you need is here. You will never need to buy another weight loss product, because you will know more than those companies do!

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#### **Irma Murray:**

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