



Your Everyday Guide

Losing Weight 2 Naturally!

The fact is - if you are one of the thousands of people that have spent most of your time searching for that miracle weightloss product - books, pills, exercise equipment, “what have you” - still giving into the latest hype and purchasing one product after the other, only to find you haven’t found that miracle!!! The very fact that you have purchased this guide proves my statement. By purchasing this guide and incorporating each step into your daily routine, health will find its way back into your life and weightloss *will* follow.

My guide is by no means a quick fix – this just doesn’t exist (*at least not to the detriment of your own health!*). Healthy weightloss happens gradually, and “how gradually” depends very much on your current state of health and how long it’s taken your body to get there. Always keep in mind that your first priority is of course to regain your health, and then weight-loss together with many other benefits will be the rewards reaped along the way!

I’m not here to educate you on counting calories, nor am I here to provide you with a set menu plan that you will have to stick to for the rest of your life! My E-book instead will help you explore an abundance of health boosting tips and techniques for the abundantly healthy life you deserve! By implementing a few quick and easy principles you will up your nutrient intake and boost your health - the healthier you are, the healthier your *hormones*, and the easier it will be to drop those unwanted pounds!

You will also learn a powerful technique to further safeguard your health – a powerful tool I came across years before I embarked on my journey to natural health. 15 years later, I still swear by this cure for all, and recommend this book to everyone! Why? - Because anyone looking to lose weight, improve digestion, increase energy, prevent disease, and relieve pain, needs to know this! This simple, yet highly effective eating technique that you just have to know about is listed below with the rest of the guidelines, but first let’s start with the basics...