



# Health At Every Size: Practical Steps To REVIVE Your Health

*Ralph Burton*

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## **Health At Every Size: Practical Steps To REVIVE Your Health** Ralph Burton

How many times have you tried to keep yourself fit and healthy by starting to go through those 'GET FIT IN 4 WEEKS' regime but to only give up on it OVER and OVER again?

How many of you have bought tons of cook book that tells you that the food that you are going to cook is going to make you slimmer and healthier or even going to Detox your body but the truth is that you do not even know what is in that dish you are about to cook or you have cooked?

The truth is that, it is absolutely NOT wrong to go through those regime of yours OR to even cook those delicious and healthy day-to-day meals of yours.

In Health at Every Size, it will teach you in doing all of the above and those you ever wanted in the most accurate and correct way. Yes, you heard that correctly! THE CORRECT WAY!

## **With this, you will learn:**

- True facts backed by scientific proofs
- An interesting diet plan with practical and interesting combinations (other than raw vegetables and fresh fruits)
- Safety information about the list of ingredients (Benefits and drawbacks of the ingredients)
- A proper chart of diet and exercise to practice on a regular basis

What's more! The best thing about this book is that you can actually incorporate the fitness regime books or the cook book that you have into this book and get the best of both worlds together.

For those who does not even have an existing book or do not even know where to start, fear no more! This book is what you are looking for!

Download and start moving forward towards your goals. It is time to discover the NEW you!

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