

I'm
tired of
being
FAT

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«ЛитРес: Самиздат»

2020

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I'm tired of being FAT / C. Lefebvre — «ЛитРес: Самиздат», 2020

Without diets and training in the gym, I will just tell you what you are doing wrong
and you will be slim

I'm tired of being FAT

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What is written here will save millions of American lives.

Hello, dear reader.

Tell me. In your dreams, do you see yourself weighing more than 220 pounds, with diabetes and cannot pass a 200-yard mark without dyspnea and on the verge of a heart attack? The answer will be negative, I'm sure.

Every second adult and sixth child in America suffers from overweight!

" Today, more than one in two adults and nearly one in six children are overweight or obese in the OECD (The Organization for Economic Co-operation and Development) area according to the OECD OBESITY UPDATE 2017".

Most likely, you also heard about complications which accumulate like a snowball in people with a high body mass index (BMI)? Examples of the accumulated complications are cardiovascular diseases, heart attacks and many others. Just ask yourself this: why do you need millions in your bank account, ownership of a house and expensive car, if you are mortally sick?

Maybe it's time to change your priorities and think about your health? After all, obesity, it's the same as putting on your shoulders a 20-pound backpack and constantly carrying it with you. And the fact that you'll tire more with such an additional burden, I think it's obvious. Also, as the years go by and we, unfortunately, do not get younger and the "backpack" can add another 20-30 pounds in weight, or even more, agreed?

And now the most important thing!

I know how to overcome this horrendous to date statistics of America. I do not suppose or guess. Namely, I know for sure. And I do not doubt that I'm right, just like you do not doubt that if you go out into the street when it rains, you get soaked.

Why am I so sure? A little patience and I'll tell you.

After these words, I can imagine that you think I want to sell some "miracle drug" to you for a lot of money. Well, the answer is- No.

Конец ознакомительного фрагмента.

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