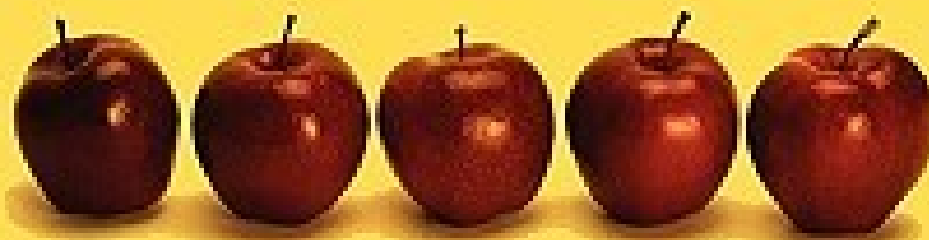

Waist Away:

How I Lost 70 Pounds in 7
Months Without Drugs or
Surgery



Dr. John Reizer

Waist Away: How I Lost 70 Pounds in 7 Months Without Drugs or Surgery

John Reizer

on the age of forty four i used to be categorized as an overweight person. "Waist Away" is the real account of ways I misplaced 70 kilos in exactly seven months. i used to be in a position to reach my weightloss objective with none form of hard workout program, dear fitness center equipment, prepackaged nutrients plans, harmful medicines or surgical procedures. during this booklet I clarify how i used to be in a position to accomplish a virtually most unlikely job in a comparatively brief interval of time. this is often my superb story.

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