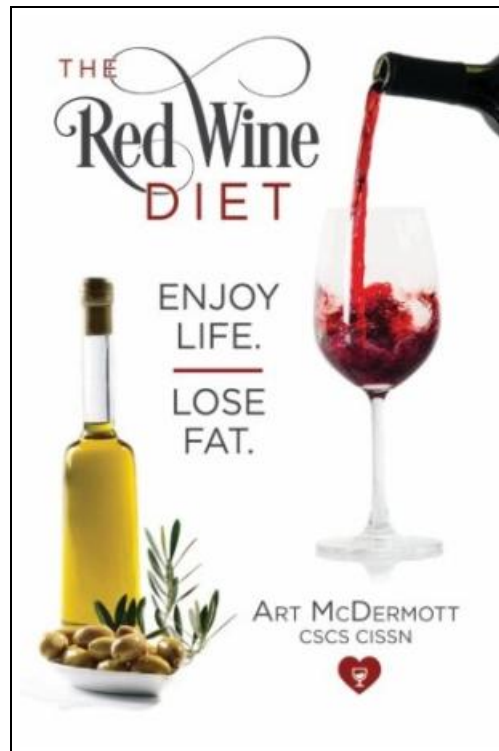


The Red Wine Diet: Enjoy Life. Lose Fat.



Filesize: 5.62 MB

Reviews

The publication is fantastic and great. It can be rally exciting throgh reading period of time. I am just very happy to inform you that this is the greatest publication i actually have read in my very own daily life and could be he very best ebook for at any time.
(Prof. Alvis Wuckert)

THE RED WINE DIET: ENJOY LIFE. LOSE FAT.

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Wellness Consulting Group. Paperback. Condition: New. 222 pages. Dimensions: 8.0in. x 5.2in. x 0.5in. If you are looking to lose fat and NOT feel like you are living on prisoner rations and treadmills. . . you have come to the right place! Im here to tell you about what I consider to be a realistic way for you to have your cake and eat it too. Now thats kind of an ironic clich to describe a diet book, so I better explain I may be a Certified Nutritionist and in fact, Ive been a Certified Strength Coach for 30 years, but Im still 54 years old and still fight the same battle everyone else does when it comes to losing fat or simply maintaining a healthy body weight. And just as importantly, I want to have a life and enjoy the company of friends and family along the way. I love wine. I love sharing a bottle with friends. I enjoy the taste. The warm, relaxing feeling it gives me after a long day battling at workred wine especially. So many varieties As I have aged, I have definitely migrated towards the wine mindset and away from the beer drinking pattern of my younger years. Its not that I dont enjoy a cold beer on a hot summer day, but Over time I have realized the choice of red wine has distinct advantages. But, just like you, Ive got to watch my waistline, too. And as an expert on nutrition and exercise, I understand the need to balance guilty pleasures with a healthy lifestyle. But is red wine REALLY a guilty pleasure Lets state right up front what this book will do for you. In The Red Wine Diet you will discover: How to CRUSH the obstacles holding you back.



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