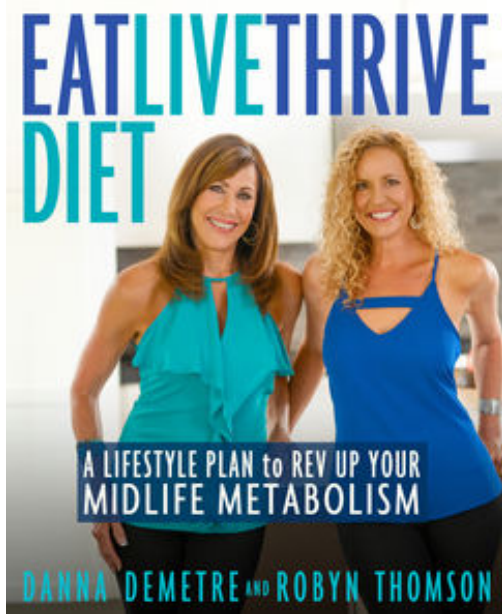


Eat, Live, Thrive Diet - Danna Demetre & Robyn Thomson Read Ebooks [EN] PDF, ePub, Mobi



Eat, Live, Thrive Diet Danna Demetre & Robyn Thomson Read ebooks [EN] PDF, ePub, Mobi, From the well-known health and lifestyle coaches of the widely popular website Lean Healthy Ageless (formerly Ageless Woman Living) comes a practical, science-based diet book that unravels the mystery of why women gain weight as they age and includes a sustainable plan to permanently lose the pounds and inches.

Eat, Live, Thrive Diet shows women how they can not only lose excess body fat permanently but also improve their overall health in critical areas such as brain function, resistance to disease, slowing down external aging, and increasing energy. This highly effective eating plan is presented in a compassionate voice by two experienced health coaches who share personal experiences of battling weight

and emotional eating issues. Whereas most diets are short-lived or require substantial upkeep to maintain, *Eat, Live, Thrive Diet* is a viable eating plan that women can adhere to indefinitely. In addition to minimizing sugar intake, the plan emphasizes the importance of short-term intermittent fasting--a simple lifestyle change that makes it easier and more effective for many mature women to reach their health and weight loss goals. The book also highlights health risks and drawbacks of many popular fad diets that can be harmful on a long-term basis.

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