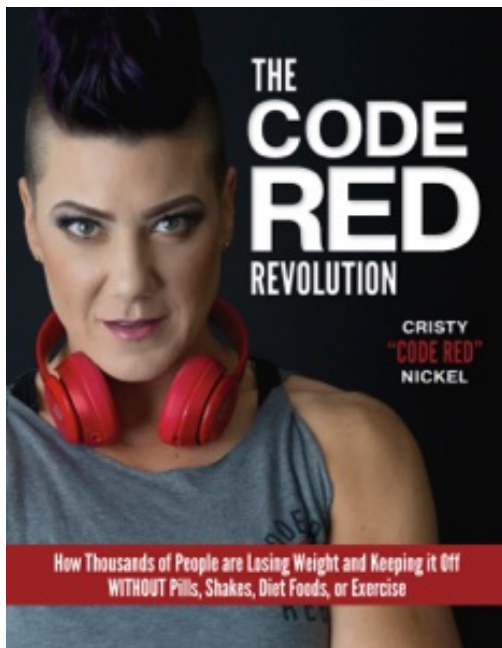


# The Code Red Revolution - Cristy "Code Red" Nickel Read Ebooks [EN] PDF, EPub, Mobi



**The Code Red Revolution Cristy "Code Red" Nickel Read ebooks [EN] PDF, ePub, Mobi**, What if you could lose as much weight as you wanted WITHOUT spending money on pills, powders, weird diet food, or even exercise? Would you want to know more?

Former professional boxer and celebrity nutritionist, Cristy "Code Red" Nickel shows you how maintaining a healthy weight doesn't have to be complicated. In fact, when you keep it simple and just follow a few basic rules, the weight comes off naturally (even if you have health challenges). It doesn't matter how old you are. It doesn't matter what your genetics are. It doesn't matter how long you've been overweight or what other methods you've tried. You can do this!

The Code Red Revolution is all about taking your life back by eating real food and giving your body what it needs—water, high-quality nutrition, and plenty of sleep.

Most weight-loss books and plans teach you one magical way to lose weight, but they don't take into account just how wonderfully individual we all are. This book shows you how to integrate the simple-but-effective program recommendations into your daily life.

Stay-at-home parent cooking for fussy eaters? We gotcha covered.

Travel for work and are rarely home to cook? You can absolutely learn how to eat in restaurants and still lose weight.

Allergic to certain types of foods? We can work with that.

Couch potato? No problem!

Vegetarian (or a really-hate-vegetables-tarian)? You can do this.

Thousands of people around the world have already lost 10, 50, even 100 pounds with the Code Red lifestyle. And they've kept the weight off for years. This book is full of detailed success stories from people of all ages and all walks of life.

Isn't it time you learned the secret to lasting weight loss?

Make this time the last time you have to lose weight.

Get this book and take your life back once and for all!

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