



# **FAT LOSS REVOLUTION: 12 Weeks to a Hot 'n Healthy Body at Any Age**

*Paula Owens*

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# FAT LOSS REVOLUTION: 12 Weeks to a Hot 'n Healthy Body at Any Age

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## **FAT LOSS REVOLUTION: 12 Weeks to a Hot 'n Healthy Body at Any Age** Paula Owens

Based on the latest medical, fitness and nutritional research, *Fat Loss Revolution* is for anyone seeking to revolutionize their health and experience permanent fat loss. *Fat Loss Revolution* provides you with realistic and simple, step-by-step lifestyle solutions that result in restoration of health, permanent fat loss and a happy, healthy life.

### **Revolutionize Your Health:** Discover the Solutions for Optimal Health and Experience Permanent Fat Loss

- \* Learn the difference between fat loss and weight loss
- \* Balance hormones for long-term fat loss
- \* Discover solutions to rev up your metabolism
- \* Secrets to look and feel younger
- \* Learn how hidden food sensitivities sabotage fat loss
- \* Overcome food addictions, mindless eating and sugar cravings
- \* Stop counting calories, depriving yourself and lose more fat
- \* Eliminate symptoms associated with common health disorders
- \* Enjoy delicious menu plans with easy-to-make recipes
- \* Maximize fat loss with smarter workouts
- \* Exercise programs including over 60 illustrations
- \* Incorporate a 12-week check list for personal accountability

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