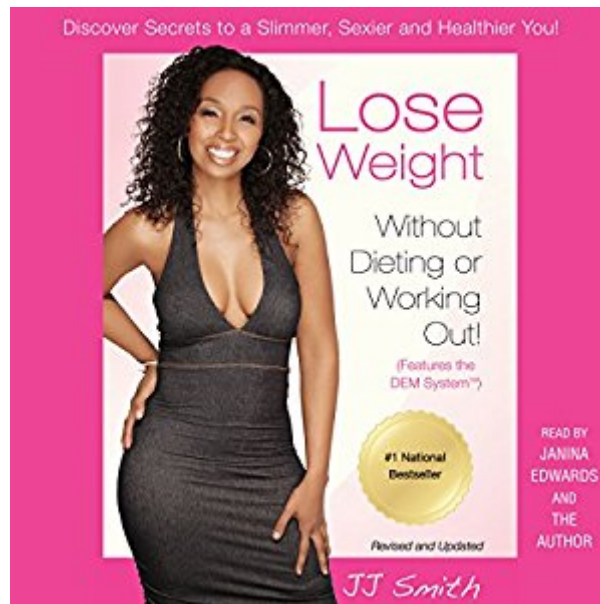


The book was found

Lose Weight Without Dieting Or Working Out: Discover Secrets To A Slimmer, Sexier, And Healthier You



Synopsis

Discover surprising weight-loss secrets to lose weight fast and keep it off! Want to lose weight without counting calories, starving yourself, giving up your favorite foods, or eating bland packaged foods? Would you like to look and feel younger and healthier than you have in years without diets and exercise? If you've answered yes to these questions, this book is for you! JJ Smith's DEM System teaches proven methods for permanent weight loss that anyone can follow, no matter their size, income level, or educational level. And the end result is a healthy, sexy, slim body. JJ's breakthrough weight-loss solution can help you shed pounds fast by detoxifying the body, balancing your hormones, and speeding up your metabolism. You'll learn which foods help you stay slim and which foods cause you to get fat. If you have been on a roller-coaster ride of weight loss, you will finally be able to get off, lose weight, and stay slim for life! You will learn how to...
Detoxify the body for fast weight loss
Drop pounds and inches fast, without grueling workouts or starvation
Lose up to 15 pounds in the first three weeks
Shed unwanted fat by eating foods you love, including carbs
Get rid of stubborn belly fat
Eat foods that give you glowing, radiant skin
Trigger your six fat-burning hormones to lose weight effortlessly
Eat so you feel energetic and alive every day
Get physically active without exercising
This is your last stop on the way to a new fit and healthy you! Look and feel younger than you have in years. Create your best body - NOW!

Book Information

Audible Audio Edition

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Customer Reviews

There is lot of valid, helpful and interesting information in this book. However, the title is nowhere close to the truth and VERY misleading. The DEM system requires you to be vegan for 3 weeks.

How is that not an extreme diet?! I understand eating healthy is a lifestyle change that would be required...but vegan?! Unless you were already vegan or planned on being vegan, this is not something most of us are willing to maintain, and if you don't maintain it won't you gain the weight back when you start eating meat/dairy again? Isn't that yo-yo dieting? With that being said, I did incorporate the detox methods, add a green drink (with protein powder), lots more veggies and fruit, no dairy or sugar, cut down on meat to once a day, and I still lost 5 pounds the first week. I basically incorporated the DEM system into an eating plan that I can continue, and I feel great! I really learned a lot from this book, and look forward to future results, but understand that it is a diet and lifestyle change. And oh yea, there's a whole chapter on "moving", which is code for exercise. Not putting in a full workout, but tips on how to get extra movement in during the day. That didn't shock me because realistically you can't expect to lose weight without eating healthy and exercising. It's simple math..calories in vs calories burned = amount of weight lost! There's no magic pill or big secret. You have to put the work in, and this book gives you tips and steps on how to work smarter instead of harder.

I'm a 38 year old male. I started on the DEM system on Feb. 5th at 203 pounds, now on Feb. 27nd, the scale said 184. I've lost 19 pounds in 22 days on phase 1 of DEM system. It works. The hardest part was giving up the sugar, but I ate a lot of fruit to get through the hardest part of the Detox phase. I also called it DEM-Lite because I avoided all of the foods except chicken. I would eat some chicken on my salads but other than that I did pretty well. If I had gave up chicken in my salads I would be visually missing by now. I didn't do the green drink everyday as required but still got great results! I plan to add the green drink very soon, but I am feeling really great now. I plan to continue the eating selection life style changes going forward.

This book is AWESOME!!! JJ teaches you how to eat healthy without being deprived. I did the Fast-Detox and lost 14lbs. I do minimal working out and I am still losing weight. The book is an easy read and I have passed the book on to others at work!!

I bought this book because I heard about it on Steve Harvey Morning Show. I was interested in the detox portion of the book as well as losing weight. It is DEFINITELY A DIET! For three weeks you become a vegan. (No dairy, meat, bread) That Is A Diet. The information in the book is excellent. She really knows her stuff but a diet is a diet.

I lost 20 pounds in 3 weeks after reading this book. I have struggled with my weight every since I was a teenager. This book is definitely life changing! I am only 10 pounds away from my goal weight. Thanks!!

Very informational I now feel I have A better understanding of what happened to the people of this country and to me. Now I feel strongly that I can regain control of my life ,share this information with my family and friends and we all live a healthier life ,A change to the positive. Thank You

All I have to say is that this book has changed my life. I have lost several pounds in these past few weeks and am feeling amazing! I have taken her lists to the store to buy what she is saying to buy, although, I am a HUGE fruit lover and have bought another cheap book on Kindle that has great fruit recipes for me to utilize in this plan as well. How to Lose Weight Fast and For Good - 50 Fruit Meals to Accelerate Weight Loss (Amazing Recipes to Lose Weight) If you are a fruit lover, I suggest this coupled with Ms. JJ's book and you will see an amazing transformation right before your eyes, and your husbands!

I like this book a lot as it addresses the problem of not being able to lose weight in spite of good eating habits and exercise. I purchased the supplements recommended for estrogen dominance (DIM and progesterone) and colon/liver detox. I started them all on the same day. The following day I had a severe headache. I stopped everything but I had another headache the following day. I would recommend starting each supplement at least a few days apart so if you have any side effects you'll know which one is the culprit. I'm going to start taking them again very cautiously.

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