



# **The Last Diet You'll Ever Need: Easy Ways to Change Over to Healthy Eating! (Lighten Up! The Health Coach's Guide to Nutrition in Action)**

*Holly Stokes*

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Have you struggled with weight, dieting, losing weight only to gain it right back plus more? What if there were a way to lose weight that didn't leave you feeling hungry deprived or weak? The answer is in your nutrition. This ebook is part of the Lighten Up System which covers indepth information about nutrition and knowing how foods work in your body, plus how to "train your brain" to see food differently, allowing you to end the war with food.

When you have these two pieces, the nutrition aspect of knowing what to eat, knowing what foods work best for you, and the mindset piece which allows you to actually follow through on what you know - weight loss can be easier and more natural than ever.

Part of the problem is that nutrition - what is healthy and what is not is being confused by advertising and the media at large. For example, you might think, I'm eating yogurt, this is healthy - but did you know that most yogurts on the market have more sugar than a candy bar?

This segment will help you know what to look for on labels, with easy to follow guidelines that will help you gauge the nutritional value of foods. The easy planning guides will help you make planning your meals and shopping for meals a snap.

So, don't wait another minute or spend more on diet programs, get this ebook and begin living your healthy lifestyle! Your body will thank you for it!

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