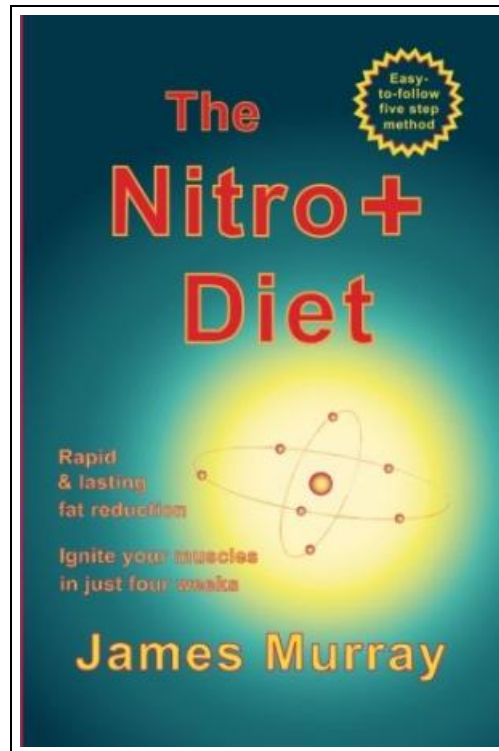


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Are you ready to change your life? Read this book and find out how transformation is possible: increase your energy levels, boost your fitness, change your body shape, improve the way you look, cleanse your complexion, restore your confidence and self-esteem . . . And, perhaps best of all, you ll learn how to banish unwanted body fat forever. The Nitro+ Diet is a tried and tested 5 step method, a clear path towards achieving rapid, lasting fat loss and igniting your muscles in just four weeks! Ditch the fads and get lean for life - let James Murray show you how in The Nitro+ Diet. Maybe this all sounds like a tall order, but you ll discover that it s not as hard as you might think - you just need to make sure certain principles are in place. This book is going to tell you what these principles are. Remember these principles, post them on your fridge, tattoo them on your hand, email them to yourself . . . the important thing is to remember them, and to put them into practice. They will serve you well, long after you ve scrubbed off that tattoo! What people say about the Nitro+ Diet: -I have tried so many different diets, but they worked for a while and then the weight just kept coming back. I thought I would try the Nitro+ Diet as it sounded different to the rest of the diets out on the market. The detox / activate part I found the hardest but after that I found it very easy to introduce the right foods and eating at the right times. I lost over half a stone...



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