



## The 21st Century Fat Switch: Burn Fat Easily and Improve Body Shape! the Easiest Programme for Men and Women to Lose Weight and Improve Health, Without Cutting Calories or Going Hungry!

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By Michael Littlewood

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Learn how to get your body to Burn FAT and increase Energy by lowering Insulin levels. Prevent more FAT being deposited and retain healthy muscle. The key to the FAT SWITCH is lower Insulin! How s it work? Put simply, Insulin causes the body to deposit excess carbohydrate as FAT, particularly around the waist and hips and it prevents existing body fat from being used for energy. By lowering Insulin levels you are throwing the FAT SWITCH not only do you prevent more fat being gained but you switch on your bodies fat burning mechanism. So you automatically BURN FAT - NOT DEPOSIT FAT. When weight loss occurs it is not only undesirable fat that is lost but a significant proportion of muscle mass and bone density. The Fat Switch addresses this and can not only enable you to lose dangerous and unwanted fat whilst retaining muscle mass and bone density but can enable you to actually build muscle, strengthen bones and improve nutrition. In fact we will set out to reverse damage previously caused by slightly increasing...



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