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Show Me the Fitness, United States, 2012. Paperback. Book Condition: New. 249 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.Eduardo Dias is a personal trainer with over 15 years of experience and the founder of Show Me the Fitness Boot Camp. By following his eating plan, based on the science of Leptin, -the hormone that controls fat burning and hunger-Eduardo s clients consistently lose an average of 2-5 lbs. a week! In this short, to-the-point, and easy to read book, Eduardo shares with you the secret to tap into your body s natural ability to burn fat by eating the way you were designed to eat. Eduardo s 7 Rules of Leptin Sensitivity Enhancement will not only change the way you eat, but will change your whole relationship with food. Food will be your ally, not your enemy. Eating right will be effortless and enjoyable.



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