



The X-factor Diet: For Lasting Weight Loss and Vital Health

By Leslie Kenton

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The X-factor Diet: For Lasting Weight Loss and Vital Health, Leslie Kenton, Permanent weight loss without hunger or hardship is everyone's dream. In this ground-breaking book Leslie Kenton reveals how to achieve your ideal body shape and weight in this way while simultaneously overcoming the health hazards that excess weight brings in its wake. A recently discovered group of metabolic disorders known as Syndrome X has spawned obesity on a scale never seen before. Also known as insulin resistance syndrome, it predisposes us to high blood pressure, diabetes, heart disease and early ageing. Cutting-edge research has recently shown that the major culprit is the high-carb/low-fat diet we have been urged to follow. This regime simply does not suit the way our bodies have evolved. Result: it makes many of us fat. Leslie Kenton's scientifically backed The X Factor Diet provides two fat-loss programmes, together with delicious recipes and easy meal plans to restore normal weight naturally, increase energy levels and make you fitter for life. Join her on a journey towards a leaner, healthier and more beautiful body.



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Reviews

Very beneficial to any or all class of individuals. It is rally interesting through looking at time. You will not feel monotony at at any time of your time (that's what catalogs are for concerning in the event you question me).

-- **Dr. Dallas Reinger IV**

The ideal book i actually read. It is one of the most awesome pdf i have study. I am just happy to tell you that this is basically the best book i have study in my own life and might be he finest ebook for actually.

-- **Nettie Leuschke**