



# The 7 Principles of Fat Burning (Get Healthy, Lose Weight and Keep It Off)

*Eric E. Berg DC*

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Activate your fat-burning hormones with a tailor-made plan for your body type. Effective Strategies that Go Way Beyond Dieting and Exercise. In the 7 Principles of Fat Burning you will discover that the real cause of your difficulty losing weight and keeping it off is glanular weakness. Take the body type quiz to first find your weakness, then start your program to acheive stable healthy weight loss.

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