



# Hidden Secrets of Yogic Diet for Weight Loss: 1

*Carrmine Irene*

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## **Hidden Secrets of Yogic Diet for Weight Loss: 1** Carrmine Ireene

Don't we all love to eat the tastiest of dishes to our heart's content? Yet, each one of us would love to look attractive and remain fit, trim and slim, wouldn't we? Eating may be a great passion but it is as important, if not more, to fight the bulge. Most of us do not realise the need to eat healthy and stay fit until it is too late. The good news is that it's never too late to get started on a healthy beginning. When we understand our body clock and learn correct eating techniques depending on our individual body type – our own 'prakriti' – our body is able to assimilate it better so as to get maximum nutrition from it. In this way, we can also maintain a good shape and figure.

Hidden Secrets of Yogic Diet for Weight Loss presents a truly unique way to achieve and maintain your weight loss forever. You will learn various ways to keep losing weight through every morsel of food you eat. Additionally, you will also learn how to flush out toxins from your body and cleanse it in a holistic way. You will also find renewed energy to tackle all the excessive weight accumulated over the years.

You owe a change into your own outlook towards food, health, weight and energy and this book will help you get a spiritual insight to make a beginning.

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