



**Weight Loss: Drink Yourself Thin + Recipe Guide,  
2 Books in 1: A faster approach to losing weight,  
gaining energy, detoxing your system and making  
your ... glow (Weight Loss by Armin Bergmann  
Book 3)**

*Armin Bergmann*

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# **Weight Loss: Drink Yourself Thin + Recipe Guide, 2 Books in 1: A faster approach to losing weight, gaining energy, detoxing your system and making your ... glow (Weight Loss by Armin Bergmann Book 3)**

*Armin Bergmann*

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**"The very solution I was looking for. Easy to do and more effective than everything else I have tried..."**

## **2 BOOKS IN 1!**

Losing weight is very difficult for most people. Even though we approach it with the best intentions, our schedules, lack of will-power, lack of support and depleted stamina often get in the way of our efforts. We tell ourselves that we're finally going to start eating better and getting more exercise and we get off to a strong start, only to throw in the towel after just a few days of effort.

In many cases, the biggest thing we're missing is a plan. A plan that isn't complicated. A plan that can be followed even when our schedule gets busy. A plan that produces measurable results fast enough that we won't get discouraged with the process.

In recent years, there has been a lot of buzz generating around the concepts of liquid-diets and juice-fasting. Some of this buzz was generated by the movie, "Fat, Sick & Nearly Dead" which chronicles the journeys of Joe Cross and Phil Staples as they attempt a 60-day juice-fast. Their results were incredible. Both lost an impressive amount of weight and saw other major improvements in their bodies as well, including drastic improvements in auto-immune conditions that had previously required expensive medication.

If you are one of the many who have struggled to lose weight, a well-rounded, nutritious, liquid-diet might be the right option for you. In this book, I lay out an easy to follow plan that is currently being followed by many people and is producing measurable results.

This plan isn't complicated. It involves the gradual introduction of nutrient packed and delicious smoothies, shakes, soups, fruit waters and juices into the diet as meal replacements and the removal of foods from the diet that promote the storage of fat and excess weight. Some people choose to replace one meal a day. Others choose to replace all solid foods for a select period of time. The option you select is really up to you - depending on the pace you're most comfortable with. Many people find that they're able to consistently lose up to 5 lbs. per week using this approach, especially during the early weeks. (It's also common to lose a little more than that during the first week, but the numbers tend to settle in to a more predictable pattern after that).

In the coming pages, you'll be given a practical guide that looks at:

1. Why you might want to take this approach if other options haven't been working for you
2. The dangers of doing it wrong
3. The benefits of doing it right
4. Macronutrients vs. Micronutrients
5. The importance of balancing your nutrition
6. Digestive health
7. The importance of feeling full
8. The importance of catering to your tastes
9. The importance of finding a partner to join you
10. The detailed daily plan
11. The gradual approach
12. What if you get off course?
13. How long should you do this?
14. Tough talk: You are guaranteed to fail if...
15. Tough talk: You truly can succeed if...
16. How to celebrate your success

That being said, I hope this information will be helpful to you as you seek to embark on your journey to finally lose excess weight. I wish you all the best and I look forward to hearing all about your success with this approach.

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**Morgan Woods:**

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**Lori Gravitt:**

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