



How to lose 1-2 Kg a week?

genia romsky

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If you need to shed pounds fast and in a safe, effective, and lasting way, this is the book for you! Unlike many diet programs that starve you down to size, "Dr". genia fitness romsky's "How to lose 1-2 Kg a week"? Diet relies on proven methods to help you take weight off and keep it off for good—whether you've got 10 pounds to lose or 100. His revolutionary program adjusts your body metabolically so that you burn fat day in and day out. your program will be:

Accelerate—the rapid weight loss portion that helps flush sugar and fat storage from your system

Activate—the metabolic restart portion with alternating low and high calorie days to help shed body fat

Achieve—this phase is about learning to control portions and introducing new fitness routines

Arrive—a combination of the first three cycles to keep good habits up for good. On weekends, enjoy your favorite foods!

Each cycle changes your calorie count and the food that you're eating. The variation that "genia romsky" calls 'body confusion' keeps your metabolism guessing; this means that you can expect big changes in the first 1-2 weeks alone!

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