

Lose Weight Here: The Metabolic Secret to Target Stubborn Fat and Fix Your Problem Areas

By Jade Teta, Keoni Teta

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One of the most common disappointments among dieters is their failure to lose weight where they want to lose it. They are often left with the same shape they struggled so hard to change. Lose Weight Here shows readers that "spot reduction" is possible and how they can lose weight quickly in all the right places.

Lose Weight Here rethinks traditional weight-management techniques by optimizing the two proven components for successful weight loss: low calories and hormone balance. By combining the hormonal science of fat burning with the revolutionary science of spot training, Lose Weight Here shows readers how to reverse metabolic damage so they can get the bodies of their dreams.

Lose Weight Here is based on hard science, sound nutritional and psychological data, and remarkable testimonials, which include before-and-after photos from some of the 100,000 people Jade and Keoni Teta have helped in their gym and online. Unlike traditional diets, Lose Weight Here instructs readers on how to successfully alternate between periods when you eat more and exercise more, and periods when you eat less and exercise less. This method deactivates fat storing receptors and targets the belly, butt, hips, and thighs. At last, dieters can lose fat in targeted areas and maintain their results.

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- Sales Rank: #175726 in Books
- Brand: Rodale Books
- Published on: 2015-04-14
- Released on: 2015-04-14
- Original language: English
- Number of items: 1
- Dimensions: 9.44" h x .88" w x 6.75" l, 1.00 pounds
- Binding: Hardcover
- 256 pages

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Editorial Review

About the Author
Jade and Keoni Teta have 20 years of experience as trainers and have practiced integrative and complementary medicine for 10 years. They are cofounders of the international health, fitness, and weight-loss company Metabolic Effect (ME). Both have contributed to the *Textbook of Natural Medicine,* and they have certified thousands of health professionals. They live in Winston-Salem, NC.

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