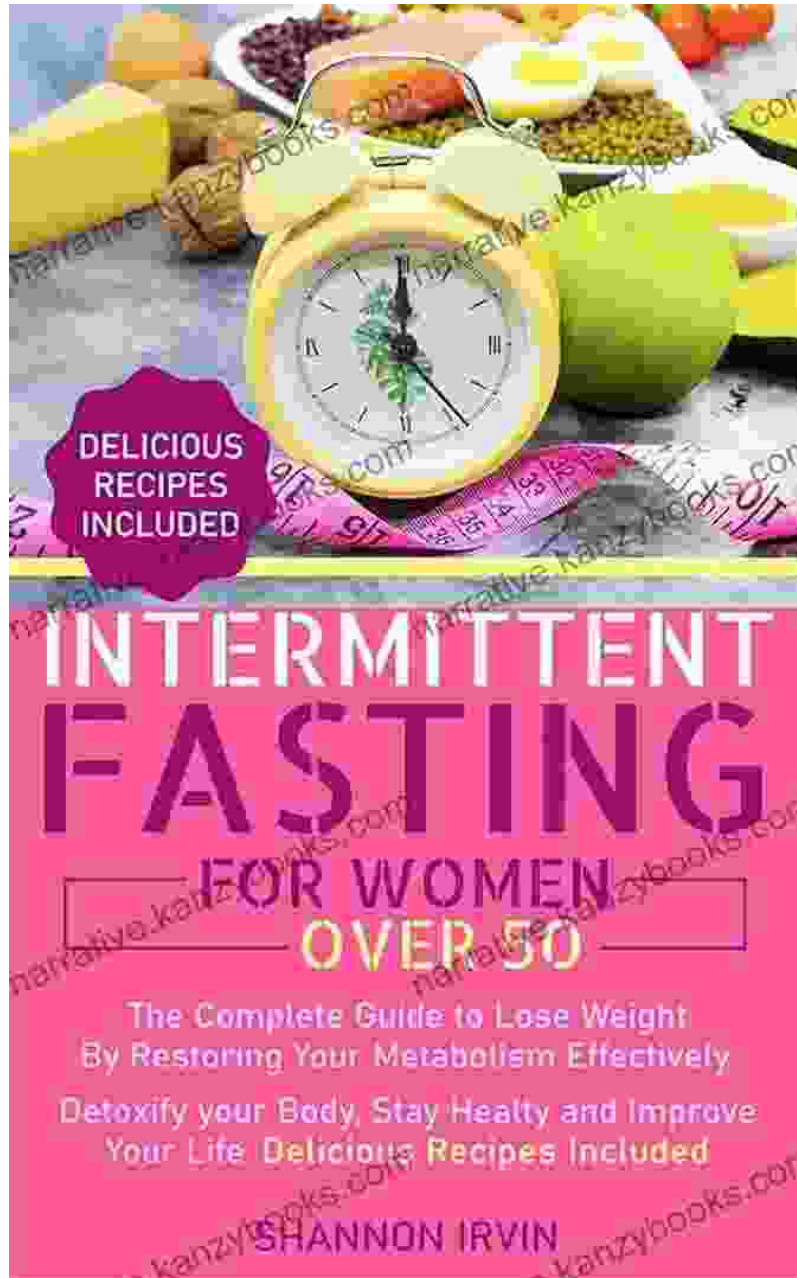
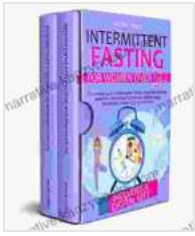


****The Complete Guide to Help Older Women Lose Weight by Restoring Metabolism****



****Are you an older woman struggling to lose weight?***

If so, you're not alone. As we age, our metabolism slows down, making it harder to burn calories and lose weight. But there is hope!



intermittent fasting for woamn over 50: the complete guide to help older woman for lose weight by restoring metabolism detoxifying the body and delaying ... fasting for woman over 50 Book 1) by BookSumo Press

★★★★☆ 4.7 out of 5

Language : English
File size : 1019 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 366 pages
Lending : Enabled



The Complete Guide to Help Older Women Lose Weight by Restoring Metabolism is the ultimate resource for women over 40 who want to lose weight and keep it off. This book provides a comprehensive overview of the factors that contribute to weight gain in older women, and offers a step-by-step plan for restoring metabolism and losing weight.

In this book, you will learn:

- The causes of weight gain in older women
- How to restore your metabolism
- The best diet for older women who want to lose weight
- The best exercise program for older women who want to lose weight
- How to stay motivated and on track

The Complete Guide to Help Older Women Lose Weight by Restoring Metabolism is the only book you need to lose weight and keep it off for good. Free Download your copy today!

****About the Author****

Dr. Susan B. Roberts is a leading expert on weight loss and metabolism. She is the author of several books on weight loss, including *The Complete Guide to Help Older Women Lose Weight by Restoring Metabolism*. Dr. Roberts has helped thousands of women lose weight and improve their overall health. She is passionate about helping women achieve their weight loss goals.

****Testimonials****

"This book is a lifesaver! I've tried every diet and exercise program under the sun, but nothing worked. I was about to give up on losing weight when I found this book. It changed my life. I've lost 30 pounds and I feel better than I have in years." - Mary, age 55

"I've always been overweight, but it really started to bother me as I got older. I was tired of feeling tired and out of shape. I decided to give this book a try, and I'm so glad I did. I've lost 20 pounds and I'm more confident than ever before." - Sarah, age 62

The Complete Guide to Help Older Women Lose Weight by Restoring Metabolism is the answer to your weight loss prayers. Free Download your copy today and start losing weight!

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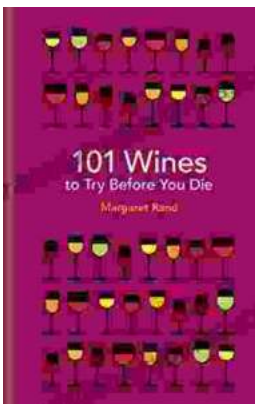
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