



## Livin Lavid Grande: Why You Can t Lose Weight (Paperback)

By Ray Ilg Nd

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is the first in a series and takes a delightful, and at times hilariously honest, look at things going on in our body and in our mind as we try to lose weight. Author Raynette Ilg N.D. knows that weight loss is hard and she knows its even harder if you don t have all of the right nutrients in place or if certain body systems aren t co-operating with your goal. This book will give you clues on where to look and possible other areas to ask to have tested so you can lose weight once and for all and keep it away. There are hidden keys to losing the weight you want to get rid of and sometimes its not just as easy as changing what you eat or how much exercise you do. It might be you just need a little bit of help to encourage your body to go to where it already knows it should be. This book will touch on Naturopathic styles and principles, vitamin levels, types of vitamins, Minerals, hormones (both...

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