



# Banish Your Fat Forever Using Paleo and Pilates

*Aser Swartz*

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## **Banish Your Fat Forever Using Paleo and Pilates** Aser Swartz

Losing weight and burning off the stubborn belly fat became a whole lot easier with the introduction of the fabulous Paleo Method of fuelling the body and this natural way of eating has now entered the mainstream of the totally healthy lifestyle. Our bodies need the super-nutrients and natural foods that characterise the Paleo Diet but our bodies also need exercise and this is where a truly dedicated fitness pro, the motivational and evergreen Aser Swartz, brings his expertise to the fore. Combining all the advantages of the Paleo Diet with one of the most effective exercise systems to have emerged in the last one hundred years provides a powerful approach to getting into great shape and Aser Swartz is right there with you to help, encourage and explain everything clearly and succinctly. It's like having your own personal world-class coach and nutritional specialist right alongside you to guide you along your pathway to better health, fitness, happiness and a slimmer, stronger body. The techniques have been thoroughly researched and examined by medical science and we know that they are extraordinarily effective. Now, they're totally available to you. Filled to capacity with life-enhancing tips, techniques and advice, this amazing book will show you how to: \* Eliminate the toxic foods that poison your body and pile on the fat \* Switch on your natural fat-burning metabolism and shred the belly fat forever \* Eat your way to a leaner, slimmer, fitter shape \* Tone and lengthen your body with super-smart exercise \* Relieve back, neck and joint pain with careful stretching and strengthening movements \* Reduce inflammation \* Banish the curse of bloating and abdominal discomfort \* Turn back the clock to look and feel years' younger \* Re-energise your body from top to toe \* Re-discover your mojo and power up your libido \* Build lean, toned muscle \* Create new levels of health and fitness at any age and wake up feeling super-charged These methods have helped thousands of individuals to discover the joys of a leaner, fitter and healthier body. By following the excellent and wholly natural eating style of the Paleo Method and using the justifiably famous Pilates exercise system, you can give your body the best of all worlds and transform your weight, your shape, your health and your quality of life. And you'll be safely guided by one of the best fitness and wellbeing coaches in the industry. Download this exceptionally helpful and effective guide to losing weight and getting into your best shape. It's your life. Make it the best you possibly can.

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