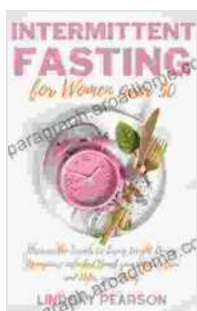


Discover The Secrets To Losing Weight During Menopause

Are you struggling to lose weight during menopause? You're not alone. Many women find that their metabolism slows down and they gain weight more easily during this time. This doesn't mean that losing weight during menopause is impossible, but it does require some adjustments to your diet and lifestyle.



Intermittent Fasting for Women over 50: Discover the Secrets to Losing Weight During Menopause unlocked, Boost your Metabolism and Detox your Body

by Lindsay Pearson

★★★★☆ 4.7 out of 5

Language : English
File size : 901 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 128 pages
Lending : Enabled
X-Ray for textbooks : Enabled



This book will teach you everything you need to know about losing weight during menopause, including:

- The hormonal changes that cause weight gain during menopause

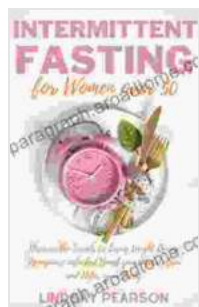
- The best foods to eat to lose weight during menopause
- The best exercises to lose weight during menopause
- The lifestyle changes that can help you lose weight during menopause

With the help of this book, you can finally lose the weight you've been struggling with and feel your best during menopause.

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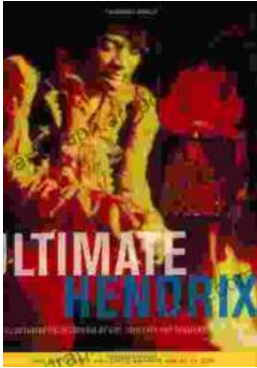
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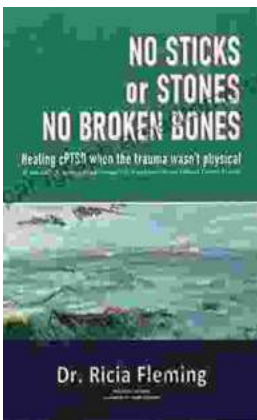
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