

(Download pdf) How to Look and Feel Fabulous After 50: Simple Heath Tips to Eat Better, Have More Energy, Avoid Sugar Cravings and Lose Weight in the Process

How to Look and Feel Fabulous After 50: Simple Heath Tips to Eat Better, Have More Energy, Avoid Sugar Cravings and Lose Weight in the Process

C Muvdi

*DOC | *audiobook | ebooks | Download PDF | ePub*



DOWNLOAD



READ ONLINE

#1651953 in Books 2016-11-18Original language:English 8.50 x .22 x 5.50l, #File Name: 069280202992 pages | File size: 53.Mb

C Muvdi : How to Look and Feel Fabulous After 50: Simple Heath Tips to Eat Better, Have More Energy, Avoid Sugar Cravings and Lose Weight in the Process before purchasing it in order to gage whether or not it would be worth my time, and all praised How to Look and Feel Fabulous After 50: Simple Heath Tips to Eat Better,

Have More Energy, Avoid Sugar Cravings and Lose Weight in the Process:

1 of 1 people found the following review helpful. How to look and feel fabulous... information that is easy to digest (pun intended).By Gary DavidThere are several things to take away from this well written, informative and insightful text. It is no secret that this book is dedicated to promoting a healthier lifestyle for women, the "super women." It is clear that Carime is one of those, and it is quite obvious to me that the benefits gained here go far beyond the target gender or age or just nutrition. "It is not a fad diet... not a magic pill... It is what you do on a daily basis..." So simple, and so very true. It is lifestyle change, and in these 91 pages, Carime sets the guidelines to make that possible for all of us, not daunting but doable. The spacing, the text, the graphics all supplement well the key information to change your lifestyle. There is compassion and also plenty of honesty. "Crap is crap no matter how many calories..." and "STOP EATING PROCESSED FOODS!!!" Okay, I will. It makes sense, the path is clear, the coach is motivating. My lifestyle is changing for the better. Thank you Carime!!!

2 of 2 people found the following review helpful. Awesome guide not only for people after 50 but for ...By CustomerAwesome guide not only for people after 50 but for anyone that appreciates a healthy life style. I love sports and I always do my best to be in shape so it gave me a whole new vision about nutrition and help me to chose healthy options when traveling and out of my routine habits. Easy to understand and besides all the interesting information about the "Super Foods " the recipes are delicious ! I would recommend it to anyone thinking about to start healthy habits or even those who already are in the next level.

1 of 1 people found the following review helpful. I learned a great deal with this book!By Maria Isabel VelezThis is an easy read and a great place to start to improve your life. Everything about nutrition is explained so that you can understand it well; it even contains simple tips and recipes. One can apply most of the information on it to daily life, is a good resource and starting point for individuals interested in improving their health and well being. Thanks to the author for taking the time and efforts to share her knowledge.

How to Look and Feel Fabulous After 50 is a "how to" guide; that will give you great tips on how to eat better, have more energy, avoid sugar cravings and lose weight in the process. It is not a fad diet that just works for a few months, it is not a magic pill or beauty cream that will not make you age, it is not a detox tea or a plastic surgeon that will make you look great. It is what you do on a daily basis that will make you look and feel fabulous after 50. It is not a diet; it is a lifestyle. Lifestyle choices that can exert significant control over your biological age. Scroll to the top of the page and click "Buy Now"; Take action today to start feeling and looking fabulous after 50 !!!

About the AuthorCarime Muvdi is a certified Nutritionist and raw Vegan Chef, who specializes in helping and motivating people achieve their goals through proper nutrition and exercise, creating live-long healthy habits. She worked as a certified AFFA Personal Trainer and Group Fitness Instructor in Colombia and the United States for 16 years. She had a Fitness TV show, EPS Sports. Carime Has presented many health and nutrition seminars worldwide and is the Nutritionist advisor for the Raw Place in the UAE. She now devotes her time to sharing what she knows by giving talks about nutrition and being a health coach. You can find out more about her at www.howtolookandfeelfabulousafter50.com