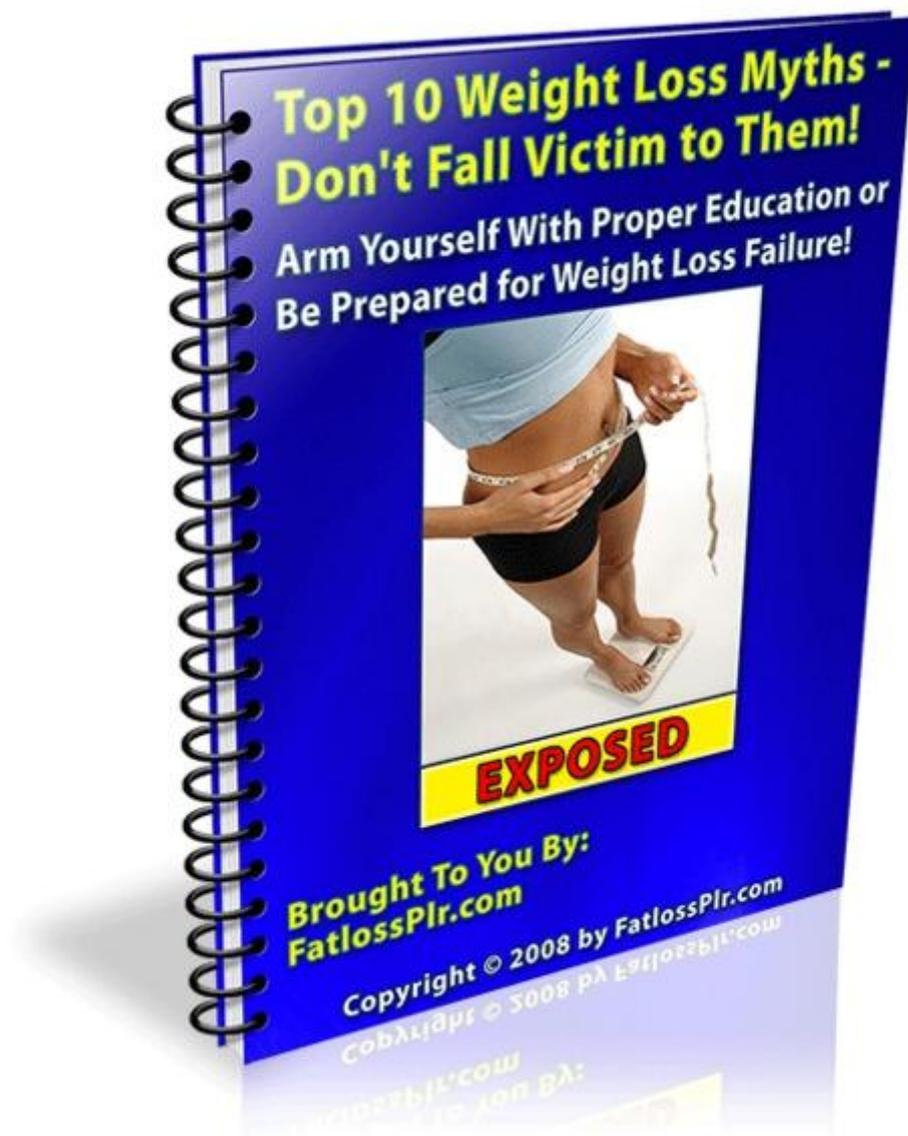


Top 10 Weight Loss Myths: Don't Fall Victim To Them-with Plr



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Purchase Private Label Rights to: Top 10 Weight Loss Myths - Don't Fall Victim to Them! You will receive the main PLR Report in .DOC and .TXT formats. You will receive the graphics in .JPG and .PSD formats. Report Word Count is: 2,523 Words. Report Description: Weight loss myths are everywhere you look and they can be detrimental to your health as well as the goals you have set for yourself. This report will tell you about 10 such myths that can sabotage your weight loss efforts! Table of Contents: Chapter 1: Cutting down tremendously on calories means that the pounds will drop off quicker. Chapter 2: Being

strict and depriving myself of foods is good Chapter 3: Say goodbye to all foods that are not deemed as healthy Chapter 4: Eating foods late at night is more likely to pack on the pounds. Chapter 5: Eating between meals is a dieting no-no. Chapter 6: All fat is bad for my health and for my weight loss efforts. Chapter 7: Skipping meals, especially breakfast, will help me in my fight to drop pounds. Chapter 8: Dairy products should be taken out of my diet completely. Chapter 9: Willpower is the most important weapon in the fight against weight loss. Chapter 10: The consumption of plenty of water on a daily basis will help me lose pounds easily and quickly. Here is a sample extract from my PLR report:

-----xxxxxxxxxxxxxxxxxxxxx----- It is healthier to eat six or seven small meals and/or snacks throughout the course of a day than to eat three meals and nothing else. If you choose a small healthy snack between meals it can actually do you good. The snack will contribute to strong metabolism and it will keep your blood sugar at a stable level. Snacking between meals in a healthy manner also acts as a way to discourage you from overeating at your next meal. To feel fuller for a lengthier span of time, choose fiber-rich foods such as bran muffins, oatmeal, whole-wheat toast, mixed raw vegetables and sourdough pretzels. If you are not getting enough fat in your diet this can mean your energy levels will be low. To pump it up higher, snack on nuts such as almonds which are an excellent source of protein. Another healthy snack idea is to combine two snacks together. For example, smear some peanut butter on an apple. Keep in mind that the skin of the apple contains the largest percentage of fiber. Graham crackers and yogurt make for a very healthy snack as well. Speaking of yogurt, this is a good dairy choice for those who are not -----xxxxxxxxxxxxxxxxxxxxx-----

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