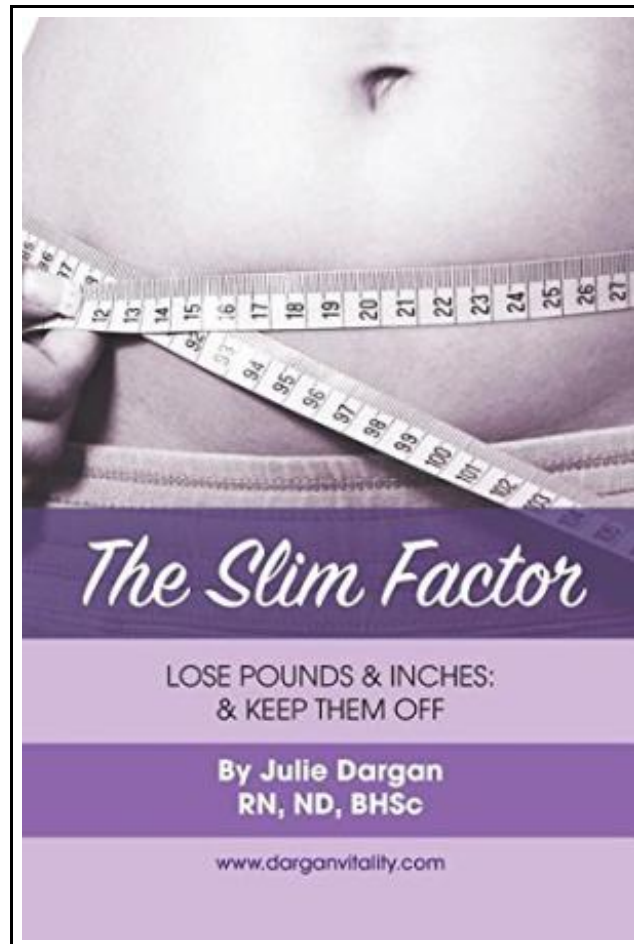


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(Lula Graham IV)

THE SLIM FACTOR: LOSE POUNDS AND INCHES: AND KEEP THEM OFF (PAPERBACK)



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Banjake Pty Ltd, United States, 2014. Paperback. Book Condition: New. 234 x 156 mm. Language: English . Brand New Book ***** Print on Demand *****.Close to 5 years ago Julie Dargan (RN, ND, BHSc) found herself overweight to the point of obese. This interfered with her business as well as her family life and took Julie on the road to discovery on how, not only lose the weight, but maintain the weight. Julie s program has stood the test of time. If you follow her principles you will have the body you are yearning for, the vitality you need to get through each day, without feeling hungry or deprived. Julie Dargan was a Registered Nurse for 20 years, and made the bold move from Reactionary Medicine to Preventative Medicine. Leaving Nursing she opened an Healthfood Shop in Limerick, Ireland and did further studies in Naturopathy attaining an Advanced Diploma of Naturopathy with a Post Graduate of Bachelor Health Sciences (Complementary Medicine). All this study was a great learning curve but the best learning I would have to say has come from my own experiences in life and learning how the food we eat affects our heath. I juggled running the business with having children late in life. My second son was born 2 years later which only added to my weight gain blues despite eating healthy and denying many foods I thought was out of my reach. My life was miserable and something had to be done about it, and fast. If you can relate to Julie and is someone who is eating healthy, BUT whose meals consist of quick pastas, sandwiches and quick fixes you will enjoy the myths being exploded in The Slim Factor. All these foods do is create an ever expanding waistline and declining energy. Since...

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