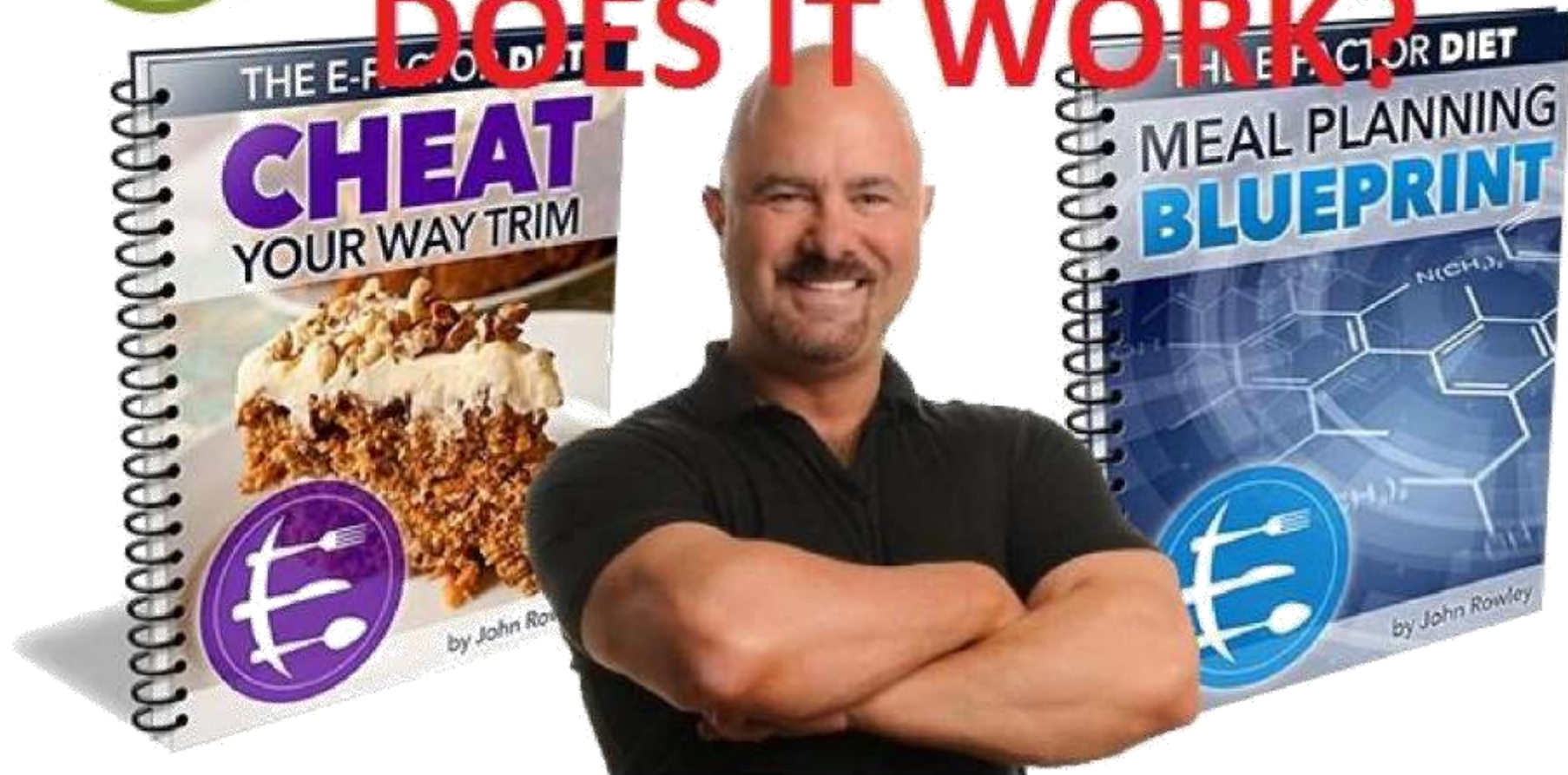




THE E-FACTOR DIET

DOES IT WORK?

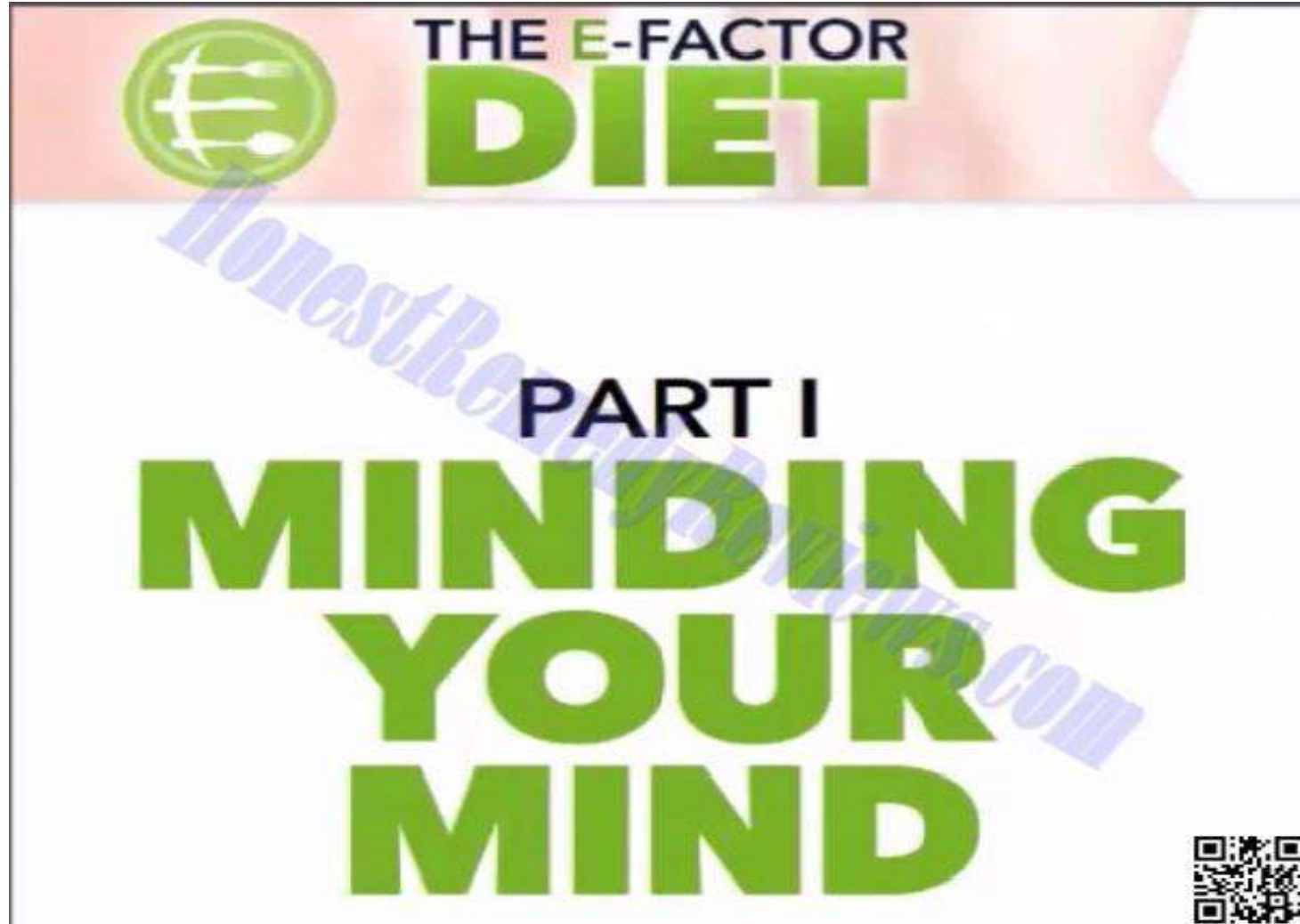


WHAT IS THE E FACTOR DIET



- The E Factor Diet is the most current of the pullulating weight loss guides which has received quite some popularity since its launch in May this year. From the introduction of the ebook we get to know that “E” in the guide stands for
- **Energetic factor foods** – that is carb rich foods.
- **Endothermic factor foods** – disengages fat burning hormones so you burn calories 24/7
- **Enzymatic factor foods** - increase digestive ability of the body.
- **Enjoyment factor foods** – enjoy your meal and still lose weight quickly naturally.

A PEEK INTO THE E FACTOR DIET EBOOK

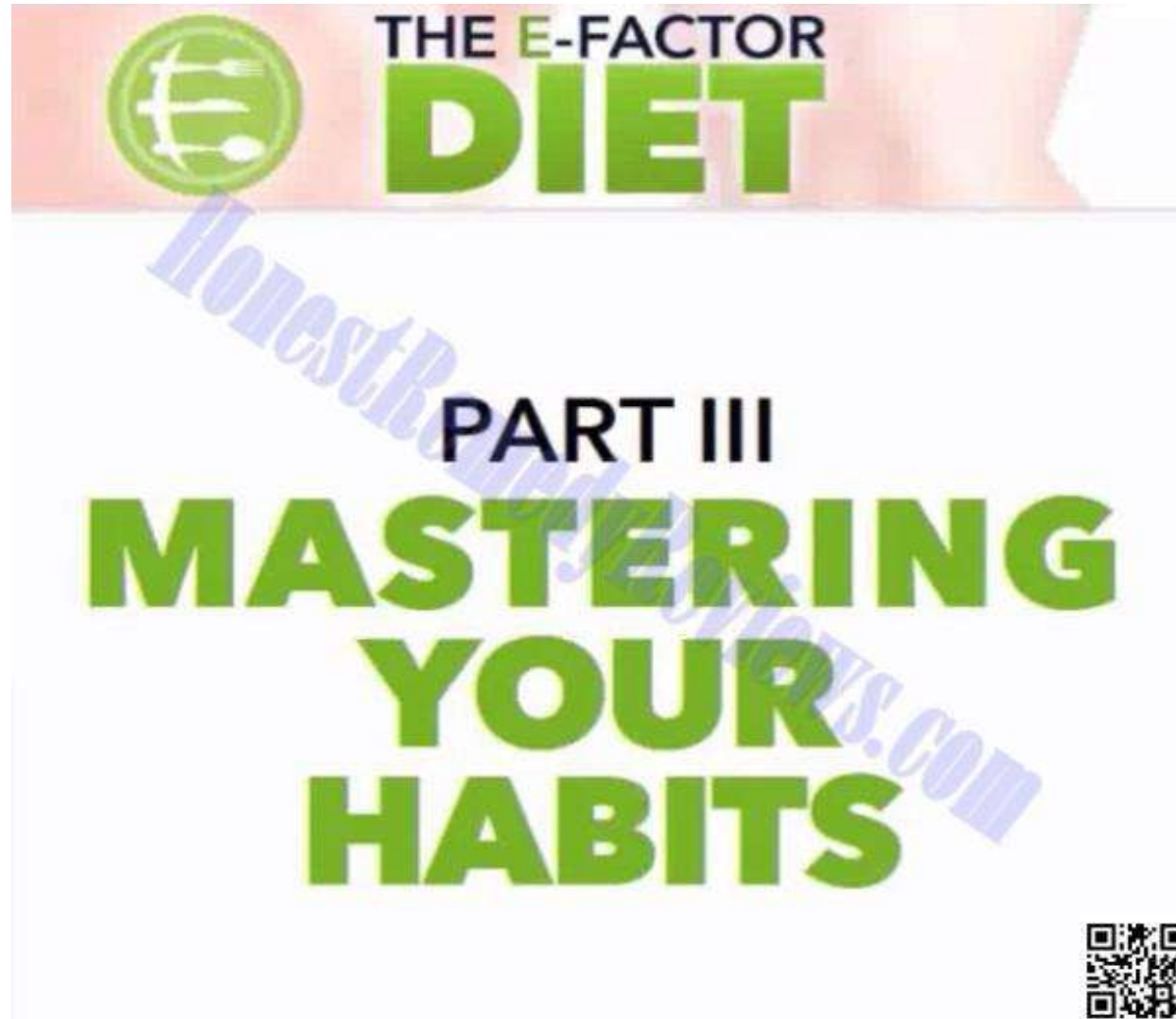


A PEEK INTO THE E FACTOR DIET EBOOK



- The Part 1 of the diet guide align your mind to lose weight by helping you set ideal and realistic weight-loss goals and also teaches you how to remain committed to your set weight loss goals. As Joyce Meyer said "you cannot have a positive life with a negative mindset" as such this part aims at psyching you to believe you can lose weight.

A PEEK INTO THE E FACTOR DIET EBOOK

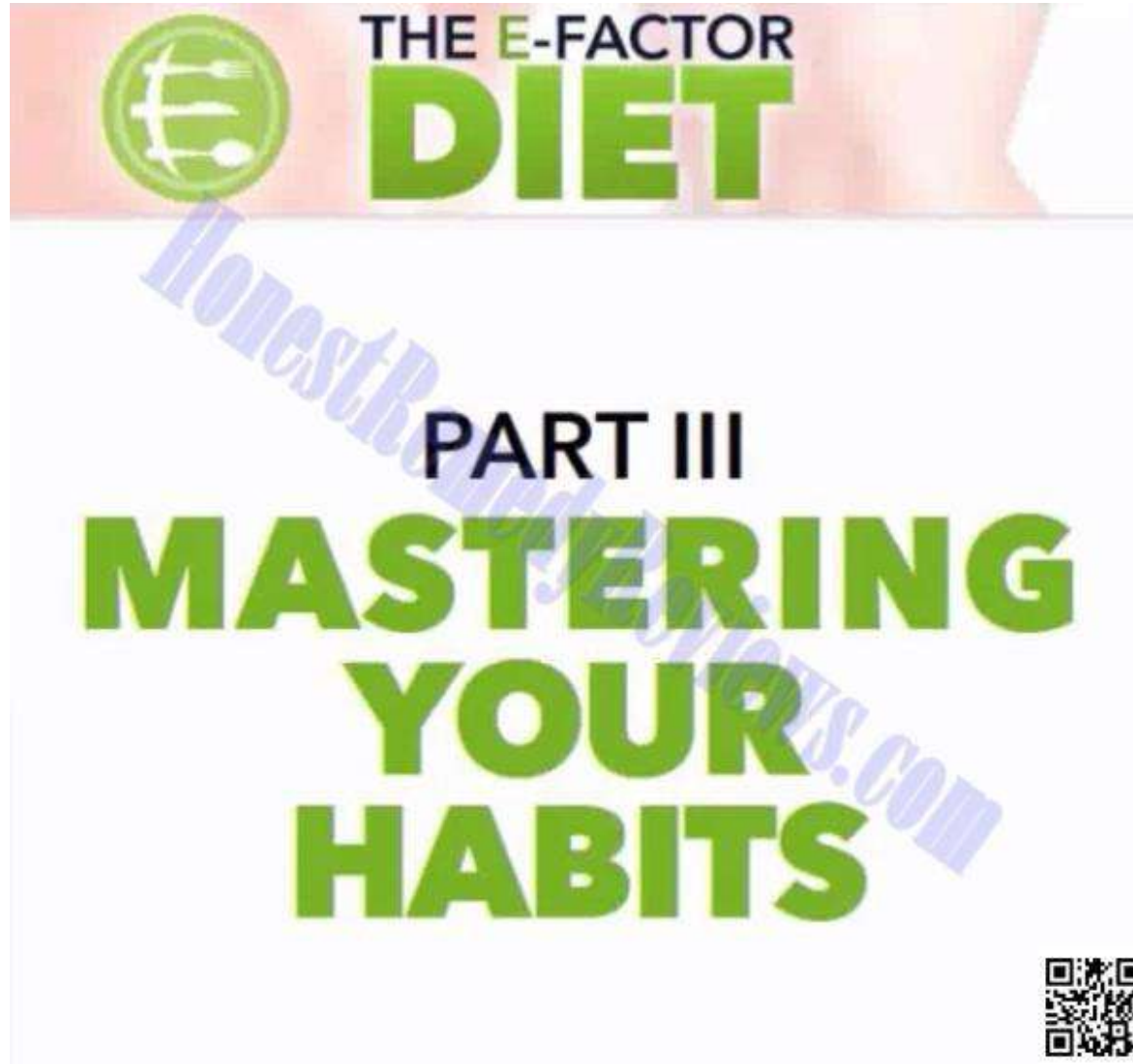


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- The second part and also the core for the complete manual discusses monitoring your nutrition which is precisely what to eat when to eat and also what not to eat to make sure you don't gain weight and lose weight quickly. It proceeds to provide a detailed description regarding Histamine and in what way it trigger weight gain. His well-known "bee sting" phenomenon is described within this chapter.

A PEEK INTO THE E FACTOR DIET EBOOK



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