



Lose Weight Without Dieting or Working Out: Discover Secrets to a Slimmer, Sexier, and Healthier You

By JJ Smith

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Lose Weight Without Dieting or Working Out: Discover Secrets to a Slimmer, Sexier, and Healthier You By JJ Smith

Discover the surprising secrets that will help you lose weight fast and keep it off—without dieting or exercise—with this #1 national bestseller from the author of the healthy living bible, *10-Day Green Smoothie Cleanse*!

Want to lose weight without counting calories, starving yourself, or giving up your favorite foods? Would you like to look and feel younger and healthier than ever without crash diets or exhausting exercise? Then this book is for you! JJ Smith's breakthrough weight-loss solution can help you shed pounds fast by detoxifying your body, balancing your hormones, and speeding up your metabolism. You'll learn how toxins slow your metabolism and why sugar and starch hinder permanent weight loss. You'll also come to a keen understanding of which foods help you stay slim and which foods cause you to get fat so you can finally get off the rollercoaster ride of weight loss/weight gain and stay slim for life!

You will learn how to:

- Detoxify your body for fast weight loss
- Drop pounds and inches fast, without grueling workouts or starvation
- Lose up to fifteen pounds in the first three weeks
- Shed unwanted fat by eating foods you love, including carbs
- Get rid of stubborn belly fat
- Eat foods that give you glowing, radiant skin
- Use green smoothies to detox
- Trigger your six fat-burning hormones to lose weight effortlessly
- Eat so you feel energetic and alive every day
- Get physically active without exercising

In a bonus chapter, JJ provides an all-new green smoothie recipe and tips for using her famed *10-Day Green Smoothie Cleanse* to jump start the healthier eating and weight loss plan outlined in *Lose Weight Without Dieting or Working Out*. This is your last stop on the way to a new fit and healthy you! Create your best body—NOW!

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Lose Weight Without Dieting or Working Out: Discover Secrets to a Slimmer, Sexier, and Healthier You By JJ Smith Bibliography

- Sales Rank: #38040 in Books
- Published on: 2015-10-27
- Released on: 2015-10-27
- Original language: English
- Number of items: 1

- Dimensions: 8.37" h x .90" w x 5.50" l, .0 pounds
- Binding: Paperback
- 352 pages

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Editorial Review

From the Author

Lose Weight Without Dieting or Working Out is based upon the Revolutionary **DEM System!**

What is the Detox-Eat-Move (DEM) System?

The DEM System is a three-phase system that allows you to get rid of stubborn body fat in your body and reverse some of your health issues and ailments, restoring your body to optimal health.

- *D Is for DETOX.* Get rid of toxins in the body for fast weight loss by avoiding the "Big 6 Foods" for three weeks and using other detoxification methods that eliminate toxic waste from your body.

- *E is for EAT.* You will learn the method of eating "clean and balanced foods" to help you achieve your ideal weight.

- *M is for MOVE.* Get moving without going to the gym or "working out" by incorporating easy ways to get physically active each day.

The DEM System is a breakthrough permanent weight-loss solution that melts fat from your body, especially from stubborn areas like the hips, thighs, and belly, through detoxifying and cleansing the body and feeding it healthy, nutrient-rich foods that keep it slim.

What Will I Experience on the DEM System?

- You will experience weight loss and flush away stubborn body fat quickly
- You will remove years from your face allowing you to experience a "second youth"
- You will see a decrease in feelings of indigestion, bloating, and fatigue
- You will learn easy ways to get moving and speed up your metabolism without going to a gym
- You will get rid of unhealthy cravings and eat foods that make you feel alive and energetic
- You will feel more balanced, healthy and happy!

What You Won't Get on the DEM System?

- *Calorie counting.* There will be no calorie counting or measuring grams of food
- *Exercise regimen.* You will lose weight even if you don't maintain an exercise regimen
- *Bland, boring foods.* You also don't have to worry about eating bland, packaged foods
- *Going hungry.* You shouldn't experience severe hunger during this program
- *Slow results.* You can expect rapid weight loss on the DEM System.

You should look forward to an exciting journey. The DEM System is not a temporary solution to weight loss. Expect your life to change for the better because you will lose weight, have more energy, and feel younger than you have in years!

Check out the Table of Contents for Lose Weight Without Dieting or Working Out!

PART 1: What Makes Us Overweight and Unhealthy

Chapter 1: Why Diets Fail You

Chapter 2: Why Exercise Won't Make You Thin

Chapter 3: Why a Sugar Addiction Is Worse Than a Drug Addiction

Chapter 4: How Toxins Make You Fat, Sick, and Tired

PART 2: The Five Keys to Permanent Weight Loss

Chapter 5: Get Rid of Toxic Overload in the Body

Chapter 6: Correct Hormonal Imbalances

Chapter 7: Speed Up Your Metabolism

Chapter 8: Eat Foods That Make You Thin

Chapter 9: Avoid Foods That Make You Fat

PART 3: The DEM System for Burning Fat, Losing Weight, and Getting Healthy

Chapter 10: Detox (D): Get Rid of Toxins for Fast Weight Loss

Chapter 11: Eat (E): Eat Clean and Balanced Foods for Permanent Weight Loss

Chapter 12: Move (M): Get Moving Without Going to the Gym or "Working Out"

PART 4: ISSUES FOR WOMEN ONLY

Chapter 13: Health, Beauty, and Vibrance for Women Over Forty

Chapter 14: Stop Weight Gain During Perimenopause and Menopause

Chapter 15: Don't Like to Exercise? Try SEXercise!

Chapter 16: Why Black Women Gain More Weight Than Other Women

Chapter 17: Motivation for a New Body and a New You

CONCLUSION

APPENDIX A: Detox Fast-- An Advanced Detoxification and Rapid Weight-Loss Program (Lose 10 Pounds in 10 Days)

About the Author

JJ Smith is the author of the *New York Times* bestseller, *The 10-Day Green Smoothie Cleanse*, and the #1 national bestseller and *USA TODAY* bestseller *Lose Weight Without Dieting or Working Out!* She is a nutritionist and certified weight-loss expert who has been featured on *The Steve Harvey Show*, *The Montel Williams Show*, and *The Jamie Foxx Show* and on the NBC, FOX, and CW Network television stations, as well as in the pages of *Glamour*, *Essence*, and *Ladies Home Journal*. Since reclaiming her health, losing weight, and discovering a "second youth" in her forties, JJ has become the voice of inspiration to those who want to lose weight, be healthy, and get their sexy back! To learn more, check out www.JJSmithOnline.com.

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Lisa Rice:

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