

LOSE WEIGHT

No Time Edition



**© Copyright 2024 by
theaffiliate4business
All rights reserved.**

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely and is universal as such. The presentation of the information is without a contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are owned by the owners themselves, not affiliated with this document.

Introduction



“How much obesity has to be created in a single decade for people to realize that diet has to be responsible for it?”

Robert Atkins



Everybody wants to be healthy. Who doesn't want a healthy, fit body? It allows you to do the things you love without limitations. It allows you to eat food that you want without feeling guilty about it. Most importantly, a healthy, fit body allows you to enjoy life to the fullest.

However, despite the health campaigns of doctors, healthcare experts, and fitness enthusiasts against obesity, it remains a sensitive issue in America. In fact, in the latest data gathered by the NHANES, over 70 million Americans are obese. This data is quite alarming as it continues to increase over the years.

When you are obese, it is difficult to engage yourself in recreational activities. The number of things you can do is limited. Not only that, but you are also at great risk of chronic diseases. According to a study, obesity is also linked with depression—your self-esteem drops. Drolling up is no longer an option when half the clothes in the shopping mall's racks do not fit you.

