



Lose Weight Here: The Metabolic Secret to Target Stubborn Fat and Fix Your Problem Areas

Jade Teta, Keoni Teta

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Tired of trying diets that don't work or aren't sustainable? *Lose Weight Here* is your diet antidote. From Drs. Jade and Keoni Teta, founders of Metabolic Effect, this revolutionary approach to weight loss and lean muscle toning works with your metabolism--through hormonal balance and strategic calorie reduction--to produce permanent weight loss and sustainable results.

With customizable eating and workout plans, you can target stubborn fat so that it burns at the same rate as fat in other areas of your body. That translates to outstanding results, right where you want them.

Based on hard science, sound nutritional and psychological principles, and remarkable testimonials from some of the 100,000 people that the Tetas have helped in their gym and online, *Lose Weight Here* is your key to weight loss success.

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