

# NATURAL WEIGHT LOSS

Forget the fad diets and  
start Losing Weight Today.



**Daniel Watrous**  
✶ *Maintain Fit*

Natural Weight Loss is a terrific resource for anyone that's tired of the short lived (often hard to obtain) results they get from modern fad diets. It takes a no nonsense approach to managing your diet and your exercise to lose weight naturally.

In order to download the full version of this book, login to your account and use the same link you used to get this promotional copy. Here's where you can login:

[Http://www.maintainfit.com/2010jumpstart/wp-login.php](http://www.maintainfit.com/2010jumpstart/wp-login.php)