

# weight loss just in time (ENNEYWARE)

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QR Code Link to This Post Have you ever wondered why the older you get the harder it is to maintain your weight, let alone lose it?

There are people that work out every day for an hour a day and eat low-fat foods, and they still can't get those extra 3-5 pounds off. As they get older they notice that their cravings for fats and sweets increase. They get more illnesses. They have more physical problems. They're tired all the time.

As your intestines continue to become damaged, it becomes increasingly difficult for your body to absorb nutrients. Absorption of nutrients from our food takes place in the small intestine. Through the years your small intestine gets clogged. Things that damage your small intestine are: stress, alcohol, additives, and airborne toxins like exhaust fumes, smoking, fat, preservatives, drugs, and salt.

So what happens when your body is not absorbing the nutrients out of the food?

First of all, you start needing more food - your appetite increases as do your cravings - because your body needs more nutrients. You also start to crave fats and sugars because they are the easiest substances for your body to absorb. You become fatigued when your body is not getting the proper nutrition. When your intestines are not healthy, your body thinks it's starving and stores instead of burns you're fat.

You may be saying well I eat low fat foods and natural foods and I take vitamins. Some of you may even be working out at the gym. Even though you may be doing all these things, you can still be experiencing the symptoms I just described. The underlying problem is most likely absorption.

No matter how much good food and vitamins you take in, if your body is not absorbing them, then it's a total waste.

To get your weight off and to keep it off you need to feed your body. Your body can then repair and rebuild to the healthy state it was in when you were younger.



DISCLAIMER: No medical claim or signature and is not intended to be the story or a cure. The experiences and the results obtained are due to the body receiving complete and properly absorbed nutrition on a daily basis. No guarantee is given or implied that you will experience the same results, as this depends on your adherence to the program. All nutritional programs are used with a calorie controlled intake.

If this sounds like you feel free to contact me

Randall Hughes  
Business owner/weight loss coach/independent distributor

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