

## Fat Burning Kitchen PDF Book

*In the "Fat Burning Kitchen" trainer and fitness expert Mike Geary teams up with nurse and nutritionist Catherine Ebeling to give you the low-down on which foods are fat burning, and which are fat-storing.*

**Sept. 30, 2010 - [PRLog](#)** -- You are what you eat. You've heard this saying a hundred times from everyone from your mother to your doctor. It's a fact of life. But could the foods you think are healthy actually be harming you?

Authors Mike Geary and Catherine Ebeling delve into why so-called "healthy" foods can actually starve your body from the inside out, throwing your body out of whack by making you hungry and creating devastating hormone imbalances.

**See a full review of the Fat Burning Kitchen here:**  
**<http://www.weightlossprogramratings.com/fat-burning-kitchen.php>**

Learn why the USDA food pyramid may actually be causing you to gain weight by encouraging people to eat "healthy" foods like:

- cereal
- bread
- soy milk
- juices
- margarine
- and many more...

If you have been starving yourself and eating these supposedly healthy foods you are probably still struggling to lose the weight you want.

**==> See the link above for a full review of Fat Burning Kitchen**

Thankfully, Mike and Catherine have a plan that will allow you to eat real foods while you lose weight, so that you never feel hungry and weak. In fact, you will find yourself full of energy and vigor after just a few days on their plan.

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