



No Fail Fat Burning For Women: Get the weight loss edge for your optimal physique

Skye St. John

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Finally! The Truth About How A Woman's Body Burns Fat for Good.

Q: How did Skye St. John drop 15% bodyfat after failing at every fad diet?

A: It's simple. It's science. And it hasn't gotten the research or exposure it deserves in the male-focused nutrition, science and biohacking world. For the companion blog to the book, visit

www.NoFailFatBurningForWomen.com

NO FAIL FAT BURNING FOR WOMEN finally provides us with the proven research, results and wisdom of the most progressive biohackers, nutritionists, physicians, and trainers of world-class athletes. Skye St. John spent years and thousands of dollars in a quest for optimum health and body composition after a downward spiral of weight gain and hormone imbalance issues. She's tried every fad diet there is with some success that ultimately lead to more fat gain, painful menstruations and fatigue. Why? Because most of the big ideas in nutrition aren't tailored to women at all. Or, the ones that are don't focus on overall health, sending your body into metabolic derangement after you plateau. In this book you have a simple, practical method to scorch excess bodyfat -- and we mean scorch it off. Moreover, you will maintain lean muscle, balance your hormones, and gain an abundance of authentic energy.

Take everything you think you know about exercise and nutrition and throw it in the trash.

Here's the truth:

- Starvation is stupid.
- You should never feel hungry.
- Calorie counting is a waste of time.
- Exercising for hours increases obesity and eats at your muscle.
- Carbs are not the enemy.
- Most "health" foods marketed to us by the food industry make us fat and worse
- Healthy fat makes us lean and preserves muscle.

It's so simple, it's ridiculous.

Ladies, let's get back on the road to true health. Learn how Skye St. John dropped 15% body fat and gained tight, toned muscles by working out only an hour a month.

Conquered PCOS and endometriosis

Increased the quality of my sleep.

Lost ten pounds in the first week.

Eat just about anything I want and use it to burn fat.

And so very much more. No Fail Fat Burning for Women. Take this journey today. If you or any female in your life struggles with weight, fatigue, food cravings, difficult menstrual cycles and more, try No Fail Fat Burning for Women. It's a matter of life and health.

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