

Turn your body into a fat-burning machine

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With the right selection of food you can eat as many times as you would like without having hunger pangs, and still lose fat!

Changing to a nutritional routine of having 6-7 small meals instead of two over-sized large ones is an effective way to burn calories, while making it undoubtedly easier on our digestive system.

This nutritional behavior is effective because: The digestion of food itself burns calories; our body is receiving the message that it is getting all the nutrition it needs, thus maintaining a high metabolism without having to change to safety mode to save calories.