

David Miller Independent Shaklee

David Miller
Independent Shaklee Distributor
Home Business Franchise Online
1490 Bat Roost Rd
Manchester, OH 45144
937-779-0046



<http://www.shaklee.net/mimc>

<http://www.safeandproven.com/>

Weight Management

Fast Weight Loss Isn't the Answer

Fast weight loss is usually water and muscle loss, not fat loss. Slow and consistent fat loss is what you need. Fast weight loss can actually be very harmful to your health. It is all about winning the race slowly and steadily.

If you can use nutritional health supplements that promote keeping your muscle mass which helps you keep your metabolism up you're way better off. It helps if you can relate the muscles in your body to the wood in a wood stove; the muscles are what consume the energy. In the end if you can keep more of the muscle you have and even generate new muscle tissue you will have a furnace that will efficiently burn away your unwanted fat.

<http://www.shaklee.net/mimc/product/WeightManagement>

David Miller
Independent Shaklee Distributor
Home Business Franchise Online
1490 Bat Roost Rd
Manchester, OH 45144
937-779-0046

<http://www.shaklee.net/mimc> or <http://www.safeandproven.com/>