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October 17th 2014: Estrogen Detox: 6 Steps for Stubborn Fat Loss Part VI

A body will be poised to drop fat when conditions are right. Simply giving your body fewer calories than you expend is ignoring all the other circumstances necessary for body fat loss. Learn how excess estrogen and xenoestrogens creates a condition where your body doesn't easily let go of unwanted fat, no matter how hard you try. Learn simple ways to aid your liver's ability to detoxify and push you into the fat-burning mode.

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