

KICK YOUR FAT IN THE NUTS

*A Natural Guide to How Your Body Works
and How to Work Your Body*



from the 'Kick It in the Nuts' series

T.C. HALE
AND TWO OTHER GUYS

www.KickItInTheNuts.com

T.C. Hale

Kick Your Fat in the Nuts



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This book changed my entire life. Finally found answers. For approximately 15 years I gained more and more pounds and felt terrible and had less and less energy. I visited see multiple doctors over the years and they would draw my blood and then tell me I was properly healthy despite being very overweight and complaining about not having any energy. 2 years ago I found this publication with a funny title for .99 and couldn't pass it up but forgot about it. three months after buying the publication I topped 290 pounds. Well worth the go through. By chapter 2 I was hooked and after completing chapter 3 I went to see if it was obtainable on Audible, thank heavens it was. We discovered that my PH levels were through the roofing on the alkaline aspect and it was causing the liquid between my cells to actually burn my nerve endings causing an awful itching sensation. I believe it revolved around our water .! As for the reviewers complaining about Tony pitching the health supplements, Beet flow has changed my entire life and I will gladly purchase it for so long as I need to because the alternative was to accept a life period of being frustrated and overweight.. We had a rash around my body that appeared as if prickly heat and itched insatiably I worked with one of the health instructors and he helped me. I had a rash around my body that appeared as if prickly warmth and itched insatiably. I had scratch marks around me and I experienced like I was literally going crazy.. They simply toss meds at the symptoms. Many thanks! Finally, I visited the medical doctor and they just wanted to place me on steroids to avoid the awful itching. all from recommendations in this book and I'm not starving!! So, I started working with George Atkinson and I read the publication Kick Your Fat In The Nuts. I've read and paid attention to this book most likely 20 times since first reading it. He place me on daily Supplement C, powdered Ascorbic acid, and my PH levels returned to the standard range and like a light change flip .I'm posting this hoping that it could help someone else if they experience a similar condition.. I noticed an improvement in both her and us [my wife and also I], nonetheless it still wasn't plenty of for my daughter's wellness. Just what a complete relief! So, taking your readings and getting your body back again to what it should be really manages huge medical issues that the medical field can't repair ... I changed my soap, shampoo, detergents, what I ate, what I drank, I even do enemas and cleanses.. While I've not accomplished my final weight loss goal however I have lost 65 lbs..! If you are interested in this plan please read the following I began looking into digestive wellness for my girl whose doctor told us she 'may' have crohns disease. Everyone should read this book but however there will always be adverse Nancy's in the globe, please don't let them discourage you from buying this reserve.. Very hard water and I believe it pushed my own body to being super alkaline. I've since continuing a small amount of vit C daily and changed to water in bottles for drinking . I tried everything!. Many thanks T. No itching or rash offers returned. if you do nothing else, become familiar with how and why your body works and you skill to obtain healthier... I didn't wish to consider the prednisone. I started using some of the suggestions and have misplaced 15 pounds in 2-1/2 months, my glucose is down to much more normal levels and my Doctor is quite pleased at my improvement. and made a decision I couldn't allow myself get any heavier, thumbing through my kindle books I spotted that funny title once again and started reading... Weight Down, Blood Sugar Down. It's very high in calcium . We started following a Paleo diet 10 a few months ago to greatly help her. The itching stopped. I found this publication and browse a few pages and found it interesting so I got the knidle version from Amazon.C.I was amazed, Personally i think much better, my energy levels are up my cravings are all but gone and I have lost an additional 12 lbs during the past three weeks since starting on the Kick it plan. I am beginning my daughter this weekend . . His ignorance actually shines in his chapter where he attempts to explain pharmacokinetics. we are both excited about the chance of her getting her 'life' back again. My ph amounts remain stable and in the standard range. I found the program seemed good, but wished to check it out on myself first in the event it didn't function or possibly result in a less than desired effect before working with this plan with my daughter. Don't bother He tries to talk very scientific, it appears once he reach where he realizes he does not have any idea what he's discussing he

fills in the gaps with a poor attempt at humor or vulgar remarks. Half of the publication is him offering his supplements. .! The complete book is proof in the event that you can't dazzle them with brilliance baffle them with BS. Healthy diet and health tips Good book I didn't like it It was ok. You have the energy to understand your body. This book was one of the best books I have ever seen on understanding your body and how exactly to take responsibility for your own health. Gofit It was a gift title caught my eye The funny title was the catch term that made myself get the book. Everything boils down to consume nuts, be healthful. The only problem is it doesn't mention that should you have irritable bowel syndrome then it can cause pain and discomfort. So very much awesome information! and I've an apparent understanding why I obtained the fat and how I will lose the rest.! I learned so much reading this book than We EVER have hearing doctors!!. Bring on feeling much better than I ever have !! What's worse is this guy trains other coaches to brain wash people, then they also set off to proclaim to end up being "health professionals" and they haven't any health licenses other than his training. Nothing worked well. I struggled for a lot more than six months of agony 24/7.! ?? Ok therefore I haven't actually read this yet but I really like the title Thus MUCH it makes me laugh every time! So five stars :)



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