



Jump Start Your Metabolism: How Renee Lost 50 Lbs. and Got Her Beach Body Ready for the summer

Melissa Razo

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Have you ever postponed a beach vacation (repeatedly) because you were too ashamed of your weight? Welcome to my world! After a full year of delaying my vacation because I didn't want to be seen in a bathing suit, I said enough is enough and I finally got real. I got real about losing weight.

What I'm about to show you, with its simple nutrition and fitness principles, rapidly revved up my metabolism and prompted the excess weight to seemingly fall off - just in time for summer! Ultimately, I lost 50 lbs, while gaining invaluable information on what foods to eat to maintain my flat new stomach and what foods to avoid. This book chronicles my personal journey with this life-changing program and will serve as a spark of motivation for anyone who is interested in attaining a beach body worthy of showing off.

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Kim Salgado:

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Jose Chapman:

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