



Urban Gardening Guide : Learn To Grow Medicinal Herbs and Spices to Help You Lose Weight (Tips To Built Your Backyard Mini Farming For Self Weight Loss)

Mike C. Adams

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Do you struggle with excessive body fat and weight? So many people walk in this same struggle every day. Have you tried different diet plans and exercise routines to lose the weight only to fail? The key to good weight loss is found in what nature can provide. In Guide to Grow Urban Food / medicinal Herbs and Spices to Weight Loss, you will learn about 20 such herbs and spices that may help you to lose the weight. Not only will you learn of the benefits of how it works with weight loss but you will also learn how to grow these plants indoors to make it easy to have fresh herbs at your disposal.

The book lists 20 herbs that help in some capacity with weight loss. Some of the herbs are appetite suppressants and will help to curb the desire to eat as much. This is good to help stop the overeating when emotional or bored. Often weight gain is a result of mindless eating, eating out of habit and especially eating out of boredom. Finally, there are natural remedies to this without taking harmful drugs. Some of the herbs help to suppress the sugar cravings. This is good for both the overweight and diabetics.

Finally, you can learn how to grow these wonderful herbs in your own home. Growing herbs and plants is really easy with the right tools and conditions. Some herbs will grow fast and be available right away while others will need to be cultivated for a while before they produce what you need. You can try different ones and see what works for you. Remember it takes a good nutritious diet plan of healthy foods, regular exercise and the supplementation with these herbs to make weight loss possible.

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