



## How to Lose Water Weight

*Camille Hugh*

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WHO 'HOW TO LOSE WATER WEIGHT' IS FOR? This is not a long term balanced diet and exercise plan. This is a book specifically on how to cut weight fast for people who have a special occasion or event coming up (wedding, anniversary, reunion, party, photoshoot, videoshoot, fitness competition, fight, etc.) in the safest way possible. Our bodies are made up of 60 – 70% water, and so the easiest way to lose weight quickly and look great in the short term is to manipulate this major variable that contributes to our weight and body composition – water. In this book, I go over every single technique and protocol that previously only hardcore fitness industry folks (like bodybuilders and wrestlers) knew about. But, I don't just stop there. I break down timelines, the best foods to tackle bloating and water retention, how to calculate how much you should eat, how much water/salt to consume, how to workout to minimize swelling and maximize calorie burning, and cover non-cosmetic procedures and protocols that will assist you in dropping the pounds in depth.

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