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The Ultimate Weight Loss Bible 1 The Ultimate Weight Loss Bible Guide to Losing Weight By Rod Ferris B.A. CPT (YMCA, ACE), CFC, CPAFLA Rod has been personal training since the age of 18 when he received his personal training certification from the YMCA. He has received awards for his personal training and has authored several books.

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However, if youâ€™re trying to lose weight on the paleo diet, youâ€™ll want to limit the quantities of these that youâ€™re eating. \*\*Eat high-sugar fruits in moderation.

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And you will start to naturally lose weight. You see, just by eating these foods alone, you will be able to lose weight and get rid of your excess fat. Infact, I once coached a client of mine, a working class mother who was unable to exercise due to a leg injury actually lost weight only simply by eating the foods above.

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### **TABLE OF CONTENTS - Tasteholics**

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