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Seven Weight-Loss Strategies From Chinese Medicine

Are you trying to lose weight but can't? Then check out these seven weight loss tips from China. These tips are extremely helpful for people that are having trouble losing weight on their own.

In the West, we spend billions of dollars on diet and exercise programs. Most of us struggle with weight regulation because a narrow focus on burning and consuming calories misses a crucial element of how our bodies function. A missing piece of the weight-loss equation has to do with energy. Not the energy we consume as food or the energy we expend through exercise. Rather, the energy that powers the vital functions of our body. If that energy is strong and well-balanced, our ability to lose weight and to maintain a healthy weight is tremendously enhanced

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