

- Try honey and lemon recipe :

I've actually tried this recipe and its results are so obvious all you have to do is to put 100 ml of honey to a 300 ml warm water and stir them. Then squeeze out a lemon and put the lemon juice into the warm water with honey then stir them. Drink this recipe in the morning and after thirty minutes eat your breakfast. Drinking that recipe can make you lose three kilograms in just one week!

These advices are so simple but have a great effect . I hope you do all what I mentioned above and I guarantee losing weight easily without the need to exercise.

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