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## Slimming Techniques

By Parvesh Handa

2006. Hardcover. Book Condition: New. 300 This book is a program, will guide you gently into a new way of eating that will not unbalance your body. This book describes how you may control ageing and keep fit your body with the help of various techniques: simple movements, yoga, massage, exercise and gymnastic and latest medical facts on diets and nutrition without leaving unpleasant side effects. Various weight-loss exercises for the whole body have been discussed in detail in this book, besides it teaches a style of eating and learning to select low-calorie foods, The last chapters contain effective exercises designed to make pregnancy more comfortable, labor and childbirth less painful and enjoyable sex life with the help of prenatal and postnatal exercise programs illustrated with photographs. About The Author:- Parvesh Handa is a renowned Cosmetologist in profession. She has authored over 35 books including encyclopaedias, is a regular columnist on health, beauty, body, fashion and women topics of many reputed newspapers and leading magazines. She has been associated with country's leading National dailies as News/Feature correspondent for years, was editor of a lifestyle magazines published from New Delhi for years, an experienced yoga teacher. Parvesh Handa worked with one...



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