



Weight Loss Expert Ali Rangwala Offers Free Video Titled Why Haven't I Lost Any Weight Yet To Finally End Obesity

June 30, 2015

June 30, 2015 - PRESSADVANTAGE -

Ali Rangwala of Leicestershire, UK, has released his Why Haven't I Lost Weight Video, promising to end weight loss struggle forever, 100% free. "If you've struggled with your weight all your life or you it's something you've been experiencing for the very first time, our free instant access to the ultimate weight loss situation is just a click away from your goal of shedding all the extra pounds."

Anyone who has tried to lose some weight knows the challenges of even staying motivated in the first place. "Here's the big problem. Most weight loss advice is centered on the physical stuff, such as diet, metabolism and exercise. While they are extremely important and valuable, just knowing about them doesn't get results. If it did, then no one in the world should be obese. The real results happen when the knowledge we know are acted on and applied consistently, and that is very difficult from a mental standpoint," says a spokesperson for Mr. Rangwala.

The program described in the video takes no special diet to learn, and it doesn't require tedious exercise routines. Unlike other diet programs that encourage a cycle of yo-yo dieting and binge eating, the results of

this free program are permanent, so there's no need to worry about putting the pounds again after losing weight. The program focuses on how you view food and satisfy all your senses. It combines many neuropsychological techniques together with helpful knowledge on many aspects of diet and fitness.

"I tried the program and I can say I'm highly pleased," says Lauren Mosley. "I realized the reason why can't I lose weight is because of my view about food. I used to be 115 pounds overweight, and it really affected my confidence. I didn't go out, and I had a hard time looking at myself in the mirror. The program is different because it goes to the root cause of why we eat, which is more mental and emotional. Often we say we like to eat junk foods because mentally, we feel it's emotionally pleasurable. Changing our mindset about junk food using different techniques that Ali Rangwala suggests has literally changed my life."

Mr. Rangwala's objective is to change the way people think about weight loss. He hopes to end the obesity epidemic that's becoming rampant not just in adults but in children as well. Ali Rangwala adds: "Talking from personal experience, I used to love pretty much all junk food, but now I'm just not interested. The reason is that now I see something different when junk food enters my eyesight. And when you learn to see them the same way, you won't be tempted by them anymore, and the weight will just disappear. That's what I'll be teaching you."

###

For more information about Ali Rangwala, contact the company here: Ali Rangwala
AliRangwala447544815659media@alirangwala.com325, Uppingham RoadLeicesterLeicestershireUK

Ali Rangwala

AliRangwala.com is the world's most powerful weight loss solution. And it's absolutely free!

Website: <http://www.alirangwala.com/>

Email: media@alirangwala.com

Phone: 447544815659



Powered by PressAdvantage.com