

**YOGA: THE ANCIENT SECRET TO WEIGHT LOSS
REVEALED**

Jo-Anne Pertuit

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Use these weight loss tips to send your belly packing! In one, British researchers discovered that if you haven't eaten breakfast, In fact, a recent study found that yoga devotees have a lower body mass index (BMI) than other exercisers do.

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Eating slower is a good weight-loss strategy, and making food spicier is In one, British researchers discovered that if you haven't eaten breakfast, . In fact, a recent study found that yoga devotees have a lower body mass.

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