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The Louise Parker Method Lean

The Louise Parker Method is the first book from body-transformation expert and founder of the eponymous company, Louise Parker. About the Author Louise Parker has spent 20 years learning, researching, testing and improving The Louise Parker Method.

The Louise Parker Method: Lean for Life: Amazon.co.uk ...

Louise Parker has spent 20 years learning, researching, testing and improving The Louise Parker Method. Her clients include CEOs and celebrities too A-list to name, as well as figures from high society and royal family members from around the world. To date, over 18,000 people in more than 39 countries have completed a Louise Parker programme.

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Louise Parker Method gives you the tools you need to lose weight naturally by teaching healthy lifestyle changes & exercise routines. Call us for enquiries +44 203 862 5401

Louise Parker Method: Long-Term Weight Loss & Body ...

The first phase, of six weeks, means eating according to the Louise Parker lower-carbohydrate, portion-controlled way of eating. It also starts you moving daily, and making - equally important, according to Parker - lifestyle changes. The idea is, you take the Louise Parker principles and make them your own, so you can live like this forever.

How to do the Louise Parker method | Nutrition | Food

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About The Louise Parker Method | Body Transformation ...

Louise Parker Limited cannot guarantee specific weight loss results or outcomes for any client as a result of our programmes or methodology. If you have any questions regarding this or the any of the information / data we use to demonstrate the effectiveness of our services, please contact info@louiseparker.com and we will be happy to help.

Weight Loss and Body Transformation Programme | Louise Parker

About the Louise Parker Method. The Louise Parker Method was developed in 2007 by Louise Parker. Since then, we've helped over 18,000 clients in 47 countries to completely transform their lifestyles and lose weight for good. Our Unique, Four-Pillar Approach

Louise Parker

THE MUCH-ANTICIPATED FOLLOW-UP TO THE SUNDAY TIMES BESTSELLER THE LOUISE PARKER METHOD: LEAN FOR LIFE This year, start a new you eating plan you can maintain for life. Louise Parker shows you how the A-Listers do it. Don't be fooled by vague promises of organic 'clean' eating. Teach yourself to EAT BEAUTIFULLY and EAT LEAN and TRANSFORM YOUR BODY FOREVER.

The Louise Parker Method: Lean for Life by Louise Parker ...

Louise Parker has spent 20 years learning, researching, testing and improving The Louise Parker Method. Her clients include CEOs and celebrities too A-list to name, as well as figures from high society and royal family members from around the world. To date, over 18,000 people in more than 39 countries have completed a Louise Parker programme.

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The Louise Parker Method: Lean for Life | Hardback | Book ...

‘The Louise Parker Method: Lean for Life’ by Louise Parker (Mitchell Beazley, £20) HEALTH ADVICE | Louise Parker, celebrity personal trainer, on why age is no object • ‘I do not buy into the idea...

The Louise Parker Method: eat your way to a slimmer summer

This cookbook gives an abbreviated explanation of the Method--I wouldn't just buy the cookbook without Lean for Life. The cookbook is divided into meals and snacks, similar to L for L. These recipes are written for servings of 4 or more, which is helpful for family meal planning.