



# My Sacred Heart Diet: How I Lost 42 Pounds in 2 Weeks!

*Victor Bahamonde*

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In this book, Victor Bahamonde shares his story of how he lost 42 pounds in just 14 days and 61 pounds in 28 days. Over this time he has learned new and simple techniques on eating naturally healthy foods resulting in maximum weight loss in a short amount of time. His weight loss program details specifically everything needed for success in losing weight naturally, quickly and permanently. He points out how mistakes are made by people in their every day lives resulting in excessive weight gain unnecessarily. His concepts are easy to understand and implement.

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