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Louise Parker has spent 20 years

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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 11,000 people in more than 28 countries have completed a Louise Parker programme.

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**Method: Long-Term
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About The Louise Parker Method | 4-Pillar Approach to ...

Louise Parker 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

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making - equally important, according to Parker - lifestyle changes.

How to do the Louise Parker method | Nutrition | Food

The Louise Parker Method is the first book from body-transformation expert and founder of the eponymous company, Louise Parker. About the Author Louise

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Parker has spent 20
years learning,
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Louise Parker is a
sustainable weight loss
expert and author of
the 'Louise Parker
Method' and 'Lean For
Life'. Her company,
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In my first book Louise Parker Method; Lean for Life the recipes involve mostly fewer than eight ingredients and should take less than eight minutes to

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prepare.” “I’ve no time or inclination to spend any more time in the kitchen or getting my workouts in than the next person. Our approach is gym-free and relies on very little equipment.

Louise Parker: “This is freedom from the madness of dieting”

The Louise Parker Method is the first book from body-transformation expert

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and founder of the eponymous company, Louise Parker. It is not a diet - it is an inspiring, easy-to-follow programme for life, consisting of two phases: TRANSFORM - taking the direct route to your best body LIFESTYLE - protecting your results for life

The Louise Parker Method: Lean for Life by Louise Parker

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- Louise Parker, bestselling author of The Louise Parker Method and Lean for Life: The Cookbook Louise Parker's 6-Week Programme is a guided, motivational programme for transforming your body and enjoying the results for life.

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The Louise Parker Method, which Louise has honed over two decades of running her fitness company (louiseparker.uk.com), aims to give everyone the wherewithal to be 'fit, happy and free'. As well as...

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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. Skip to main content

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actors, athletes, pop stars, politicians and princesses and believes absolutely anyone can have a sensational body.' - Glamour 'Louise Parker is one of the very few weight-loss experts worth the title. A genius method, an unbelievable client list and years of experience.'

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