

A woman with long brown hair is smiling and looking at the camera. She is wearing a dark blue sleeveless top. The background is a white brick wall. To the right, there are two orchid plants: one with white flowers and one with purple flowers. There is also a small pink candle in a glass holder on a shelf in the background.

HOW TO LOSE WEIGHT TUTORIAL  
THE 3 STEPS: PART 2

VIDEO #2 OF 3

# Weight Loss Tutorial

**Zak Stewart**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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