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Happy Hormones, Slim Belly is an easy to read book that follows up on the author's previous diet plans, this time targeting women over 40 and their special needs. The author does take pains to note that the diet is suitable for all ages and genders but especially for older women.

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Happy Hormones Slim Belly Diet for Women Over 40

The basic weekly Happy Hormones Slim Belly diet plan consists of two slim days and five happy days , which have varying amounts of sugar calories. Slim days consist of a very low carbohydrate diet.. Happy days allow for greater variety and a higher intake of carbs.

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Happy Hormones Slim Belly The Dr Oz Show

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Happy Hormones Slim Belly Review Health Food Made Easy

Happy Hormones, Slim Belly Diet & Cookbook If you re a woman, over 40, and overweight, this may be just the book you need to read. It s a healthy diet plan targeted to help women with the fluctuating hormones that come with that age to still be able to lose weight.

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Happy Hormones Slim Belly Cheat Sheet Me and Jorge

Happy Hormones, SLim Belly is mostly a combo if the 100 and BFC diets. Do the 100 for two days a week end then BFC basically the other give days. You can definitely combine but not sure if you will lose that way.

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Happy Hormones Slim Belly by Jorge Cruise NOOK Book

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