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The Belly Fat Diet

By John Chatham

Rockridge University Press. Paperback. Book Condition: New. Paperback. 140 pages. Dimensions: 8.8in. x 5.8in. x 0.5in.1
AMAZON BESTSELLER Despite what the headlines on the newsstands claim, getting rid of belly fat and achieving a flat stomach is not a ten-minute transformation; its a lifestyle transformation. Belly fat increases your risk of heart disease, diabetes, and other chronic illnesses. With The Belly Fat Diet you can get rid of your belly fat permanently, and finally achieve the flat stomach youve always wanted. In his latest work, best-selling author John Chatham blasts the myths surrounding belly fat. The groundbreaking research in The Belly Fat Diet reveals a science-based approach to healthy eating and looking good, and it doesnt involve starving yourself. Getting rid of belly fat is not about doing hundreds of crunches or worrying about how much you eat; its about what you eat. The Belly Fat Diet teaches you how to eat more and weigh less, so theres no need to ever go hungry. Watch your belly fat melt away with The Belly Fat Diet: Discover the scientific secrets of when and what to eat in order to shed belly fat right away. Get step-by-step workouts, healthy meal plans, and a shopping list...



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