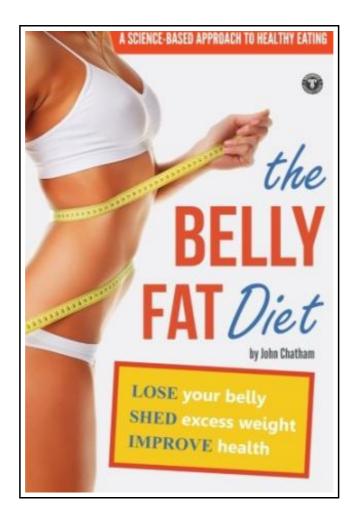
The Belly Fat Diet



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THE BELLY FAT DIET



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 Dietreveals 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 Dietteaches 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 to help you minimize your intake of sugar and processed carbohydratesand lose belly fat right away. Fight disease with a few easy steps that will help reduce your risk of diabetes and heart disease. Learn how to break the cortisol cycle and reverse insulin resistance. Gain scientific insights into the supplements that work and those that dont. The Belly Fat Diet is more than a diet; it is an easy-to-follow health solution that gets fast, visible, long-lasting results from the inside out. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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