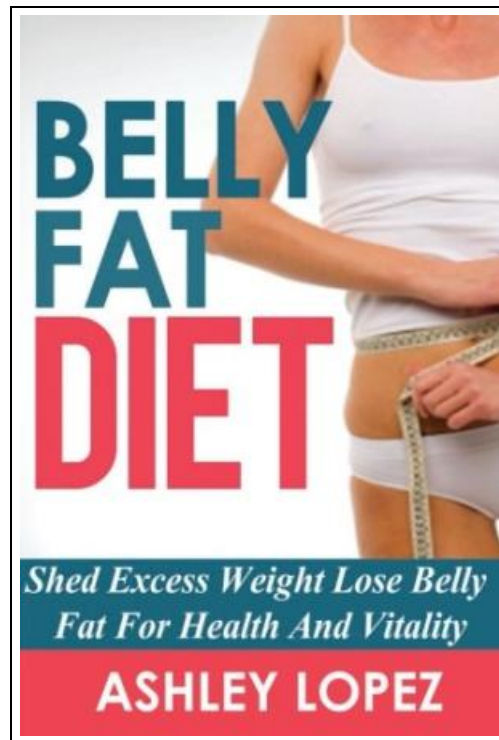


Belly Fat Diet Shed Excess Weight Lose Belly Fat For Health And Vitality



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(Orlando Abernathy)

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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 82 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Lots of people are struggling to lose stubborn belly fat. But you dont have to be one of them! Are you ready to make a commitment to getting a slimmer, sexier waistline Are you ready to get rid of dangerous belly fat so you can live healthier and longer Are you ready to have a body youre proud to show off on the beach If your answer is yes - then this book is for you. You might be wondering where belly fat comes from, or why its so dangerous. Theres a good chance that youve even considered how you can get rid of it, especially in times when a big party is quickly approaching or you have a wedding to attend the following weekend. Losing weight is one thing that many people have struggled with at some point in their life. For some, this fight can be on going. It can include the pleasures of getting into that pair of jeans and losing those undesirable pounds, and feeling amazing. There isnt any diet that will get rid of only visceral fat, unfortunately. However, when you shed the pounds, its typically your belly fat that goes first. Also, try including more fiber in your diet, as research has shown that people who eat at least 10 grams of soluble fiber each day usually retain less visceral fat. That might seem like a lot of fiber, but its really only 2 small apples or a half a cup of pinto beans. Easy Ways To Lose Weight - Stomach feeling fat Heres how you can DE-bloat to look and feel better. In this book you will learn how to lose belly fat,...



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