



# **Belly Fat Diet - Fast Cure: Your Hormonal Reset Diet and Cookbook to Losing Weight**

*Elizabeth Cruise*

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## **Understand What Belly Fat is, The Part Your Hormones Play and How It Is Effecting Your Lives. Discover How to Reduce it By a Diet Plan Specially Designed For it**

***\*\*SPECIAL PRICE\*\****, get this Amazon Guide for just ***\$0.99***. Regularly priced at ***\$4.99***.  
***Read on your PC, Mac, smart phone, tablet or Kindle device.***

If you have struggled to lose weight or keep it off, I guarantee that your hormones are at play. Your hormones control every aspect of weight loss including your metabolism, where you store your fat, your appetite and even your cravings! This means any form of hormonal imbalance will sabotage your efforts – regardless of your diet and exercise habits.

Elizabeth Cruise explains in this book that your belly fat has little or nothing to do with calories, carbs or your exercise regime but everything to do with your hormones. In “Belly Fat Diet - Fast Cure: Your Hormonal Reset Diet and Cookbook to Losing Weight”, you will learn:

The Reasons why you retain fat at your midsection

The Dangers of Excess Belly Fat

The Hormones that burn belly Fat

The Supplements that helps to balance your hormones

The 21 Days Meal Plan to reset your hormones level to the optimal level

47 Recipes of Meals included in the 21 Days Meal Plan.

What should you expect after implementing the steps in this book? Within four weeks you’ll lose pounds from your weight and inches from your waist. And then a Flat Belly.

Click download now and be on your weight to a slim waistline, better self-esteem and enjoy the health and vitality that comes with it.

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