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30-Day Flat Belly Guide: Diet and Exercise Secrets For Burning Belly Fat Fast - No Fluff, Just Facts! (Belly Fat Diet, Fat Loss, Exercise)

FlatBelly Queens

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Finally A Complete Guide on How to Develop Awesome Abs and Get Rid of Belly Fat in Just 30 Days!

Dear Friend,

Have you ever found yourself admiring gorgeous commercial models with sexy abs on television and wondering how they got that hot body? Love handles, jelly rolls, spare tires, and pot bellies are just some of the common terms associated with belly fat. It may sound cute but having a lot of fat around your belly poses more of a health risk than being obese. A study by the European Society of Cardiology Congress shows that cardiovascular deaths are higher for people who have big tummies than for those with normal body weight. Fat developed around the belly region can be linked to the following:

- Metabolic Disorders
- Type 2 Diabetes
- Cardiovascular Diseases
- High Cholesterol
- Low HDL
- High LDL
- Resistance to Insulin

This book aims to provide you with the right exercises and diet that will help you get rid of your belly fat before it causes serious illness. Getting a flat belly may seem like hard work for most people so we have simplified the process of developing strong stomach muscles in this book. Benefits are immediate for those who start **NOW**. Not only will you look sexier, your blood pressure and cholesterol levels will go down. So, **grab your copy today and take action!** You'll be surprised by how sculpted and toned your tummy looks in **just 30 days!**

Here is A Preview of What This Book Contains...

- 12 Easy Exercises For Awesome Abs
- Belly-Fat Busting Recipes
- Belly-Fat Building Foods to Avoid
- Plus other health & fitness tips from **FlatBelly Queens**

Examine This Book For A Full 7 Days 100% Risk FREE!

That’s right… If you are not 110% satisfied, you have seven days to go to “Manage Your Kindle” page and ask for a complete Refund.
And, it’s easy to order! Just click the Buy Button!

Attention!

We have included a **free weight loss report** which is only available for a limited period. Some of our readers have reported back with unbelievable results when they combine the book with the report.

Yours sincerely,
FlatBelly Queens

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From reader reviews:

Gordon Rollins:

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Andrew Thompson:

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