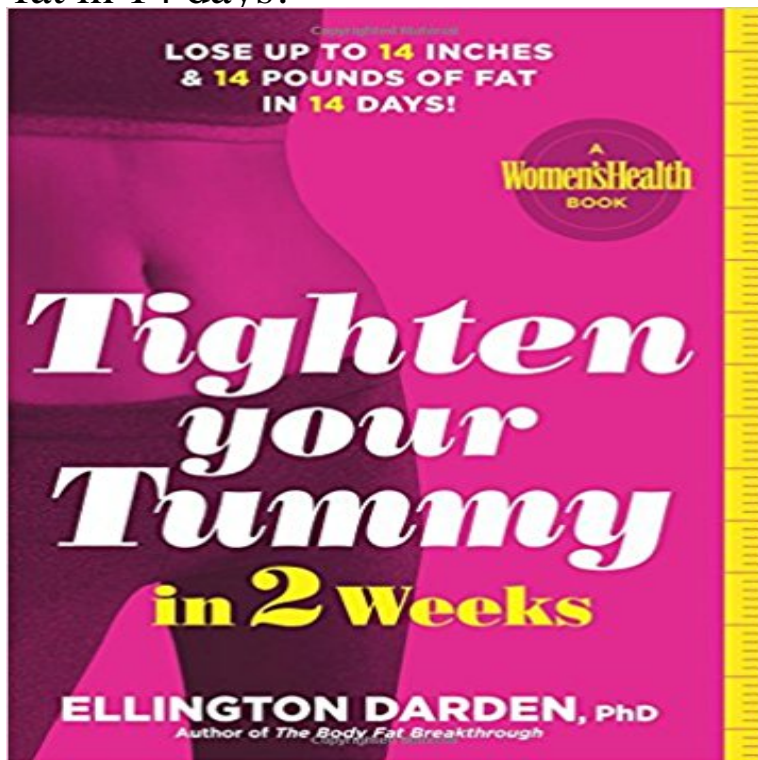


Tighten Your Tummy in 2 Weeks: Lose up to 14 inches & 14 pounds of fat in 14 days!



Tighten Your Tummy in 2 Weeks is a revolutionary new program that triggers hormones to burn more fat and melt pounds and inches primarily from the belly. A woman's tummy has now replaced her thighs as the most-troublesome body part. Seventy-six percent of women surveyed in 2014 admitted that they were unhappy with their midsection. And a large tummy is a warning sign of significant potential health issues. QUESTION: How would you like to lose 14 inches from your waist and 14 pounds of body fat in only 14 days? The proof is in the pictures: 41 women at Gainesville Health & Fitness in Florida tested the Tighten Your Tummy in 2 Weeks program under the direction of fitness expert Ellington Darden, PhD, who documented success stories with remarkable before-and-after photographs. Readers can expect results similar to Dr. Darden's test panel. For example, in just 2 weeks: Roxanne Dybevic, 54, lost 15.08 pounds; Angela Choate, 68, lost 14.8 pounds; Katie Fellows Smith, 60, lost 14.51 pounds; Denise Rodriguez, 34, lost 14.49 pounds; Brianna Kramer, 23, lost 14.26 pounds. What causes such rapid loss of midsection flab? The answer is Dr. Darden's remarkable 5-step formula: 1. A special at-home resistance exercise technique called 15-15-15, plus 8 to 12 triggers fat cells to burn and release fat, effectively spot-reducing the belly. 2. A carbohydrate-rich eating plan of five or six small meals a day. Yes, carbs are okay. A bagel for breakfast is on the daily meal plan. 3. Extra sleep at night and a nap during the day to turbo-charge the shrinking of pounds and inches. 4. A tummy-tightening trick called the inner-abs vacuum that's performed before every meal. 5. Sipping ice-cold water all day long, which synergizes the loss of fat and the strengthening of muscle. What Women Are Saying About the Tighten Your Tummy Program: I've rediscovered my hour-glass

figure. My jeans fit again: they feel like an old friend. The Power Start Diet made me feel powerful . . . and I like that feeling. I love the person I now see in the mirror.

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