



6 Ways to Lose Belly Fat Without Exercise!

By JJ Smith

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All across America, people are struggling with stubborn belly fat. But you don't 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 longer? Are you ready to have a body you're proud to show off on the beach?

This book teaches six proven strategies to melt away belly fat and naturally reveal your sexy, slim waistline. It's possible to lose up to five inches of belly fat in just one month, even if you don't do ab crunches or sit-ups!

If you read this book, you will...

- * Learn the 7 "fat belly" foods and how to quickly cut them out of your diet
- * Find out how to correct a hormonal imbalance that causes a bloated belly
- * Learn how to break two bad habits that often lead to belly fat
- * Learn how to lose the gut by cleaning the gut through detox
- * Discover 5 safe supplements that will help you burn belly fat fast!

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Editorial Review

Review

"I dropped 3 inches in my waist the first 10 days!!!" --Vanessa B.

"I lost close to 5 inches in my stomach area in just one month. My sister just doesn't believe that I haven't worked out, not once." --Clarisse J.

"I'm 44 years old and, like most men, I have always dreamed of having a six-pack. I lost 14 pounds in 3 weeks; my abs look better now than when I was 21 years old!"--Tyler J.

"I am 6 pounds down--3 inches lost in the belly area and 2 inches in the waist area. I am really happy with my results and appreciate the helpful recipes. --Christie C.

About the Author

JJ Smith is the author of the #1 Amazon bestseller and USA Today bestseller *Lose Weight Without Dieting or Working Out!* JJ Smith is a nutritionist and certified weight-loss expert who has been featured on The Steve Harvey Show, The Montel Williams Show, and The Jamie Foxx Show and on the NBC, FOX, and CW Network television stations, as well as in the pages of Glamour, Essence, and Ladies Home Journal. Since reclaiming her health, losing weight, and discovering a "second youth" in her forties, JJ has become the voice of inspiration to those who want to lose weight, be healthy, and get their sexy back!

Users Review

From reader reviews:

Evelyn Rodrigue:

Now a day people that Living in the era just where everything reachable by connect with the internet and the resources inside can be true or not call for people to be aware of each data they get. How people have to be smart in receiving any information nowadays? Of course the correct answer is reading a book. Examining a book can help men and women out of this uncertainty Information particularly this *6 Ways to Lose Belly Fat Without Exercise!* book as this book offers you rich facts and knowledge. Of course the details in this book hundred percent guarantees there is no doubt in it everbody knows.

Sheila Dickerson:

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Rebecca McGrew:

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Darren Perez:

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