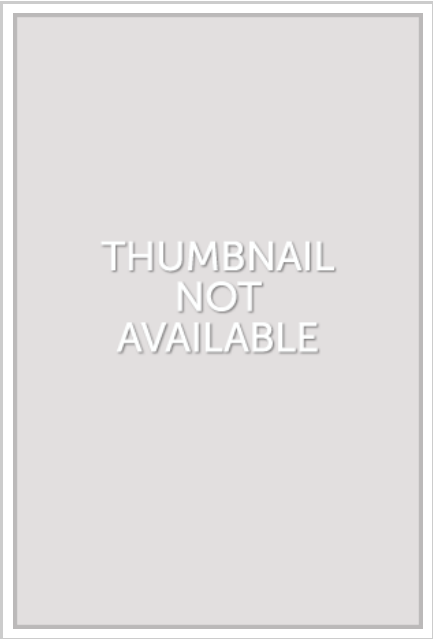


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Fat Around the Middle: How to Lose That Bulge - For Good

By Marilyn Glenville

Kyle Books. Paperback. Book Condition: new. BRAND NEW, Fat Around the Middle: How to Lose That Bulge - For Good, Marilyn Glenville, If you are one of the many women who are 'apple shaped' or fat around the middle, then you have probably tried everything from fad diets to 'bums and tums' classes to combat the problem. Tummy fat is hard to shift, unless you understand why your body decides to store fat on your waist. This ground-breaking book reveals the secret of why fat builds up around your middle and gives you a practical action plan showing how you can get rid of it once and for all. Inside you will discover: why you are fat around the middle (and no it's not just about what you are eating); how to stop the stress hormones, adrenalin and cortisol, from storing fat around your waist; vitamins and minerals you can take to change your body shape faster; foods to eat - and foods to avoid - for a trim tummy; specific exercises to get rid of that spare tyre; breakthrough genetic tests that can tell you which foods and supplements work best for you; and how changing your body shape...

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