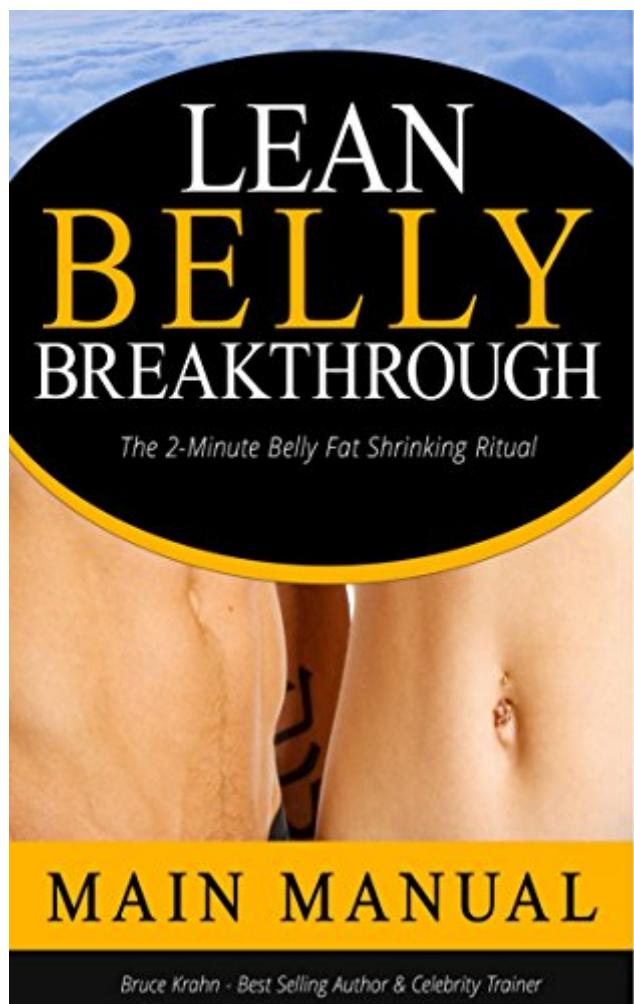


The book was found

Lean Belly Breakthrough: The 2-Minute Belly Fat Shrinking Ritual (Reversing Diabetes And Preventing Heart Disease)



Synopsis

What is the Lean Belly Breakthrough? Bruce Krahn and Dr. Heinrick created this program specifically for men and women over fifty. The core of the program is a formula by Heinrick that is supposed to work well against belly fat and its associated health issues (such as diabetes, heart disease, and depression). This is accomplished without the help of diets, drugs or other unnatural means. (This is mandatory for a program before you should even look at it.) The main focus of this formula is a healthy approach, which is why we decided to write our lean belly breakthrough reviews in the first place. We are picky! What is this approach we are speaking of? It is a 2 minute ritual that Dr. Heinrick demonstrated to Krahn on his father-in-law after he had suffered a major heart attack. According to Krahn, this resulted in a loss of 9 pounds of belly fat in 3 days and thirty pounds in one month. After testing the program we can tell you that these results are quite exaggerated (for marketing purposes, obviously), but the truth is that our friend Kiki did get decent results thanks to this program, which is great given how easy it is to apply. Here is an overview of the content:

- A list of good foods that help in getting rid of belly fat (No diet! Diets don't work.)
- A list of bad foods that can trigger heart attacks
- A list of desserts that are good if you have blood sugar problems
- An informational overview of signs that your heart is at risk (always good to know)
- Dr. Heinrick's method to decrease excess fat from different parts of your body
- An overview of nutrients from herbs, foods, and spices that affect those hormones responsible for storing fat
- A detailed explanation of how to utilize your "sleeping" metabolism
- An explanation on how to burn more fat in the same amount of time
- Krahn's effective "60 second belly shred" workout program and video (do this for 2 weeks and you'll be happy)
- An exact blueprint of what you must do to solve the cause of belly fat all of its related health concerns
- Tracking sheets to monitor your progress (useful!)
- A list of foods that boost your libido (we did not test this one)

Book Information

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Customer Reviews

This is a great book! Very informative and easy to understand. It also has some great recipes and ideas. The author has a sense of humor but at the same time it has some serious topics. One of the better nutritional books I have read!

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