



The 6-Week Cure for the Middle-Aged Middle: The Simple Plan to Flatten Your Belly Fast!

Michael R. Eades, Mary Dan Eades

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Why is it that even though we might maintain our high school weight, few of us maintain our high school belt size?

In your twenties and thirties, the layers of fat on top of your abs were the problem—but once you reach middle-age, the enemy shifts. *The 6-Week Cure for the Middle-Aged Middle* is the first book to deal specifically with the issues we face in the next stage of life, providing a plan for eliminating the unhealthy fat that accumulates around the organs—visceral fat—that is the true cause of the middle-aged bulge.

The good news is that with the right diet, visceral fat can be quickly reduced and eliminated, enhancing both your looks and your health. Even after twenty years researching and refining the science of weight loss and management, bestselling authors Drs. Michael and Mary Dan Eades fell victim to the middle-aged middle themselves. Although otherwise fit and healthy, both lost the flat belly that signals youth. *In The 6-Week Cure for the Middle-Aged Middle*, they share the simple dietary program they created to shed the weight.

Discover:

- How eating saturated fat can actively trim your middle
- Why the “eat less, exercise more” prescription fails—and what to do about it
- Why “inner” and “outer” tube fat measurements are important to your health
- How to fight the fat stored inside your liver that leads to hard-to-lose middle-body flab

With *The 6-Week Cure for the Middle-Aged Middle* the doctor duo that brought you to the low-carb lifestyle shows you how to regain in midlife the figure of sleek, flat-bellied youth.

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Edward Trotta:

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Meredith Bailey:

The actual book The 6-Week Cure for the Middle-Aged Middle: The Simple Plan to Flatten Your Belly Fast! will bring you to the new experience of reading a book. The author style to spell out the idea is very unique. In case you try to find new book to learn, this book very suited to you. The book The 6-Week Cure for the Middle-Aged Middle: The Simple Plan to Flatten Your Belly Fast! is much recommended to you to learn. You can also get the e-book from the official web site, so you can quicker to read the book.

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Is it you who having spare time in that case spend it whole day simply by watching television programs or just resting on the bed? Do you need something totally new? This The 6-Week Cure for the Middle-Aged Middle: The Simple Plan to Flatten Your Belly Fast! can be the reply, oh how comes? A book you know. You are thus out of date, spending your extra time by reading in this new era is common not a nerd activity. So what these textbooks have than the others?

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