



Quick Weight Loss Tips: Quick Weight Loss Tips: The Science Of Skinny (Quick Weight Loss Tips, Weight Loss Motivation)

Summer Accardo RN

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In The Science Of Skinny, nutritional expert and registered nurse, Summer Accardo, RN exposes the adverse effects of "health foods" and how they can sabotage your weight loss efforts.

This step-by-step, easy-to-follow guide to the flat belly diet will help you navigate a new way of eating, by showing you which "superfoods" you need to incorporate into your diet to get the flat belly you've always dreamed of. Just by adding these nutritional powerhouses to your daily meals, your unwanted pounds will melt right off, helping you to achieve that flat belly you've always dreamed of.

This amazing flat belly diet doesn't require strenuous exercise or dieting when you follow this breakthrough nutrition plan. This is truly food science at its best. Don't wait any longer.

The flat belly diet isn't really a diet at all. It's a delicious, healthy way of eating that offers enormous health benefits through weight loss, enhanced immunity, and a faster metabolism.

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