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## REDUCE BELLY FAT EBOOKS 2019



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Reduce Belly Fat: Step By Step Weight Lose With Your Personal Guide For 14-Day-Challenge, Activate Fat Burning And Accelerate Metabolismu003cbr/u003e

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Big fat pads on the belly are not very popular: A flat belly corresponds much more to our common ideal of beauty. But there is another important reason why you should not put up with the fat rolls on your stomach. The latest research findings show that a well-filled fat depot in the abdomen constantly releases fatty acids, hormones and even inflammatory substances - and this sets the fatal course for the development of chronic diseases such as diabetes, arteriosclerosis, high blood pressure and other cardiovascular diseases. The remedy is an omega-3 fatty acid rich, anti-inflammatory diet that withdraws the fuel from the abdominal fat. With the numerous suggestions for the varied nutrition tasty suggestions are given. Beyond that further strategies - movement, sport, stress reduction, life-style change - are described, which help to get rid of the dangerous hip gold.

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