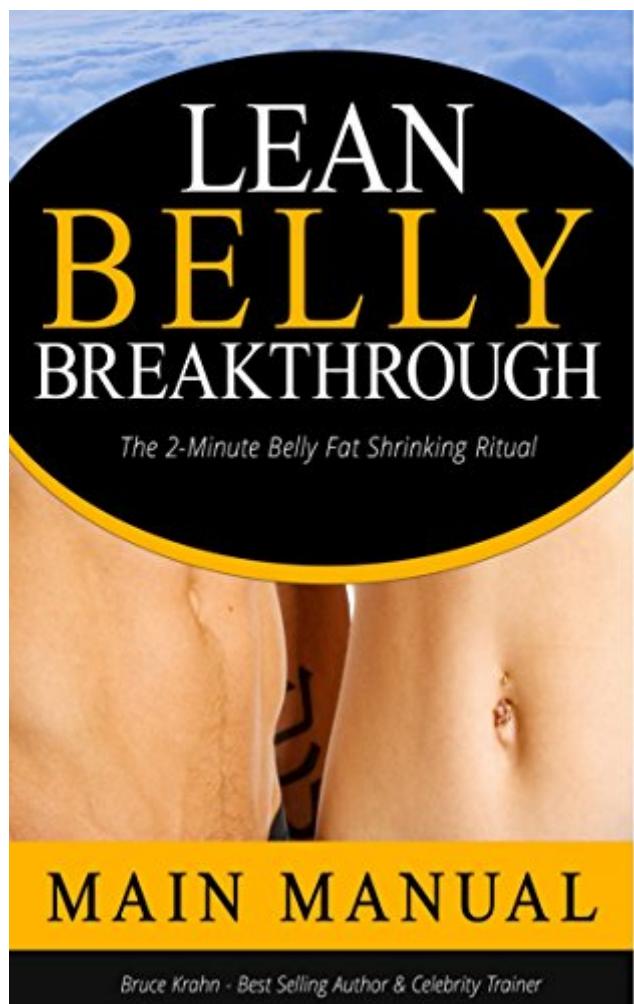


The book was found

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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Lean Belly Breakthrough: The 2-Minute Belly Fat Shrinking Ritual (Reversing Diabetes and Preventing Heart Disease) BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) Flat Belly Diet: The 14 Day Challenge - Flat Belly Diet Cookbook: Flat Belly Diet for Women, Flat Belly Diet for Men, Flat Belly Recipes, Eat ... Belly, Flat Belly, Flat Belly Diet (Volume 1) DIABETES Killer Formula: The Miraculous Guide Will Fully Reverse Your Diabetes and In A Natural Way. (Diabetes Diet, Diabetes Recipes, Diabetes Cure, Reversing ... 2 Diabetes, Diabetes Destroyer,) Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Type 2 Diabetes:The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included)[Type 2 Diabetes, Type 2 Diabetes Cure,Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] Mudras for a Strong Heart: 21 Simple Hand Gestures for Preventing, Curing & Reversing Heart Disease: [A Holistic Approach to

Preventing & Curing Heart Disease] (Mudra Healing Book 8) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Cure diabetes : Diabetic No More: Normalize Blood Sugar, Reverse Diabetes, and Say Goodbye to Drugs and Testing Forever (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health) Reverse Diabetes: The Natural Way - How To Be Diabetes-Free In 21 Days: 7-Step Success System (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) The Great Cholesterol Myth + 100 Recipes for Preventing and Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease and the Statin Free Plan and Diet that Will The Great Cholesterol Myth Now Includes 100 Recipes for Preventing and Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan that Will Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs

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