



Tighten Your Tummy in 2 Weeks: Lose up to 14 inches & 14 pounds of fat in 14 days!

By Ellington Darden

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Tighten Your Tummy in 2 Weeks: Lose up to 14 inches & 14 pounds of fat in 14 days! By Ellington Darden

Tighten Your Tummy in 2 Weeks is a revolutionary new program that triggers hormones to burn more fat and melt pounds and inches primarily from the belly.

A woman's tummy has now replaced her thighs as the most-troublesome body part. Seventy-six percent of women surveyed in 2014 admitted that they were unhappy with their midsection. And a large tummy is a warning sign of significant potential health issues.

QUESTION: How would you like to lose 14 inches from your waist and 14 pounds of body fat in only 14 days?

The proof is in the pictures: 41 women at Gainesville Health & Fitness in Florida tested the Tighten Your Tummy in 2 Weeks program under the direction of fitness expert Ellington Darden, PhD, who documented success stories with remarkable before-and-after photographs.

Readers can expect results similar to Dr. Darden's test panel. For example, in just 2 weeks:

Roxanne Dybevick, 54, lost 15.08 pounds
Angela Choate, 68, lost 14.8 pounds
Katie Fellows Smith, 60, lost 14.51 pounds
Denise Rodriguez, 34, lost 14.49 pounds
Brianna Kramer, 23, lost 14.26 pounds

What causes such rapid loss of midsection flab? The answer is Dr. Darden's remarkable 5-step formula:

1. A special at-home resistance exercise technique called "15-15-15, plus 8 to 12" triggers fat cells to burn and release fat, effectively "spot-reducing" the belly.
2. A carbohydrate-rich eating plan of five or six small meals a day. Yes, "carbs are okay." A bagel for breakfast is on the daily meal plan.
3. Extra sleep at night and a nap during the day to turbo-charge the shrinking of pounds and inches.
4. A tummy-tightening trick called the inner-abs vacuum that's performed before

every meal.

5.Sipping ice-cold water all day long, which synergizes the loss of fat and the strengthening of muscle.

What Women Are Saying About the Tighten Your Tummy Program:

"I've rediscovered my hour-glass figure."

"My jeans fit again: they feel like an old friend."

"The Power Start Diet made me feel powerful . . . and I like that feeling."

"I love the person I now see in the mirror."

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- Sales Rank: #791580 in Books
- Published on: 2015-08-18
- Released on: 2015-08-18
- Original language: English
- Number of items: 1
- Dimensions: 9.56" h x .88" w x 6.75" l, .0 pounds
- Binding: Hardcover
- 256 pages

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Editorial Review

About the Author

Ellington Darden, PhD, author of *The Body Fat Breakthrough*, is a respected figure in the fitness industry. He lives in Windermere, FL.

Users Review

From reader reviews:

Bethany Christiansen:

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Jeffrey Roybal:

This book untitled *Tighten Your Tummy in 2 Weeks: Lose up to 14 inches & 14 pounds of fat in 14 days!* to be one of several books in which best seller in this year, here is because when you read this publication you can get a lot of benefit into it. You will easily to buy this book in the book store or you can order it by using online. The publisher of this book sells the e-book too. It makes you quickly to read this book, because you can read this book in your Cell phone. So there is no reason for your requirements to past this guide from your list.

Lisa Thomason:

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