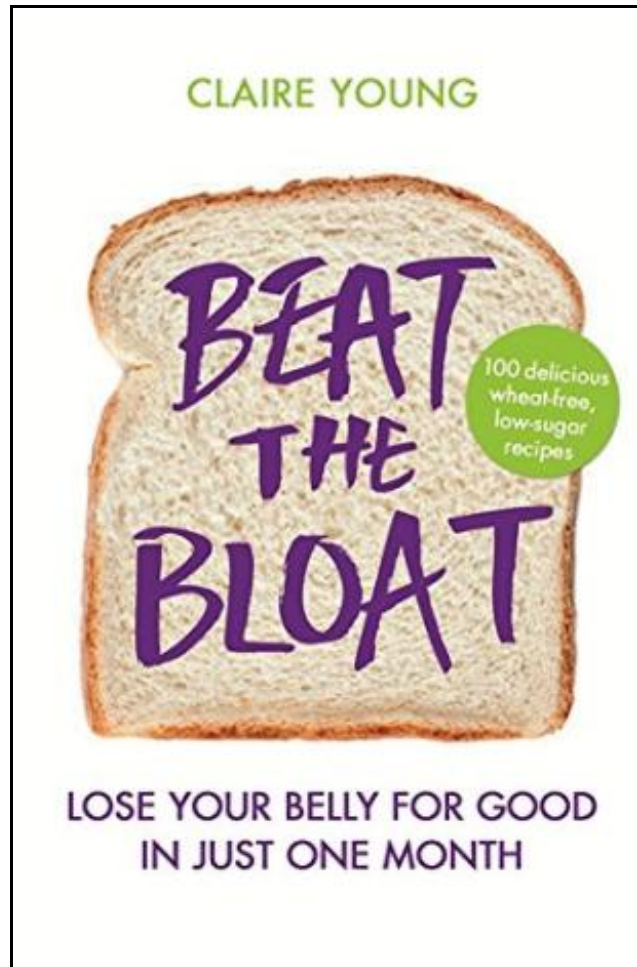


## Beat the Bloat: Lose Your Belly for Good in Just One Month



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*(Eliseo Leffler)*

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Orion Publishing Co. Paperback. Book Condition: new. BRAND NEW, Beat the Bloat: Lose Your Belly for Good in Just One Month, Claire Young, Tired of feeling bloated? Fed up of having a belly? Do you want to give up fad dieting and have flat stomach for good? With BEAT THE BLOAT you can. Drawing on the latest scientific research, expert health-food writer Claire Young has cracked the secret to losing weight and keeping it off: balancing the bacteria in your gut. For no matter how much you exercise or diet, if you don't address this imbalance you will never reveal your leanest, healthiest and happiest you. So, how do you do this? Simple! Claire has devised an easy-to-follow four-week meal plan and 100 wheat- and sugar-free recipes that will see you BEAT THE BLOAT in days. As well as cutting out grains and sugars that cause bloating, Claire's recipes (which include Choc Chip Banana Muffins and Quick Chorizo and Bean Stew) contain healthy fats, lean proteins and live cultures that help to restore the good bacteria in our guts. And if you have a happy, healthy digestive system, you will store less fat, abolish cravings and absorb fewer calories from food. With her trademark down-to-earth style, Claire will reveal how she transformed her own life with these recipes, and will help set you on the right path with a shopping list of store cupboard essentials, advice on how to eat out and how to fit the diet into your lifestyle. So what are you waiting for? Join the health revolution that is taking the world by storm and finally BEAT THE BLOAT for good!.



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