



Oil Belly, Flat Belly (Paperback)

By Sonja Y Larsen

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is for anyone that needs to flatten their belly. This is the second book in the popular The Beauty Books series. What is Oil Belly, Flat Belly? Oil Belly, Flat Belly is all about using natural, edible oils to trim the belly. You'll slather them on your body, you'll eat them, and you'll drink them. Going to the Gym, but Belly is not Going Away? The older you get, the more belly you've got. It's totally normal to be hitting the gym and doing the best you can, but still have trouble losing the gut. That's because abs are made in the kitchen. Lose the Belly! Belly fat has everything to do with what you put in your mouth. No amount of sit-ups are going to trim the belly if you've got poundage of fat on it. This book will show you how to flatten it at home using oils such as coconut oil, castor oil, olive oil, and omega-3. Less Bloating, More Beautiful! Adding good oils to your diet will help you: Burn Fat, Preserve Muscle, Increase Energy. Here's What...



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