



The 6-Week Cure for the Middle-Aged Middle: The Simple Plan to Flatten Your Belly Fast!

Michael R. Eades, Mary Dan Eades

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Why is it that even though we might maintain our high school weight, few of us maintain our high school belt size?

In your twenties and thirties, the layers of fat on top of your abs were the problem—but once you reach middle-age, the enemy shifts. *The 6-Week Cure for the Middle-Aged Middle* is the first book to deal specifically with the issues we face in the next stage of life, providing a plan for eliminating the unhealthy fat that accumulates around the organs—visceral fat—that is the true cause of the middle-aged bulge.


The good news is that with the right diet, visceral fat can be quickly reduced and eliminated, enhancing both your looks and your health. Even after twenty years researching and refining the science of weight loss and management, bestselling authors Drs. Michael and Mary Dan Eades fell victim to the middle-aged middle themselves. Although otherwise fit and healthy, both lost the flat belly that signals youth. *In The 6-Week Cure for the Middle-Aged Middle*, they share the simple dietary program they created to shed the weight.

Discover:

- How eating saturated fat can actively trim your middle
- Why the “eat less, exercise more” prescription fails—and what to do about it
- Why “inner” and “outer” tube fat measurements are important to your health
- How to fight the fat stored inside your liver that leads to hard-to-lose middle-body flab

With *The 6-Week Cure for the Middle-Aged Middle* the doctor duo that brought you to the low-carb lifestyle shows you how to regain in midlife the figure of sleek, flat-bellied youth.

From the Hardcover edition.

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Glory Ruiz:

In this time globalization it is important to someone to receive information. The information will make you to definitely understand the condition of the world. The fitness of the world makes the information better to share. You can find a lot of references to get information example: internet, magazine, book, and soon. You will see that now, a lot of publisher this print many kinds of book. The actual book that recommended for your requirements is The 6-Week Cure for the Middle-Aged Middle: The Simple Plan to Flatten Your Belly Fast! this guide consist a lot of the information with the condition of this world now. This kind of book was represented how do the world has grown up. The terminology styles that writer value to explain it is easy to understand. Often the writer made some study when he makes this book. That is why this book acceptable all of you.

Samantha Green:

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along with can't see colorful pictures on there. Yeah, it is for being complicated. Book is very important to suit your needs. As we know that on this age, many ways to get whatever we would like. Likewise word says, many ways to reach Chinese's country. Therefore this The 6-Week Cure for the Middle-Aged Middle: The Simple Plan to Flatten Your Belly Fast! can make you feel more interested to read.

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