



How To Burn Belly Fat Fast, 14 Day Weight Loss and Detox Program: Lose Up to 10 Pounds in Two Weeks

Mary Beauchamp

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I wrote this book so my kids would understand why so many people struggle with their weight and ultimately their health. I have helped many people lose weight, effortlessly, simply by shifting their metabolism. I feel that everyone could benefit from knowing this information, so I created this short book that could be finished in less than an hour.

The bottom line is, by reducing carbohydrates, you can shift your metabolism so you start burning your own body fat for fuel. This is not a new concept; and is thoroughly backed by science. What is new, is having a simple plan to follow so you don't have to figure it all out on your own. You'll learn how to make five minute blended meals, rich in micronutrients, making superfood smoothies the foundation of your diet.

There's no hype or workout strategy, just the straight facts about insulin physiology. If you understand that, you could prevent weight gain and most every major disease people struggle with. The belly fat you see now, if left unchecked, can progress into other things that you really don't want, like heart disease, insulin resistance, metabolic syndrome, and diabetes... I hope this book makes it so easy and delicious for you to improve your health that the steps outlined here become a lifestyle.

You will learn to:

- Detoxify Your Body?
- Stop Fat Storage?
- Balance Your Blood Sugar
- Kick Carbohydrate Addiction
- Lose Weight Effortlessly
- Make Sense of Protein Intake
- Clean Your Gut
- Improve Digestion
- Shift To A Plant-Based Diet
- Restore Your Health

Weight gain around the mid section and belly is often the first sign of insulin resistance, which is the precursor to more severe diseases like diabetes. Unfortunately, weight gain gets ignored until diabetes is diagnosed. Sadly, most people do not understand how simple it is to reverse this process early on.

By understanding insulin physiology and making simple dietary changes, weight gain and chronic diseases can be reversed. An added benefit to changing your diet in this way is weight loss, but the bigger and more significant benefits are going on within your physiology and cannot always be seen on the outside, such as blood sugar balance, hormone balance, lower cholesterol levels, more energy, and better mood...

The purpose of this program is to remove stored toxins and reduce excess body fat. In doing so, it addresses the underlying cause of blood sugar imbalances (hyperglycemia and hypoglycemia), pH imbalances and

inflammation caused by food allergies.

The weight loss process naturally encourages toxins to leave the body; because when you lose weight you are burning your own body fat and body fat is where toxins are stored. Even if you don't intend to any lose weight and just want to clean up your diet and detox your cells, that is fine. You can still benefit greatly by bringing balance to your body chemistry without losing any weight at all. The goal is to learn how to balance your physiology so your body can heal itself and incredible health can be experienced. This all begins with getting your blood sugar under control and that is what you'll learn how to do by reading this book.

You will learn the role insulin plays in fat storage and how to effortlessly lose weight by controlling your insulin production and shifting your metabolism. This is done by simply eating a low carbohydrate diet and understanding the supportive role of dietary fat and protein. In this book you will find links to some of my favorite resources and many of the food products you will need to get started on this journey.

I hope you enjoy it!

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Donna Bradford:

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Ken Martin:

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