



Oil Belly, Flat Belly

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 BellyBelly 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 BeautifulAdding good oils to your diet will help you: Burn FatPreserve MuscleIncrease EnergyHere s What...



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