



## Tighten Your Tummy in 2 Weeks: Lose up to 14 Inches & 14 Pounds of Fat in 14 Days!

By Ellington Darden



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*Tighten Your Tummy in 2 Weeks* is a revolutionary new program that triggers hormones to burn more fat and melt pounds and inches primarily from the belly.

A woman's tummy has now replaced her thighs as the most-troublesome body part. Seventy-six percent of women surveyed in 2014 admitted that they were unhappy with their midsection. And a large tummy is a warning sign of significant potential health issues.

#### **QUESTION: How would you like to lose 14 inches from your waist and 14 pounds of body fat in only 14 days?**

The proof is in the pictures: 41 women at Gainesville Health & Fitness in Florida tested the *Tighten Your Tummy in 2 Weeks* program under the direction of fitness expert Ellington Darden, PhD, who documented success stories with remarkable before-and-after photographs.

Readers can expect results similar to Dr. Darden's test panel. For example, in just 2 weeks:

- Roxanne Dybevick, 54, lost 15.08 pounds
- Angela Choate, 68, lost 14.8 pounds
- Katie Fellows Smith, 60, lost 14.51 pounds
- Denise Rodriguez, 34, lost 14.49 pounds
- Brianna Kramer, 23, lost 14.26 pounds

What causes such rapid loss of midsection flab? The answer is Dr. Darden's remarkable 5-step formula:

- 1) A special at-home resistance exercise technique called "15-15-15, plus 8 to 12" triggers fat cells to burn and release fat, effectively "spot-reducing" the belly.
- 2) A carbohydrate-rich eating plan of five or six small meals a day. Yes, "carbs are okay." A bagel for breakfast is on the daily meal plan.
- 3) Extra sleep at night and a nap during the day to turbo-charge the shrinking of pounds and inches.

4) A tummy-tightening trick called the inner-abs vacuum that's performed before every meal.

5) Sipping ice-cold water all day long, which synergizes the loss of fat and the strengthening of muscle.

**What Women Like You Are Saying About the Tighten Your Tummy Program:**

- "I've rediscovered my hour-glass figure."
- "My jeans fit again: they feel like an old friend."
- "The Power Start Diet made me feel powerful . . . and I like that feeling."
- "I love the person I now see in the mirror."

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### Editorial Review

#### About the Author

Ellington Darden, PhD, author of *The Body Fat Breakthrough*, is a respected figure in the fitness industry. He lives in Windermere, FL.

### Users Review

#### From reader reviews:

##### **Omar Hinojosa:**

Nowadays reading books be a little more than want or need but also work as a life style. This reading addiction give you lot of advantages. The huge benefits you got of course the knowledge your information inside the book that will improve your knowledge and information. The information you get based on what kind of e-book you read, if you want attract knowledge just go with schooling books but if you want really feel happy read one using theme for entertaining for instance comic or novel. The Tighten Your Tummy in 2 Weeks: Lose up to 14 Inches & 14 Pounds of Fat in 14 Days! is kind of book which is giving the reader erratic experience.

##### **Kelsey Palermo:**

Precisely why? Because this Tighten Your Tummy in 2 Weeks: Lose up to 14 Inches & 14 Pounds of Fat in 14 Days! is an unordinary book that the inside of the e-book waiting for you to snap it but latter it will shock you with the secret this inside. Reading this book close to it was fantastic author who all write the book in such remarkable way makes the content within easier to understand, entertaining method but still convey the meaning entirely. So , it is good for you because of not hesitating having this any longer or you going to regret it. This amazing book will give you a lot of advantages than the other book have such as help improving your skill and your critical thinking approach. So , still want to hesitate having that book? If I were being you I will go to the book store hurriedly.

##### **Michael Clark:**

Tighten Your Tummy in 2 Weeks: Lose up to 14 Inches & 14 Pounds of Fat in 14 Days! can be one of your nice books that are good idea. All of us recommend that straight away because this guide has good vocabulary which could increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The copy writer giving his/her effort to set every word into enjoyment arrangement in writing Tighten Your Tummy in 2 Weeks: Lose up to 14 Inches & 14 Pounds of Fat in 14 Days! although doesn't forget the main level, giving the reader the hottest as well as based confirm resource details that maybe you can be one among it. This great information can drawn you into brand-new stage of crucial imagining.

**Eric Kinlaw:**

Are you kind of busy person, only have 10 or maybe 15 minute in your morning to upgrading your mind ability or thinking skill even analytical thinking? Then you have problem with the book compared to can satisfy your small amount of time to read it because all of this time you only find guide that need more time to be go through. Tighten Your Tummy in 2 Weeks: Lose up to 14 Inches & 14 Pounds of Fat in 14 Days! can be your answer since it can be read by a person who have those short extra time problems.

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