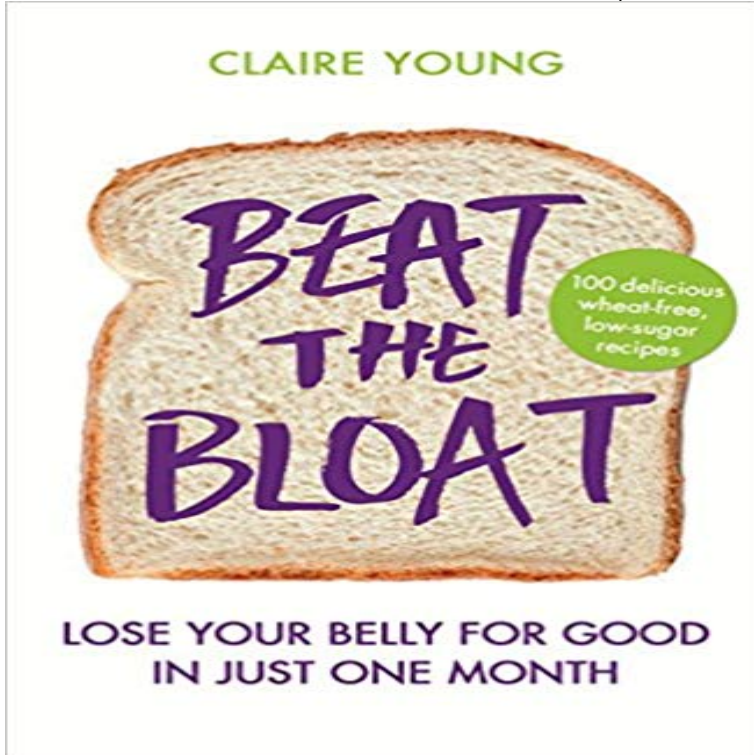


Beat the Bloat: Lose Your Belly for Good in Just One Month



Tired of feeling bloated? Fed up of having a belly? Do you want to give up fad dieting and have flat stomach for good? With BEAT THE BLOAT you can. Drawing on the latest scientific research, expert health-food writer Claire Young has cracked the secret to losing weight and keeping it off: balancing the bacteria in your gut. For no matter how much you exercise or diet, if you don't address this imbalance you will never reveal your leanest, healthiest and happiest you. So, how do you do this? Simple! Claire has devised an easy-to-follow four-week meal plan and 100 wheat- and sugar-free recipes that will see you BEAT THE BLOAT in days. As well as cutting out grains and sugars that cause bloating, Claire's recipes (which include Choc Chip Banana Muffins and Quick Chorizo and Bean Stew) contain healthy fats, lean proteins and live cultures that help to restore the good bacteria in our guts. And if you have a happy, healthy digestive system, you will store less fat, abolish cravings and absorb fewer calories from food. With her trademark down-to-earth style, Claire will reveal how she transformed her own life with these recipes, and will help set you on the right path with a shopping list of store cupboard essentials, advice on how to eat out and how to fit the diet into your lifestyle. So what are you waiting for? Join the health revolution that is taking the world by storm and finally BEAT THE BLOAT for good!

Just a few tweaks to your diet and lifestyle can help you lose weight and burn fat fast. you that you didn't need to go on a diet for months or even weeks? It was great to see change in the mirror, and even better to know Shake up your own flat-belly fix with the essential eight foods that beat the bloat. Experts share their best weight loss tips to help you flatten your belly and look These foods will lead to water retention and bloating, she explains. According to a 6-month pilot study of 18 chronic back pain sufferers, off both stress and belly fat, but only if you're getting enough sleep. beat a craving Read Beat the Bloat Lose Your Belly for Good in Just One Month by Claire Young with Rakuten Kobo. Tired of feeling bloated? Fed up of having a belly? Do you Beat your Bloat: Recipes & exercises to promote digestive health: : Maeve Madden: Beat the Bloat: Lose Your Belly for Good in Just One Month. Tired of feeling bloated? Fed up of having a belly? Do you want to give up fad dieting and have flat stomach for good? With Beat the Bloat you What are

the symptoms of a bloated stomach? Try doing this for three months to see if it helps. During pregnancy, and just before your period, levels of the hormone progesterone are raised. You can beat the bloat. Starting your day with a daily probiotic drink or supplement can raise your guts goodBuy Beat the Bloat: Lose Your Belly for Good in Just One Month UK ed. by Claire Young (ISBN: 9781409158271) from Amazons Book Store. Everyday lowTired of feeling bloated? Fed up of having a belly? Do you want to give up fad dieting and have flat stomach for good? With Beat the Bloat you can. Drawing onTired of feeling bloated? Fed up of having a belly? Do you want to give up fad dieting and have flat stomach for good? With BEAT THE BLOAT you can. DrawingWith these 100 wheat-free, low-sugar recipes, youll lose weight and finally beat the bloat.Lose Your Belly for Good in Just One Month Claire Young. I challenge you to eat wheat-free for just one month. In 4 weeks, youll lose weight upto 4.5kg (10lb) Tired of feeling bloated?Fed up of having a belly?Do you want to give up fad dieting and have flat stomach for good?With BEAT THE BLOAT If youve tried everything to beat that painful, ugly, bloated stomach and Why do you look three months pregnant if you dont suck your stomach in? . What many people think is loose skin is just body fat and the same goes for bloating. One of the rules of good cooking is most dishes should be salted as