

BUST BELLY FAT



How To Eliminate Belly Fat & Love Handles FAST!

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Congratulations! About this book...

You've made a wise choice when you decided to buy this report. You're about to discover how to achieve a smaller waist and stomach without resorting to plastic surgery or extreme exercise.

One of the problems with aging is that excessive fat gathers round the stomach area. Sedentary lifestyle, over-indulgence in fatty foods, over-eating are also reasons for an expanded mid-section.

Excessive abdominal fats, also called (not very lovingly) love handles are embarrassing and we spend a lot of time, money and effort to reduce them but sometimes lose patience and we are back where we started.

Most people will tell you that you need to burn fat all over your body if you want to burn off the fat from your stomach. They'll say the only way to do that is with diet and exercise.

That's partly true, but the whole truth is that you can discourage fat from being stored in your stomach area and you can "push" some of it out of your midsection.

Most people have no idea how to do this so they go around insisting that losing weight is the only way to get rid of belly fat. You'll be able to prove them wrong by showing them exactly how small your waist and stomach has gotten while still maintaining curves where you want them.

The Waistline & What You Can Do About It

Midsection reduction has always been an obsession with women. Corsets and other waist-reducing garments have adorned the wardrobes of women across the world.

We're forced to see beautiful women with perfect bodies everywhere we turn. They're on billboards, in magazines, and on the TV all the time.

Are all of them just extremely lucky to have rock hard stomachs and tiny waistlines, or is there something more that they're not telling us?

What in the first place decide what kind of waist line we will have?

- Waist size is a function of your skeletal structure involving your rib cage and hip bones. During puberty, your hormones and genetics decided how large your rib cage was going to be, so this can't be changed without a serious lifestyle change (basically, wearing a waist training corset).
- Waist size depends on how much fatty tissues surround the area. Losing fat here will make your curves look much more shapely in comparison, and also decreases your chance of serious health problems. Losing fat in this area isn't the easiest thing to do, but it's way easier than trying to change the size of your ribcage.

Understand that you can't dramatically change your waist size without putting in a great deal of effort. You can however, lose anywhere from 1 to 5 inches through these secrets alone, depending on how much fat you currently have stored in your midsection.

Some Common Myths

Considering that waist reduction is such a major pre-occupation with most women, it's natural that there would be various myths and misconceptions surrounding the subject. To clear them one by one:

- Abdominal belts which are electronically operated can give you a nicer waistline without any effort on your part. You know, the ones that promise to contract your muscles, thus burning belly fat? I know from experience and hearing of other people's experience that these simply reduce your wallet size. It does nothing to dissolve the fat around your waist.
- Doing sit ups or crunches will work your ab muscles and flatten your belly. Sure, you might have rock hard muscles, but if it's hiding under flab then no one will ever know!
- Going on a diet will give you a head start in slimming your stomach. Beware of this myth– it will shrink your whole body. The worst side-effect of dieting is that it will slow your metabolism, which means that your belly will "swell" again as soon as you have a weak moment.
- Liposuction is the only option to spot-reduce fat around your midsection. This lie is not only false, it's dangerous. Using the techniques I'm about to share with you, you can improve your health and shape your waist and belly into perfection at the same time.

If the above has been able to clear your mind of some of the misconceptions that surround belly fat reduction, let us get on to the planning stage of the program!

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You'll learn secrets you've never even dreamed could help you look hotter than lava!