

## 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: Lose up to 14 inches & 14 pounds of fat in 14 days!** By Ellington Darden

*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 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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*By Ellington Darden*

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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:**

##### **Charlotte Hawley:**

The book Tighten Your Tummy in 2 Weeks: Lose up to 14 inches & 14 pounds of fat in 14 days! can give more knowledge and also the precise product information about everything you want. Exactly why must we leave a very important thing like a book Tighten Your Tummy in 2 Weeks: Lose up to 14 inches & 14 pounds of fat in 14 days!? A few of you have a different opinion about e-book. But one aim in which book can give many info for us. It is absolutely suitable. Right now, try to closer with the book. Knowledge or facts that you take for that, you can give for each other; you are able to share all of these. Book Tighten Your Tummy in 2 Weeks: Lose up to 14 inches & 14 pounds of fat in 14 days! has simple shape nevertheless, you know: it has great and large function for you. You can appearance the enormous world by available and read a reserve. So it is very wonderful.

##### **Tim Andrus:**

As people who live in the particular modest era should be up-date about what going on or data even knowledge to make these keep up with the era which is always change and progress. Some of you maybe will probably update themselves by reading books. It is a good choice to suit your needs but the problems coming to you is you don't know what one you should start with. This Tighten Your Tummy in 2 Weeks: Lose up to 14 inches & 14 pounds of fat in 14 days! is our recommendation to make you keep up with the world. Why, because this book serves what you want and want in this era.

##### **Calvin Cline:**

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**Clement Williams:**

Playing with family in a park, coming to see the ocean world or hanging out with close friends is thing that usually you have done when you have spare time, in that case why you don't try thing that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love Tighten Your Tummy in 2 Weeks: Lose up to 14 inches & 14 pounds of fat in 14 days!, you could enjoy both. It is excellent combination right, you still would like to miss it? What kind of hang-out type is it? Oh come on its mind hangout fellas. What? Still don't obtain it, oh come on its named reading friends.

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