



# **The 6-Week Cure for the Middle-Aged Middle: The Simple Plan to Flatten Your Belly Fast!**

*Michael R. Eades, Mary Dan Eades*

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Why is it that even though we might maintain our high school weight, few of us maintain our high school belt size?

In your twenties and thirties, the layers of fat on top of your abs were the problem—but once you reach middle-age, the enemy shifts. *The 6-Week Cure for the Middle-Aged Middle* is the first book to deal specifically with the issues we face in the next stage of life, providing a plan for eliminating the unhealthy fat that accumulates around the organs—visceral fat—that is the true cause of the middle-aged bulge.

The good news is that with the right diet, visceral fat can be quickly reduced and eliminated, enhancing both your looks and your health. Even after twenty years researching and refining the science of weight loss and management, bestselling authors Drs. Michael and Mary Dan Eades fell victim to the middle-aged middle themselves. Although otherwise fit and healthy, both lost the flat belly that signals youth. In *The 6-Week Cure for the Middle-Aged Middle*, they share the simple dietary program they created to shed the weight.

Discover:

- How eating saturated fat can actively trim your middle
- Why the “eat less, exercise more” prescription fails—and what to do about it
- Why “inner” and “outer” tube fat measurements are important to your health
- How to fight the fat stored inside your liver that leads to hard-to-lose middle-body flab

With *The 6-Week Cure for the Middle-Aged Middle* the doctor duo that brought you to the low-carb lifestyle shows you how to regain in midlife the figure of sleek, flat-bellied youth.

*From the Hardcover edition.*

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A lot of people always spent their free time to vacation or perhaps go to the outside with them household or their friend. Did you know? Many a lot of people spent they will free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity that is look different you can read a new book. It is really fun for you personally. If you enjoy the book that you just read you can spent the entire day to reading a e-book. The book The 6-Week Cure for the Middle-Aged Middle: The Simple Plan to Flatten Your Belly Fast! it is extremely good to read. There are a lot of those who recommended this book. We were holding enjoying reading this book. In case you did not have enough space bringing this book you can buy the actual e-book. You can m0ore easily to read this book from your smart phone. The price is not to cover but this book has high quality.

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