

# How to lose your Belly Fat

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## What Causes Belly Fat?

There's a plethora of reasons. Like eating too much and moving too little, your genetic make-up or even old age. Belly fat hardly needs an invitation to invade your space.

Whatever the reason, at the end of the day it's getting rid of the bulge what's important, and then for more than just cosmetic reasons. Excess tonnage around the midriff is a telltale sign that fat has already collected around some internal organs, ***more specifically the heart.*** □

Medical science is in agreement – belly fat is a clear-cut mayday of looming diseases like heart defects, diabetes, cholesterol, asthma and sleep apnea. However recent studies have also shown a definite link between [stomach fat and osteoporosis](#) (Harvard University 2012)

Old age also typically slows down our metabolism, increasing body fat and storing it mainly where it's not wanted – *in the abdomen*. As many an old fogey will confirm, getting rid of those love handles is like nailing jelly to a tree.

Not surprisingly the business of melting down belly fat has become a multimillion dollar industry. Magic remedies promoting overnight success are flooding the internet. Make no mistake, there are most certainly programs that work. It's avoiding the scams that's the problem.

As the saying goes '***If you indulge you bulge***'. No doubt the answer to shedding that belly fat is a healthy and sensible lifestyle but as many a victim has experienced – belly fat is stubborn fat and even following a strict eating and exercise routine has for the most little effect on that unsightly spare tyre.

**Fortunately there is hope....! □**

**Just Imagine going**

**From this**



**to this**



## **My Bikini Belly**

is a 21 day plan designed to assist ladies with love handle and cellulite problems



Complete with **videos and photos** it's loaded with tips and advice on how to not only lose the fat, but also keep it off especially around the abdomen

There are numerous misconceptions about shedding weight fast and contrary to popular belief

\*You do **NOT** need a vigorous training program.

\*You do **NOT** need a starvation diet

**My Bikini Belly** is an enjoyable, brand new routine that works!

Apart from strings of testimonials from satisfied clients  
**My Bikini Belly**

comes with an unconditional **60 day** money back guarantee

**For more information and a new improved you**



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