

Happy Hormones, Slim Belly: Over 40? Lose 7 lbs. the First Week, and Then 2 lbs. Weekly—Guaranteed


By Jorge Cruise




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THE NEW
DIETARY SCIENCE
FOR WOMEN OVER 40

Science has revealed that most women are drawn to carbs, or “Sugar Calories,” due to a biological imperative to balance hormones. The irony is that you must cut Sugar Calories to lose weight, but you must also eat Sugar Calories to balance hormones. With Happy Hormones, Slim Belly™, you will discover the newest dietary science for women over 40: **Women’s Carb Cycling™**. It balances your hormones so you can lose up to 7 lbs. in a week, then 2 lbs. weekly—guaranteed!

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Editorial Review

Review

Jorge Cruise has answers that really work and take almost no time. I highly recommend them. Andrew Weil, bestselling author of *8 Weeks to Optimum Health*

About the Author

Jorge Cruise is the #1 New York Times best-selling author of over 18 weight-loss books. His mission is to guarantee weight loss for busy people. He has appeared on numerous television shows, including the *Today show*, *The Dr. Oz Show*, *The Rachael Ray Show*, *Good Morning America*, *The View*, and *LIVE! with Kelly and Michael*.

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