



The 5-Second Flat Belly Secret - Lose 2-3 Inches from Your Belly in Less Than 1 Month

Jennifer Jolan

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Can you really get a flat belly without hard exercise and eating like a health nut?

Jennifer Jolan, best-selling author and America's Weight Loss Queen proves you can in her new book, "The 5-Second Flat Belly Secret."

And, believe it or not... you can do it in just 5 seconds per day!

The secret science (used for thousands of years) inside makes this possible. And many women have lost as much as 2-3 inches of belly fat in one month or less by following these ancient secrets hardly anyone in the diet or "fitness" industry knows about today.

In fact, here are just a few of the tips she reveals inside:

- * How to rub your belly away in just 3 minutes per day. (That's all it takes -- it's safe, natural and scientific!)
- * How literally "vacuuming" your stomach can start to flatten your belly in just a few days. (This is very bizarre, but is 100% painless and works faster than anything you've ever seen!)
- * What to do approximately 1 minute after meals that can help you lose belly fat. (It's great for your digestion and staying "regular" too!)
- * How ancient Chinese women "in the know" used to develop a sexy, feminine, toned-look without exercising or even necessarily eating right!
- * The secret of bringing out your natural "hourglass curves" that's the hallmark of all incredibly feminine looking bodies.
- * A strange (but effective) "exercise" that causes you to lose up to 3 inches from your waist in less than a month. (Not 1 in 300 personal trainers know about this!)
- * A bizarre (but 100% safe and effective) weight loss technique that actually helps women to conceive a baby!
- * The 2 pound "kid's toy" that can virtually eliminate your love handles, belly fat and hips within just a few weeks.
- * How to use an ordinary TV to make weight loss super easy.
- * A scientifically-proven 5-second flat belly "exercise" you can do anywhere you want at any time. (Including when you're stuck in traffic, taking a shower or even watching TV!)

* How to eliminate embarrassing gas with just your hand

* A secret way to reduce belly fat (in just minutes per day) that also relieves heavy menstrual periods and problems associated with menopause.

* How to use the palm of your hand to literally "burn" fat cells away. (You will probably never hear anyone outside of certain Chinese health gurus talk about this -- but it's one of the single most powerful and reliable belly fat zappers ever invented!)

Bottom line?

The secrets in "The 5-Second Flat Belly Secret" are thousands of years old.

You don't have to change the way you eat.

And you don't have to do any hard exercise.

Simply follow Jennifer Jolan's simple, "plain English" instructions just a few minutes per day, and feel your pants and clothes get looser almost immediately!

(NOTE: As a special bonus for getting this book today, you can also receive Jennifer Jolan's best-selling book "How to Lose Weight Spinning in a Circle Like Kids." 90,000 people have already read it and it sells for \$19.95 online, but you can get it FREE with the purchase of this book today...)

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Jerry Brock:

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Donald Rose:

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