



# **The Belly Fat Cure™: Discover the New Carb Swap System™ and Lose 4 to 9 lbs. Every Week**

*Jorge Cruise*

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For years, experts have told you that you're tired and overweight because you eat too much and don't exercise enough. **They were WRONG.** The truth is that you are eating foods packed with hidden sweeteners that deliver a belly-fattening Sugar/Carb Value. This simple guide makes smart eating effortless and affordable. This revised edition is updated with a completely new chapter—Simply Fit™, with Belly-Burning Workouts—and includes **more than 1,500 options** customized for: carboholics, meat lovers, chicken and seafood fans, chocoholics, fast-food junkies, and even vegans! What are you waiting for? **Dig in!**

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