



The Rapid Waist Reduction Diet: Get Results Quickly and Safely

Don Colbert

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The Rapid Waist Reduction Diet: Get Results Quickly and Safely Don Colbert **Your Waistline Is Your Lifeline**

Losing weight is at the core of the majority of successful plans to manage and reverse many health conditions. But did you know that your waist size is actually even more important than your weight?

Research shows that your waist measurement is a key indicator of your risk for developing type 2 diabetes and many other health issues. In *The Rapid Waist Reduction Diet* you will learn about natural ways to shrink your waist and lose belly fat through diet, supplements, and exercise.

Drawing from decades of experience helping his patients lose weight and get healthy, *New York Times* best-selling author Dr. Don Colbert gives you medical information and practical insights on ways to:

- Stay motivated
- Reduce your waistline
- Control your weight
- Rid yourself of toxic belly fat

Dr. Colbert's Rapid Waist Reduction Diet is the last diet you will ever need. It is time to lose that stubborn belly fat and keep it off for life!

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