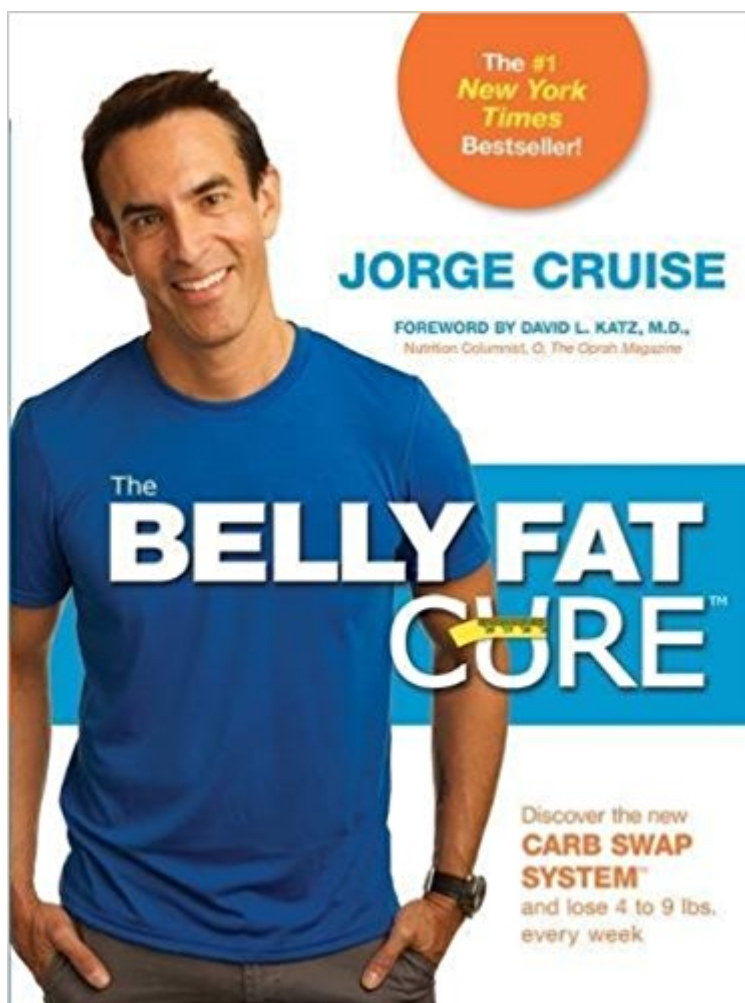


The book was found

The Belly Fat Cure™: Discover The New Carb Swap System™ And Lose 4 To 9 Lbs. Every Week



Synopsis

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.

Book Information

Paperback: 360 pages

Publisher: Hay House, Inc.; Revised edition (January 6, 2015)

Language: English

ISBN-10: 1401946704

ISBN-13: 978-1401946708

Product Dimensions: 0.8 x 6.5 x 9 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 807 customer reviews

Best Sellers Rank: #101,404 in Books (See Top 100 in Books) #90 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #138 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb #144 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat

Customer Reviews

"Jorge Cruise has answers that really work and take almost no time. I highly recommend them."

-- Andrew Weil, best-selling author of "8 Weeks to Optimum Health"

Jorge Cruise is the #1 New York Times best-selling author of over 20 diet and fitness books in over 16 languages. He is a contributor to The Dr. Oz Show, Steve Harvey, Good Morning America, the Today show, The Rachael Ray Show, Huffington Post, First for Women Magazine, and the Costco Connection.

It worked for me... the author is easy to read, and doesn't include a lot of technical crap, just puts his theory out there in common terms. I read the book and he had me convinced I could lower my A1C level, so I tried it. If you don't cheat, it works great. There are a lot of recipes of actual good things to

eat that are easy to make and not terribly expensive. If you seriously need to lose weight or lower your sugar level, this works great.

Please, before you judge or listen to the negative reviews let me say something. I started working this plan when very little information was available about it May of 2009. I did it when there was no book and only limited information available via the internet. Basically I took the 15 sugar 6 carb idea from Jorge and ran with it. So far I have lost 60 lbs on the Belly Fat Cure and I plan to lose 30 more to reach my goal. Those people writing negative reviews just want to open a book and have the weight fall off their bodies. You have to take control and want this for yourself. Read the book for insight and understanding and not just to be led around like a puppet. Second, I live in a rural area with no Whole Foods Market or anything around and have to travel far for a health food store or order online to get some of the items that are in book. But not all of them. Jorge just gives the healthiest options, but you can make substitutions. If something is not available in your area, use something else. Most of us don't know that these healthier products exist. We let the mainstream dictate what we are putting in our bodies and feeding to our children. What we should be doing instead of attacking Jorge is to demand that these healthier options be made more readily available to us in our local markets. A lot of what he proposes include no artificial sweeteners because of their alleged negative affects. If this isn't a concern of yours then make a substitution that includes artificial sweeteners. I'm sure Jorge wouldn't advocate this but I have to admit that I do use some of the products that are on his Belly Bad List. I make the food and the plan work for me. For instance, Jorge doesn't like sugar free puddings that you can buy on the shelf because of the artificial sweeteners. I try to avoid the artificial sweeteners as much as I can but if I want a chocolate pudding then I'll have one. No biggie. Personal choice, hello? I do not have a ton of money and was actually unemployed when I started this way of eating last summer. Yes, I think of it as a way of eating - not a diet. This is how I live now. So to those who claim its expensive that's not true. It doesn't have to be. The recipes in the book are simple and great tasting. They include normal foods that you probably already eat now. Its just about making it in a healthier way and making better choices. Things you would never think you could eat while losing weight. You do not feel deprived at all. It really is a mindset change more than anything. I'm shocked and amazed at the people who complain about it being full of recipes, menu plans, and product evaluations?? Really this has me baffled. Isn't that what we all need anyway - the meat and potatoes of the thing? While Jorge explains an overview of the science behind why the plan works, do you really want a book full of technical jargon and trials and studies? If you google Jorge Cruise or take a look at some of his Youtube videos....he

has interviews on there with experts that explain more indepth about the dangers of sugar. This is serious business, folks. Check them out. I really hope that people will try this way of eating and don't judge the book based on the negative reviews. Its a shame because I know that I rely heavily on reviews for nearly everything but this is one instance where I can truly say the negative reviewers have it all wrong. Thank you, Jorge, for your passion for health and bringing awareness to this nation. The book and your wisdom have been a blessing to me and my family.

I actually am on the Belly Fat Cure Fast Track version of Jorge's diet plan. I have lost almost 12 pounds since April, so I did not achieve the 14 lbs. in 14 days that he advertised in the Fast Track book. However, I think everyone's success is different from someone else's. It is also hard to stick religiously to it if you have to eat somewhere else than at home because no restaurant offers meals with absolutely no white or wheat flour and absolutely no sugar or sugar substitutes. Nor do most people who invite you to their house for a meal. And those two things are the basis of this diet. Get them out of your diet!! But I am able to stick with it and the weight is just dropping more slowly. If you love to cook, you can find all kinds of interesting carbless recipes online to satisfy your sweet tooth. If you like to bake, you can use almond flour, golden flaxseed flour, coconut oil, stevia powder and/or erythritol/xylitol to make very good substitute foods for your sweet tooth. If loving carbs is not your problem, you should do well eating protein and low carb vegetables. Another good thing about this plan is that you can eat most dairy products, except milk and sugared yogurts. Snacks can be almonds, pistachios, pecans and walnuts. If you don't want to try the Fast Track plan, the regular Belly Fat Cure book is much easier to follow. It includes more carbs, like pasta, potatoes and fruit.

This book literally changed my life and I wish I'd have known about it years ago. I was in an auto accident and was living with unbearable pain. Every doctor and specialist told me I would have to live with it and then would perscribe more drugs. I have never been over weight and never thought sugar was an issue. My chiropractors wife asked if I had ever considered it could be something I was eating. She told me that sugar is the most inflammatory food in the world and recommended this book. After 24 hours of limiting my sugar intake I had relief with some of the stiffness and within 3 days of changing my diet my pain dropped signifigantly! This book shows you how to be on an anti-inflammatory diet and enjoy all of the foods you eat. The recipies taste like a chef prepared them and everyone I've cooked for using the book wants to buy it, this book is LIFE CHANGING and I'll never come off this diet!

[Download to continue reading...](#)

The Belly Fat Cure™; Discover the New Carb Swap System™ and Lose 4 to 9 lbs. Every Week Flat Belly Diet: The 14 Day Challenge - Flat Belly Diet Cookbook: Flat Belly Diet for Women, Flat Belly Diet for Men, Flat Belly Recipes, Eat ... Belly, Flat Belly, Flat Belly Diet (Volume 1) BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Diet: Burn Fat! Discover Delicious Recipes! And Lose Weight FAST! (Gluten Free Diet, Candida, Atkins Diet, Celiac, Fibromyalgia, Diabetes, Cancer, ... Belly, Grain, Brain, Epilepsy, Belly Fat) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Low Carb: The Ultimate Beginnerâ€™s Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Aging Cure: Reverse 10 years in one week with the FAT-MELTING CARB SWAP Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Soup Diet Cookbook: No Wheat; No Gluten; No Hunger; No More Belly Fat!: 35 Yummy Soups and Smoothies to Lose Weight and Belly Fat Naturally Without Hunger; ... Friendly (How To Cook Healthy in a Hurry) Wheat Belly: Wheat Belly Slow Cooker: 30 Delicious Grain-Free Slow Cooker Recipes for Beginners (Wheat Belly, Wheat Belly Slow Cooker) Vegan Ketogenic: The Complete Low-Carb Vegan Ketogenic Diet and Recipe Guide (Recipe plans,

protien, carb, keto, keto living, healthy living, fast weight loss, weight loss, burn and lose belly fat)
Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high
protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Carb Cycling: The
7-Day Carb Cycle Transformation â “ Carb Cycling Diet, Carb Cycling Recipes, Carb Cycling Meal
Plans

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)