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21day Tummy Diet A Revolutionary
Relieve digestive issues and shrink your waistline with the new, sensitive stomach meal plan from Liz Vaccariello, the New York Times(R) best-selling author of The Digest Diet and Flat Belly Diet Series. Lose the Belly Bloat and feel better fast 21-Day

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Tummy Diet is designed specifically for people with temperamental tummies. You'll whittle your middle and discover which foods protect you from the main causes of digestive discomfort.

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Value: (as of - Particulars) Primarily based on the most recent science, the 21-Day Tummy weight-reduction plan targets extra weight and stomach fats whereas

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21 Day Tummy is a glossy, well presented diet guide that focuses on the digestive tract: a lot of the recommendations are to relieve bloating, gas, diarrhea, and other

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gastric issues that make the tummy larger. The authors have clearly done their homework and everything the dieter needs is included.

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