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How to Get a Flat Stomach in 30 Days

Kevin Sheridan

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Embedded in the deepest recesses of the human heart is the desire to look and feel our best. The quest for a flat, toned abdomen has become a modern obsession. Sadly most people lack the basic knowledge required to obtain this prized goal. By combining the latest scientific understanding with the authors twenty plus years of experience in the weight loss industry this book presents a ground breaking and easy to understand weight loss plan which specifically targets stomach fat. This book is exactly what it says and unlike many other diet books, this book is gimmick free. Its central premise is going back to nature with a combination of pure, organic foods and eliminating all of the processed stuff. This book promises "your best ever shape" and it will not disappoint! It is divided in two sections. The first part explains why we become overweight, what keeps us that way and what we can do about it. The latest scientific understanding is presented in clear and easy-to-understand language. The second part of the book is dedicated to kick-starting the programme and tells you exactly what you need to do. How does it work? Following the specified daily eating plan speeds up your metabolism through a combination of eliminating toxins and switching to an natural eating plan. Then, using a special fat-burning formula that research has shown will naturally remove visceral fat from your abdomen; you will be ready to regain what is rightfully yours. Kevin Sheridan is one of Ireland's leading weight loss experts. He is an NCEF qualified personal trainer with over twenty years of experience specializing in weight loss, toning and fitness. He lives and works in Dublin where he is a full time personal trainer and a frequent contributor to radio and television programmes where he specialises in weight loss. He also lectures on college courses in fitness and health.

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