



## **Happy Hormones, Slim Belly: Over 40? Lose 7 lbs. the First Week, and Then 2 lbs. Weekly—Guaranteed**

*By Jorge Cruise*

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### **THE NEW DIETARY SCIENCE FOR WOMEN OVER 40**

Science has revealed that most women are drawn to carbs, or “Sugar Calories,” due to a biological imperative to balance hormones. The irony is that you must cut Sugar Calories to lose weight, but you must also eat Sugar Calories to balance hormones. With Happy Hormones, Slim Belly™, you will discover the newest dietary science for women over 40: **Women’s Carb Cycling™**. It balances your hormones so you can lose up to 7 lbs. in a week, then 2 lbs. weekly—guaranteed!

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## **Happy Hormones, Slim Belly: Over 40? Lose 7 lbs. the First Week, and Then 2 lbs. Weekly—Guaranteed By Jorge Cruise Bibliography**

- Sales Rank: #36541 in Books
- Published on: 2013-12-23
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 6.00" w x 1.00" l, 1.83 pounds
- Binding: Hardcover
- 288 pages



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## **Editorial Review**

### **Review**

Jorge Cruise has answers that really work and take almost no time. I highly recommend them. Andrew Weil, bestselling author of 8 Weeks to Optimum Health

### **About the Author**

**Jorge Cruise** is the #1 New York Times best-selling author of over 18 weight-loss books. His mission is to guarantee weight loss for busy people. He has appeared on numerous television shows, including the *Today show*, *The Dr. Oz Show*, *The Rachael Ray Show*, *Good Morning America*, *The View*, and *LIVE! with Kelly and Michael*.

## **Users Review**

### **From reader reviews:**

#### **Vernie Ruiz:**

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#### **Patricia Cockrell:**

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**David Reed:**

Is it anyone who having spare time in that case spend it whole day by means of watching television programs or just laying on the bed? Do you need something new? This Happy Hormones, Slim Belly: Over 40? Lose 7 lbs. the First Week, and Then 2 lbs. Weekly—Guaranteed can be the answer, oh how comes? The new book you know. You are consequently out of date, spending your time by reading in this fresh era is common not a nerd activity. So what these guides have than the others?

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