

The Fastest ways to Reduce Belly Fat!

(and easiest)

You have belly fat! She has belly fat! We all have belly fat!

Belly fat is a problem shared by most everyone, unless you are a workout or diet junkie. I'm NOT, in fact, I hate dieting and I'm not a huge fan of working out.

Here's the great thing—you don't have to workout or diet to start losing your belly fat! It's actually pretty easy, but you do have to do one thing—**commit**. When you are committed to meeting your goals, there is NOTHING stopping you!

Top 3 ways to start losing belly fat:

- ♥ **1. Eat better, not less!** In fact, what you eat plays a much bigger part in weight loss than your exercise routine. You still need to be active, but if you depend only on exercise to lose weight, you may just be spinning your wheels.
- ♥ **2. Remove or greatly reduce these foods from your diet:** wheat/gluten, dairy, yeast, sugar & artificial sweeteners, alcohol, vinegar, soda, soy, and processed foods. Why? These are common allergens and your body may have an intolerance that causes your body to store these as fat when digested.
- ♥ **3. Your colon could be holding 5–25 pounds of waste: Move that junk out!** Cleaning your digestive tract is the key to energy and weight management. Our overall health depends on our digestive tract.

An added benefit of losing your belly fat? You'll have less stress and more energy. You may actually WANT to start working out! There will be nothing stopping you!



Crystal Nichols
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