

Secrets to a Flat Stomach

What are the secrets to a flat stomach?

A combination of ...

1. Fasting (abstaining from eating)
2. Intermittent Fasting (abstaining from eating for a period of time)
3. Exercise involving high-intensity cardio
4. Walking 1/2 hour a day
5. Increasing water intake (add fresh squeezed lemon) or a teaspoon of organic apple cider vinegar
6. Eliminating dairy, sugar, processed foods, increasing intake of raw vegetables and fruits, whole foods
7. 8-to-10 hours of sleep a night

Following the above seven suggestions is likely to help you get a flat stomach within 30-to-90 days.