

[SLIM BELLY HAPPY HORMONES](#)



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The premise here is that eating carbs triggers insulin and insulin makes you fat. Not only does it make you crave more carbs, but it also triggers your cells to store fat.

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Happy Hormones Slim Belly Cheat Sheet Me and Jorge

Blogging my way through Jorge Cruise Belly Fat Cure Carb Swap System book. Low Sugar product reviews, recipes and menu ideas, S/C Value Tracker, weekly weigh-ins and lots of ideas to keep you on the plan.

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Happy Hormones Slim Belly Diet for Women Over 40

The basic weekly Happy Hormones Slim Belly diet plan consists of two slim days and five happy days , which have varying amounts of sugar calories.

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