



# **The Belly Melt Diet: The 6-Week Plan to Harness Your Body's Natural Rhythms to Lose Weight for Good!**

*The Editors of Prevention*

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Most women spend their entire lives fighting their bodies in an effort to lose weight. The latest research reveals that you need to work *with* your body to get the best results: There are actually right and wrong times to eat, exercise, and sleep--and what works for one woman may not work for the next. *The Belly Melt Diet* teaches women to tune into their own rhythms--not just their sleep/wake cycles, but also the cycles of their hunger hormones. Readers will also learn their best time to exercise, and how to tame the ups and downs of the menstrual cycle to maximize belly fatburning, overall metabolism boosting, and the soaring energy and confidence that come with feeling balanced and achieving fitness goals.

The simple 2-phase diet plan teaches women how to eat, exercise, and sleep at their best, with over 100 easy, delicious, fat-burning recipes, the Perfect Timing Workouts, and the newest research in chronobiology, the study of body rhythms. Real women who tried the *Belly Melt Diet* lost up to 19 pounds in just 5 weeks and embarked on a slimming, energizing, revitalizing lifestyle that will stay with them for good.

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