

Anna Richardson was a self-confessed serial dieter. You name it, she tried the diet. And failed. Perhaps there was some weight loss to begin with but the pounds would always creep back on, and maybe a few more besides. And then something incredible happened. Anna discovered the simple secret to sustained weight loss. Using five food rules she lost two stone and kept the pounds and inches off. ANNA RICHARDSON'S BODY BLITZ DIET is Annas easy-to-follow plan that guarantees up to 7lbs weight loss in fourteen days. Keep to THE RULES for just two weeks, use Annas delicious meal plan recipes and you will never feel hungry or bloated again. Whether you have a special occasion coming up or just want to get back in to those jeans, the BODY BLITZ DIET will help you get your confidence - and waistline - back for good.

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Using five food rules she lost two stone and kept the pounds and inches off. ANNA RICHARDSON'S BODY BLITZ DIET is Anna's easy-to-follow plan that.

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