

One Flat Stomach Rule Obey:

I cut down **over 29lbs** of fat by obeying this **one** old rule.



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Overcome Post-Holiday Weight-Gain Blues



updated 3:00 a.m. PT, Tues., Jan. 13, 2009

OTTAWA, ONTARIO - Note to Editors: Two photos are included with this press release.

In Canada, more than 6 million people between 20 to 64 years old are overweight and another 2.8 million are obese. Together they represent 47% of the Canadian adult population. According to the Heart and Stroke Foundation of Canada (2003), "the increasing number of overweight and obese Canadians now poses one of the greatest threats ever to public health in this country". Cancer survivor and once overweight, Roslyn Franken, author of *The A List: 9 Guiding Principles for Healthy Eating and Positive Living*, found a way to get her health back and weight on track.

"Our booming \$30 billion diet industry is clearly in much better shape than the growing market it serves", explains Roslyn Franken. For those crying the post-holiday weight gain blues, Franken recommends three solutions to make 2009 the year to lose weight and keep it off WITHOUT diets, pills and gimmicks and WITHOUT going hungry or feeling deprived:

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2 Rules for Stomach Fat

Obey These 2 Easy Rules & Drop 4 lbs Every 4 days Effortlessly!

www.MelorasWeightLoss.com**2 Rules for Stomach Fat**

Obey These 2 Easy Rules & Drop 9lbs Every 11 Days Effortlessly.

annsdietjournal.com**Top 5 Weight Loss Pills**

Which Diet Pills Work the Fastest? Top 5 Weight Loss Pills Reviewed

Weight-Loss.DietPillValueGuide.com**1 Flat Stomach Rule: Obey**

My secret method that helped me cut 42 lbs of stomach fat in 12 weeks

mariesweightlossdiet.com

1. Stop dieting: Diets are too restrictive, unrealistic and hard to stick to long-term. Instead, focus on eating in moderation, living a healthy lifestyle and keeping a positive life outlook for long-lasting results.
2. Take responsibility: Take full responsibility and be accountable for all your food, health and lifestyle choices. For example, avoid skipping meals or being over-hungry as this can too easily lead to guilty overeating on poor impulse choices.
3. Lighten up: Be kinder and more forgiving toward yourself. Taking the pressure off to be perfect all the time will help you lighten up long-term for a healthier body and happier heart.

Roslyn Franken

Diagnosed with cancer at age 29, Roslyn Franken fought back to become a long-term cancer survivor. Then at age 39, at her heaviest weight ever, and concerned for her health, Roslyn decided to fight back once again, only this time to overcome her battles with food and weight once and for all.

She is author of *The A List: 9 Guiding Principles for Healthy Eating and Positive Living* (www.roslynfranken.com) and host of the "How to Thrive after 35" internet radio show (howtothriveafter35.podomatic.com). She's been featured on CTV, Rogers and A-Channel Television, radio and in numerous newspapers across Canada.

Roslyn owns Roslyn Franken Group, committed to helping people lighten up their lives one bite at a time by reaching and maintaining a healthy weight, balanced lifestyle, and positive outlook. She provides practical guidance, personal insight and positive inspiration through her motivational speaking, training and consulting services.

Visit www.roslynfranken.com.

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1 Rule of a Flat Stomach

Cut down 25 lbs of stomach fat in - 1 month by obeying this 1 rule
KimsDietPlan.com

1 Flat Stomach Rule: Obey

I Cut Down 2 lbs of Stomach Fat Per Week by Obeying this 1 Old Rule
AubreysDietBlog.com

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