

# 8 Minutes in the Morning for Extra-Easy Weight Loss: Guaranteed to shed 2 pounds a week (No equipment required, No calories counting, No deprivation)

Jorge Cruise



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Hate going to the gym? No time to workout? Just had a baby? Don't want to give up that candy bar? 8 *Minutes in the Morning*® *for Extra-Easy Weight Loss* will help you lose up to 2 pounds a week in just 8 minutes a day -- guaranteed.

What's the secret? Starvation or deprivation dieting does not work. The Jorge Cruise secret is to restore your metabolism by creating new lean muscle that burns fat 24 hours a day. Lean muscle makes you look young and toned.

And now, you will need NO dumbbells or equipment. There are no more excuses. Plus, you'll have a delicious new full-color meal plan that will provide you with the essential muscle-making meals needed to create your new body. All with NO counting of calories or banning of foods. Success stories from Jorge Cruise clients will keep you inspired. And as a bonus, you will get a FREE WEIGHT LOSS PROFILE exclusively at JorgeCruise.com that will reveal the exact date you will reach your ideal goal weight.

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