

## Wash Tub Abs Diet for Men: I lost 117 Pounds in 9 months.



Change your wash tub abs to wash board abs. Do the Wash Tub Abs Diet for Men. I lost 117 pounds in 9 months. Its a simple diet. No portion limitations. No medicine to take. Im off my diabetes meds. Only exercise if you feel like it. Approved by 2 hospital dieticians. My Dr. went on it. Im still losing.

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