

THE AFRICAN AMERICAN DIET

How to lose up to 11 pounds in just 14 days - Lose Fat and not Water
Learn what your ancient ancestor "Eve" knew about staying fit and trim
Rediscover 120,000 years of lost diet knowledge of how Black people should eat
Why eggs, macaroni, pasta, bread, potatoes, fries, pizza, chips, milk, soda pop, ice cream, cheese & fast food are not for you.
Discover great tasting meals and dishes that keep you full & fit
How to re-start you kids and family off to a healthy, trim and fit life
How to make money by simply sharing the African American Diet with others

Lose Belly, Thigh & Hip Fat Fast!

Discover 120,000 Years Of Diet History & Science

Learn Why Inconsistent Meat Consumption is Best

Discover Who Made You Fat and How To Lose The Weight

Learn The Secret To A Lean Toned Body

Atkins, South Beach & WeightWatchers are Wrong!

Eat Well, Or Don't Bother

THE BEST DIET - EVER!

Excessive Weight and Obesity represent the number one threat to the health of Black Americans. From the U.S. to Canada, people of color are fatter and more obese than ever. Look around. We all see unsightly humans with nearly lethargic, huge bodies suffering from all sorts of diseases and health problems. Black Americans represent a disproportionate segment of overweight and obese persons - this is especially true among women. Learn how you can lose weight and look great right now using the African American Diet's simple two step proven program. Get started and get healthier today. You can rediscover safe, permanent weightloss right now! It's all inside.

The **AFRICAN AMERICAN DIET** - Lose Up To 11 Pounds in 14 Days

The AFRICAN AMERICAN DIET

By Mankind Diet and Health International



Rediscover Nature's Diet For People Of Color

LOSE UP TO 11 POUNDS IN 14 DAYS

Get Fit, Get Trim, Get Healthy - YES YOU CAN!