2 Rules to Lose Weight
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Follow our 2 simple rules and lose 13 kgs.

http://theconsumertoday.com/article/nz/diet/2/?c=505ea08b0db1f
SPECIAL REPORT: How To Lose 13 Kilograms of Stomach Fat in Just 5 Weeks With These 2 Diet Cleanses That Celebrities Use.

Wellington (Women's Health) - For the past couple of months, our readers have been going crazy over two free internet products that are helping women across the world lose the fat around their bodies. It has been featured on many popular TV shows.

A lot of celebrities, like Janet Jackson, Kylie Minogue and Maria Menounos, have lost a significant amount of body fat with just these 2 diet cleanses. The duo cleanse is clinically proven to flush out all the junk in your body and increase your metabolism without harming your immune system. Keep reading, and you'll find out why we created this special report.

You see, losing weight often feels like an impossible challenge. We have evaluated numerous fad diets over the years. All too frequently their results are just shy of painfully disappointing.

The reason for why most diets fail, in our opinion, is that they impose unrealistic restrictions on how you live your life. Some advocate eating tons of protein, others emphasize carbohydrates. In either case, you’re left with having to make rather drastic changes to the types of food you eat and when you eat it. In this special report, we take an in-depth look at

An emerging trend in super diet Pure Cleanse. The results were surprising.

- Step 1: Get a Bottle of

Nicole Kidman used this diet to lose 18 lbs in just 1 month. She recommends this exact diet to anyone looking to lose belly fat.

- Step 2: Recommended by both products.

You may have heard of the enormously popular African Mango in the news. It’s a complex organic fruit found deep in the African tropical rainforest of Central Africa. Alone, the African Mango offers many benefits primarily due to its high anti-oxidant content. Combine it with a powerful colon cleanser and you’ve created a fat burning machine. If you’re skeptical, you’re not alone. When we first learned about this weight loss combo, our fat radar went on red alert.

Nevertheless, as we began to investigate the countless success stories reported by people from all over the globe, we decided that this weight loss trend was worthy of a closer examination. Moreover, we found no particular interest that these people had not significantly changed their current lifestyles.

You may be hearing the word "colony" more often these days, as people are seeking new ways to improve their health and diet. Click here to try the newest brand of colon cleansers that Helen used for her weight loss test.

What Others Are Saying

All my friends kept telling me about how amazing this African Mango stuff is. I’ve had trouble with my weight since middle school, so you can imagine how desperate I was to finally look and feel as great as my friends seemed every summer. Finally, I tried Pure Cleanse, and let me tell you, I will NEVER try another diet again! This stuff is incredible!

- Jenna from Melbourne

As a mom of 3, I juggle work, kids, and all of life's other stresses on a daily basis. I've had extra weight on me ever since my first child, but no matter how hard I tried there was just never enough time to get to the gym. A friend of mine bought me the Pure Cleanse - I couldn't believe it when I started dropping the weight! Thanks Pure Cleanse - You're a real lifesaver!

- Kristy from Brisbane

Researchers are finding out about the amazing and the powerful effects from these on our bodies.

Jennifer Miller from Wellington was reported to have lost a healthy 20kg in just 6 weeks! She recommends this exact diet to anyone looking to lose belly fat.
In the story on her blog she states:

"I couldn’t believe how easy it was. I didn’t change my diet or my daily routine, but the fat melted off like butter. I love this stuff!
Finally a diet that just works!"

For the Women’s Health test, it was inevitable that I was to be the guinea pig for this diet since I was about to get married. I wanted to lose 7kg for my wedding. In order to try the African Mango and cleanse diet, I ordered two products. After much research, we got a free trial of Nuviron. Although there are many African Mango suppliers available, I chose Nuviron, since they are one of the most credible and trustworthy suppliers on the market. And also, many products utilizing African Mango use it in lower concentrations. Nuviron contains standardized levels of pure African Mango extract.

The bottle of Nuviron was delivered in a few days from ordering and with surprisingly inexpensive shipping. Nuviron is one of the most concentrated and purest African Mango products on the market. It was our shared opinion that this

Nuviron has been clinically proven to:

- 4 Times More Weight Loss Than Diet and Exercise
- Boosts Energy
- Rich in Antioxidants
- Protects Cardiovascular and Digestive Health

Although we were pretty skeptical, we wanted to find out for ourselves if this product could actually do everything that it claimed. Most of the success stories talk about combining Nuviron with a cleansing product to achieve maximum weight loss. The idea behind combining the products is that while the African Mango encourages weight loss and increases energy, the cleanse helps rid your body of toxins and allows your body to work and burn calories more efficiently. After further research, we chose Pure Cleanse to test

Pure Cleanse has been clinically proven to:

- Helps Eliminate Bad Toxins That Have Built Up Over the Years
- Removes ‘Sludge’ From the Walls of the Colon
- Keeps Get Rid of Gas and Bloating
- Helps Regulate the Metabolism

The Pure Cleanse products like Nuviron offers a 100% satisfaction guarantee if you don’t see any results.

Putting the Nuviron and Pure Cleanse to the Test

Both the Nuviron and Pure Cleanse arrived within 4 days of having placed my order online for the bottles.

1. Take Nuviron once per day (in the morning)
2. Take Pure Cleanse once per day (in the evening)

My Results - 10kg in Just 1 Month

Week One:

After one week on the diet using both products I was surprised at the dramatic results. My energy level was up, and I wasn’t even hungry. A welcomed side effect of the African Mango diet is its power to curb the appetite.

I honestly felt fantastic.

Best of all, I didn’t even change anything about my daily routine. As a type 2 diabetic, I am very conscious of how much I eat and how quickly I eat during the day. Using African Mango and the cleanse, I am no longer waking up in the night and feeling hungry. Because my body was actually able to relax (this is a result of getting rid of the toxins, I think). I lost 1.5kg. I was not even sure how this was possible, but I was happy with the results. I weighed under 50 kilograms for the first time in years!

Week Two:

After two weeks of using both supplements, I started the week off with even more energy. I was sleeping more soundly than before. I was no longer waking up in the middle of the night and feeling hungry. Because my body was actually able to relax (this is a result of getting rid of the toxins, I think). Plus I still managed to lose another 3kg, putting me at an unbelievable 4.5kg of weight loss, in just 2 weeks.

I must admit that I’m starting to believe that this diet is more than just a gimmick.

Week Three:

After 3 weeks, all my doubts and skepticism had absolutely vanished! I am down 2 full dress sizes after losing another 2.5kg. And I still have a ton of energy. Quite often around the third week of other diets, you tend to run out of steam. But with the Pure Cleanse and Pure Cleanse diet, my energy levels don’t dip, instead they remain steady throughout the day. I no longer need that cat nap around 3pm in the afternoon. I am even noticing that my stomach is digesting food so much better. No bloating.

Week Four:

After the fourth week, my final results were shocking. I lost an unbelievable 10kg since starting the Pure Cleanse and Pure Cleanse diet. Actually everyone at Women’s Health is locking themselves for not having volunteered to be the guinea pig. Using the Pure Cleanse and Pure Cleanse in week 4, I lost 3 more kilograms. The results are consistent. But to be honest, I really didn’t have much more than that left to lose. I am definitely going to continue taking the Pure Cleanse afterwards because it has so many antioxidants and vitamins that makes my skin look unbelievable.

I couldn’t be any happier with the results.

I Lost 10kg in 4 Weeks, No Special Diet, No Intense Exercise.
in conclusion if you are a little doubtful about the effects of this diet, you need to try it for yourself from our own test, the results are real! We at Women’s Health had our doubts initially, but we were quickly turned into believers. After conducting our own study we are pleased to see that people really are finding success with the diet.

Please note that the juice form is very expensive, and 5 bottles of Nuvoryn, extract equals all the African Mango in the juice form. This is why I highly recommend you get Nuvoryn extracts in powder form with the cleansing formula for added benefits. You’ll be amazed how great this diet really is!

**Step 1 - Click Here To Get A Bottle Of Nuvoryn** *(Offer Expires On Tuesday 6 Nov, 2012)*
Use our exclusive link to get Nuvoryn for only $59.95 $29.95

**Step 2 - Click Here To Get A Bottle Of Pure Cleanse** *(Offer Expires On Tuesday 6 Nov, 2012)*
Limited Time Offer: Use our exclusive link to get Pure Cleanse for only $59.95 $29.95

If you’re ready to give this combo diet a try, be sure to take advantage of the limited-time coupons that we found. They will save you money on shipping and handling.

These coupon codes have been verified to work as claimed.

Stock is limited. Offers Expire On Tuesday 6 Nov, 2012

Would you like to share a consumer tip for next week? If so, please send us an email.

**Add Comment**

Please remember to keep comments respectful. Abusive comments will not be tolerated, and will result in both the removal of this comment as well as a permanent ban to the user who posted it.

**Comments (Showing 1-20 of 47)**

My friends and I have all been waiting for the African Mango diet to hit the news. At least 6 of us have all done the African Mango + cleanse combo diet and we all lost a bunch of weight. This stuff truly is incredible and has changed all of our lives. Good luck to everyone who takes advantage of this wonderful opportunity.

Helen, I saw these products on Oprah and Rachel Ray show. However, I didn’t know how to order it and came across your site. It sounds great because I didn’t want to pay for something I didn’t know worked. I am currently on my 2nd month of this stuff and I have to say, the stuff really works and my results are unbelievable. I thank you so much for putting up this article and doing the test.

I have been procrastinating for 2 months now in losing weight and today is the day I am gonna take action and get started. I’ve gone ahead and ordered both products and going to go do 30 minutes of exercising right now. Thanks Women’s Health for the motivation for me to start! Love, Cara

Hey, Helen. I saw the report on TV and read the African Mango with cleanse combo and it sounds even better for me to use who want to lose weight. I am definitely going to try the trial offer before they expire! Thanks for sharing the tips and you should mention how great this diet is for men too, don’t forget it next time, LOL.

There is a big stir going on these days about African Mango. I am seeing African Mango all over. They are going out in stores of an African Mango diet at the local grocery store and the stuff sure did taste great. I picked up 2 cases of it and am gonna test out the African Mango. Thanks for the link!

My daughter has had weight issues since she was a baby, and the doctor said we really need to get her on a diet so she can lose her. I really hope this is the answer. Thank you Women’s Health.

How well does this stuff work for guys? I’d love to know! My dad got really better with my short off I already ordered the product.
I've been seeing African Mango diets all over. I even heard my mom talking about this diet a few days ago since one of her friends has lost like 20 kg in the first 15 days. I definitely have to try this. Thanks.
P.S. - for all male readers out there: I found out that this diet works for anyone. Go give it a try! You'll even work for your pet! It's that healthy!

Yay! Finally, a diet that I'm optimistic about. I ordered it and will report back!

This stuff is amazing! My best friend Jessica did the same diet and lost an incredible amount of weight. I couldn't believe it and had to do some research on my own. I found this news article. I couldn't believe they were offering free trial! I know Jessica spent something like $200 and was thrilled. Imagine how excited she would be if it cost her under $10.00. This is a godsend! Thanks so much!

I was a bit skeptical when I first read about this but as I researched more and more I found out this diet is indeed what Rachael Ray and many scientists say it is: one of the secret anti-aging products that nobody seems to want to share. I couldn't believe it! I ordered the Pure Cleanse and the Pure Cleanse + 1 month supply and I am so excited! I can't wait for them to get here!

A friend of mine did the Pure Cleanse diet and recommended it to me 3 weeks ago. I ordered the products and received them within 3 days (although I didn't get the discounted shipping). The results have been incredible and I can't wait to see how they work for me. I am in love with the discount code! It's great!

I ordered it 5 days ago and it arrived in my mailbox today. I will keep you updated on progress. Helen, you're beautiful. I don't think you even needed to go on a diet.

Thank you, Helen and Women's Health for doing a report on this diet. I've seen the advertisements everywhere and didn't have the courage to try it until now. Thank you.

I'm very glad you did research on the suppliers of these products because most of the products on there are sham. I went ahead and ordered the right brands you recommended on this article and I can't wait to try it.

Hi Helen,

My wife has been on this diet for months now and she lost an incredible amount of weight, and most of the weight were fat weight. She looks amazing now and I'm glad she found this diet.

However, I want to point out that there are brands of these products out there that don't contain the authentic African Mango berries from Brazil and the colon cleanser ingredients are not high-quality. I think you should mention this in the article. But the good thing is that the brands you recommended are of companies with solid track history because my wife is using the award brands you mentioned.

There are also a lot of reports of people trying this diet and it's not worth it for them. I think the biggest reason for this is because they're not getting the right product from a legitimate company.

END OF SPECIAL REPORT