



Better in 7: The Ultimate Seven-Day Guide to a Better You!

Andrew Ordon

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Better in 7 delivers simple, at-home, surgery-free programs that target women's "hot button" body issues: big thighs, muffin-top bellies, unsightly veins, cellulite and more.

From natural recipes like Dr. Ordon's "Anti-wrinkle Mash" to unexpected solutions and 7-day diets, simple workouts and lifestyle fixes, you will experience noticeable results in just seven days!

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