



# Lose Your Mummy Tummy

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of any age —  
no matter when  
you had a baby

LUMINOUS BOOKS

*Flatten your stomach NOW  
using the groundbreaking  
Tupler Technique*

Preface by  
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Introduction by  
**Gae Rodke, D.O.**

**Julie Tupler, R.N.** with Jodie Gould

# Lose Your Mummy Tummy Flatten Your Stomach Now Using The Groundbreaking Tupler Technique

**S Marginson**



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