

## Miranda Lambert: How She Dropped 45 Pounds - And It Wasn't Exercise!

Alice Clemmens

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Miranda Lambert's ego got a huge boost this year when she dropped an amazing **45 POUNDS!** After a few unflattering pictures made their way to the tabloids, Miranda decided once and for all to dive head first into a new and healthy lifestyle. There was one catch: she didn't have time to exercise.

**"When your life revolves around being on camera and on stage, you always have to look good for the fans and for yourself. The last straw was when Blake asked me to wear the dress I wore when we met, and I knew it wouldn't fit anymore. I found a site online advertising Garcinia pills, and I figured it couldn't hurt to try! I was a little bit nervous about about using Garcinia, but I'd seen on a few TV shows and a lot of my girlfriends said it worked wonders for them!"**



When we asked her about exercise, Miranda told us **"Honestly, I couldn't have done it if I'd even wanted to! 'laughs' No, I didn't need to exercise every day. I've always liked to jog every few days, but I didn't change my routine. The only thing I did was took these pills. They're a natural weight loss supplement called Garcinia Cambogia Slim. They're totally safe."**



In an exclusive interview on the *Fox and Friends*, *Kris* Miranda famously spilled the beans about her diet success. **"The only person more excited about it than me is Blake! Garcinia Cambogia Slim was easily the best thing to happen to me in 4 years, and I won a Grammy! It's an all natural weight loss supplement and I love that it's completely safe for my body."**

We reached out to our friends at the Creative Artists Agency to get the scoop on **Garcinia Cambogia Slim**. Our insider at the CAA told us why **Garcinia Cambogia Slim** is so common in Hollywood:

**"Actors and Musicians have very busy schedules, they don't always have time to eat healthy or exercise daily. Their lives are fast paced, so Garcinia Cambogia Slim is the ideal weight loss solution for them. They don't have to change their diet or exercise to maintain their bodies. 70% of all female celebrities who give birth, will be on the Garcinia Cambogia diet for the next 2 months to shed off the extra baby fat to get back to their careers."**



Miranda Lambert told us **"I know pills like Garcinia Cambogia Slim have a bad rep these days in the media, but there isn't a person in my life I wouldn't recommend them to if they wanted to drop some pounds. I'm that serious about how well it worked for me."**

Miranda's story makes sense especially with all the weight loss miracles people in Hollywood seem to pull off. Whether it's Kim's weddings, Snooki's shrinking waist, or Kris Jenner's amazing bikini body at 56. We decided to put this Hollywood secret to the test. Could **"Garcinia Cambogia"** really be Miranda's secret to looking good for the camera? We decided to find out with a E Online Exclusive case study.



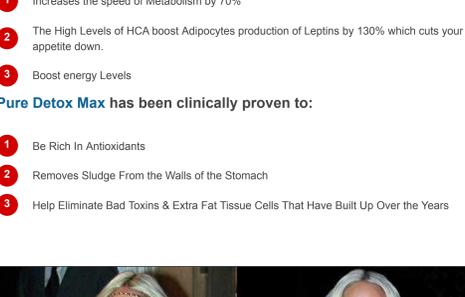
For our Case Study, I ordered a free bottle of **Garcinia Cambogia Slim**. As I was looking for a brand of **Garcinia Cambogia Slim**, I stumbled upon many reviews which suggested utilizing a cleanse called the **Pure Detox Max** alongside **Garcinia Cambogia Slim**. It cleans out & removes fat tissue cells stored over the years. Below you can see my results and testimonial.

**Garcinia Cambogia Slim has been clinically proven to:**

- 1 Increases the speed of Metabolism by 70%
- 2 The High Levels of HCA boost Adipocytes production of Leptins by 130% which cuts your appetite down.
- 3 Boost energy Levels

**Pure Detox Max has been clinically proven to:**

- 1 Be Rich In Antioxidants
- 2 Removes Sludge From the Walls of the Stomach
- 3 Help Eliminate Bad Toxins & Extra Fat Tissue Cells That Have Built Up Over the Years



My Results - I lost 22 lbs of stomach fat in just one month using the Garcinia Cambogia & Pure Detox Max diet.  
- Alice Clemmens (E Online)

**Steps I took:**

- 1 Take one **Garcinia Cambogia Slim** pill in the morning
- 2 Take one **Pure Detox Max** pill in the evening

**Week One:**

It's Day 7 of taking **Garcinia Cambogia Slim** and **Pure Detox Max**. When I started I noticed 166 pounds. I'm at 160 after 7 days, but that's most likely water weight that I lost, no actual fat burned. The **Pure Detox Max** on the other hand I feel the impact that has made: I feel so much more energetic. I usually crash around 3PM at work and feel lazy. That has completely disappeared at this point. So even if this experiment doesn't work, I will definitely be using pro again.

**Week Two:**

It's Day 14, I got on the scale and weight 156. 4 more pounds gone. I've lost over 10 pounds in 14 days so far, but again the first 10 pounds are usually water weight. I do feel less stress and I noticed I longer twist and turn in bed. I feel more energetic in the mornings as well.

**Week Three:**

Its Day 18 of the **Garcinia Cambogia Slim** Diet. Before I even got on the scale I noticed my pants were looser than usual. The scale said 151 The last time I weight 150 was before I got married! I've even got a couple compliments by co-workers and friends! At this point I know the diet works, but the 35 pound claims by people on Amazon may be difficult to achieve. We'll see in the next few weeks.

**Week Four:**

It's Day 28 and I weigh 147. I haven't been drinking as much soda this week. There is still 5 more days, I'm so excited at this point. My husband is actually flirting with me again. We went out last night and for the first time in years, I've notice him getting irritated when other men look at me! The last time that happened was when we just got married!

**Week Five:**

It's day 31, I officially weigh 147 pounds and I've lost 22 pounds in 31 days. Words can't explain how amazing I feel. It's a lot easier to shop now a days. It doesn't take me forever to shop any more. No more asking "Do you have this in a size 16?". It's even helping my marriage, my husband and I started actually going out on the weekends like we did before we got married!

In **conclusion**, like us here at E Online, you might be a little doubtful about the effects of this diet, but you need to try it for yourself - the results are real. After conducting our own personal study we are pleased to see that people really are finding success with it (myself included). And you have nothing to lose. To order your free complimentary bottle, follow the links I have provided and know that you are getting a quality product that works with no strings attached!

You can reach your weight loss goals with the **Garcinia Cambogia Slim & Pure Detox Max** Combo.

**Alice Clemmens**

**EDITOR'S NOTE:** For a limited time, the Official Suppliers of **Garcinia Cambogia Slim & Pure Detox Max** have agreed to offer a Free Monthly Supply to our readers.

Update: LIMITED RISK FREE TRIALS AVAILABLE. As of Wednesday, July 15, 2015, Risk Free Trials Are Still Available!

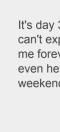


**Step 1**

FREE 30 DAY SUPPLY OF GARCINIA CAMBOGIA SLIM

GET MY FREE BOTTLE

Free Trial Promotion Ends On  
Wednesday, July 15, 2015



**Step 2**

FREE 30 DAY SUPPLY OF PURE DETOX MAX

GET MY FREE BOTTLE

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**Tohloria Lewis**

I have been using this weight loss combo for 3 weeks now, and I lost 12 pounds already! I knew it would work because I see it imitated everywhere.

Reply · 13 Like · 12 minutes ago



**Tanya Porquez**

I saw this combo on CNN a while ago and still using the combo. I've been using the products for about 6 wks (Garcinia Cambogia Slim came first, had to wait for Pure Detox Max for an extra day). Honestly, this is unbelievable, all I have to say is WOW.

Reply · 13 Like · 14 minutes ago



**Amy Ready**

A friend of mine used 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 prices). The results have been incredible and I can't wait to see what weeks 3 and 4 bring.

Reply · 13 Like · 32 minutes ago



**Jennifer Jackson Mercer**

My sister did this a few months ago, I waited to order my trials to see if it really worked and then they stopped giving out the trials! what a dumb move that turned out to be. glad to see the trials are back again, I wont make the same mistake.

Reply · 13 Like · 45 minutes ago

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