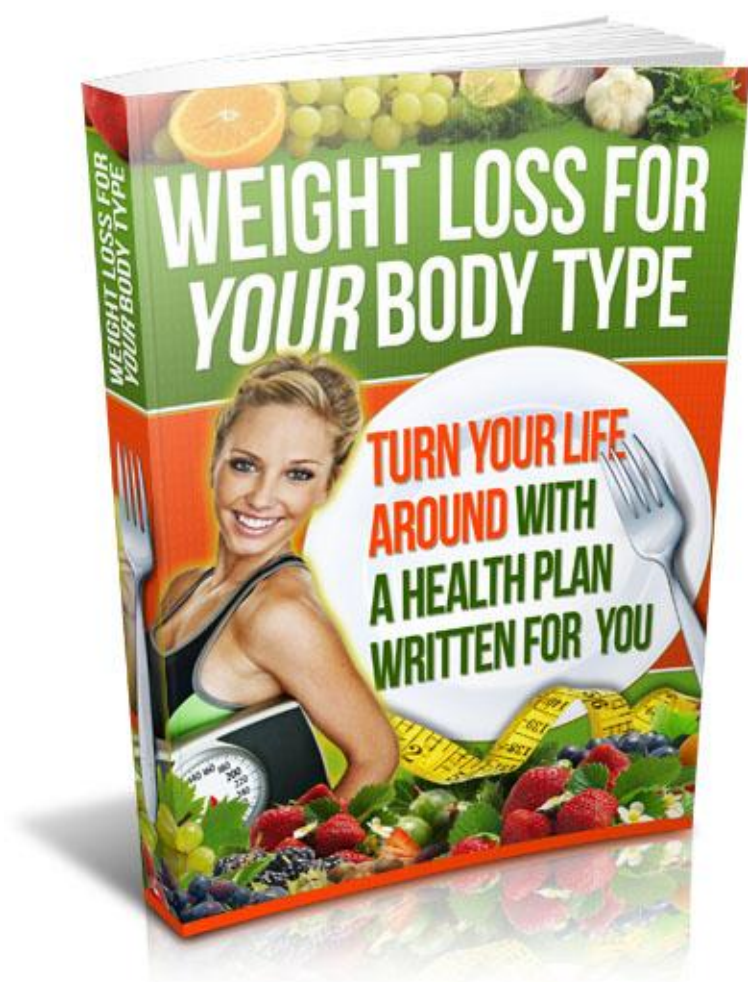


Choosing a Weight-Loss Plan

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The Battle against Weight Gain



A lot of people throughout the world are concerned about gaining weight. Millions of people everywhere are obese and suffering many different health consequences because of it. Most people have trouble deciding which weight-loss plan is going to work for them. They can't make a solid plan or they

fall victim to “snake-oil” cures like diet pills and ridiculous fad diets. In this book we're going to tell you the truth about weight gain, weight loss and what you can do to choose the perfect plan for you.

What are My Options?

When it comes to losing weight there are a myriad of proven and viable options. There are also a ton of ineffective methods that you should avoid. We're going to show you the primary effective methods which include: exercise, nutrition, lifestyle changes, surgical procedures and counseling.

We're also going to discuss some of the pitfalls associated with weight loss: diet pills, eating disorders, ridiculous food myths and lack of support. It's essential to understand the potential consequences to every one of these weight-loss plans and,

more importantly, learn how to cope with them. Let's start by examining what does NOT work; many of you may be trying out a weight loss plan while you're reading this book so I want you to know what to avoid as early as possible.

Diet Plans to Avoid at All Costs!

The Truth about Diet Pills

When it comes to diet pills in the 21st century we actually have it easier than a lot of people before us did. Back in the 50's, 60's and 70's, diet pills were generally derivatives of methamphetamine (AKA Speed). These pills got millions of people addicted and ruined hundreds of thousands of



lives. That being said; they actually kind of worked. If you didn't mind becoming addicted to a serious drug and essentially ruining your life, emotionally and financially, you did lose a few pounds on speed. These days diet pills can't even promise that. Virtually nothing that has come to market does anything other than waste people's time and money (which is arguably not as bad as destroying your life but, depending on how desperate you are to lose weight, that might be a thin line).

There are a few pills that can aid the loss of weight but to be honest with you, most of them have horrific side effects that honestly aren't worth it in the long run. If you're wondering whether or not a weight-loss pill will do anything for you, just consider where you found out about it. If you heard about it from a friend, saw in infomercial about it, read about it in a magazine, saw it in the paper or spotted it on a billboard, I can all but guarantee you that it's a complete sham and a waste of your time.



Lousy Laxatives

One popular weight loss supplements available in the market today take the form of tea. Stores all over sell slimming tea, dieter's tea and others but all of them are actually the same. They may appear to be effective, but what is not seen may actually harm you.

One of the effects of drinking dieter's tea is frequent bowel movement. This gives people the feeling of body cleansing. These people may get toxins out of their body but it isn't exactly the only thing that slimming tea actually does to the body. Slimming tea contains herbs which are natural laxatives. These include aloe, senna, rhubarb root, cascara, buckthorn and castor oil. These are products which are derived from plants and are used since the ancient times because of their potency in treating constipation and to inducing bowel movement.

Cascara, castor oil and senna are substances which are recognized as laxatives available over the counter and are also regulated as drugs. Scientific studies show that diarrhea induced by laxatives does not absorb significant amounts of calories taken in the body.

The reason for this is that laxatives do not act on the small intestines where most of the calories are absorbed. Instead, they work on the large intestines. If taken in large

amounts for prolonged periods, it can affect fat absorption of the body. This may lead to greasy diarrhea and loss of weight. Abuse of laxatives is common practice among people who suffer from bulimia and anorexia nervosa, which we will discuss in the next section..

While weight loss can be guaranteed by overdosing on laxatives, it may also cause permanent damage to the gastrointestinal tract and the weakening and softening of the bones, a condition known as osteomalacia. Drinkers of slimming teas may actually patronize the product because they are less expensive and taste better than other laxatives sold in the market. Other people, such as those with eating disorders like bulimia and anorexia nervosa drink dieter's tea because they work fast and produce watery stool and having loose consistency.

Women may even be more susceptible to the effects of slimming teas. Although they may are not known to interfere directly with the woman's menstrual cycle and fertility, they should watch out if drinking them causes them to rapidly shed off weight. It is also not safe for pregnant women to be taking in laxatives of any kind. Wise and responsible herbalists also discourage the use of senna and other herbal products with laxative properties for pregnant women and women who are trying to conceive.

One should be wary about these findings because the labeling of slimming teas in the market today can be absolutely misleading. For instance, they commonly refer to the laxative qualities as "natural bowel cleansing properties" and not specifically use the word "laxative".Some even use the term "low-calorie" on their labeling. These products in fact, contain essentially no calories nor nutrients whatsoever; unless of course, if they are sweetened.

Adverse effects of misusing laxatives in the form of slimming tea generally occur when taken in more than or longer than recommended. These include nausea, stomach

cramps, vomiting, diarrhea, fainting, rectal bleeding, electrolyte disorder and dehydration as well as injury and worse, death. It was also reported that excess use of stimulant laxatives cause severe constipation and pain for long periods (as much as for decades) due to the colon losing its function. It eventually led to surgery removing the colon altogether.

Deadly Eating Disorders



A lot of people look down on others who have eating disorders like Pica, Bulimia or Anorexia. What most don't realize is that these disorders are serious psychological diseases that are not easy to cure. In fact, over 80% of all people who develop Bulimia Nervosa will never fully recover.

Body Dysmorphic Disorder

To understand the two most common eating disorders you have to understand the underlying disorder that they stem from: Body Dysmorphic Disorder. Not everyone with BDD develops bulimia, anorexia or pica. Thousands of people suffer from this disorder and cope with it in different ways.

Body Dysmorphic Disorder is categorized by the affected person's inability to see themselves as they actually are. Regardless of how they actually look in a mirror or on film, they physically see something different that they cannot stand. A common example would be the deathly thin girl or boy who looks into the mirror and sees an obese person. You might think it's crazy but these



individuals actually physically see a different person in the mirror; if you could look through their eyes you'd be shocked at how they don't see themselves as they really are. This disorder is the stem of most other eating disorders where the person uses ineffective, dangerous methods to lose or gain weight because they feel uncomfortable with their body.

Bulimia Nervosa



Bulimia Nervosa is an eating disorder that stems from the desire to be thin. Individuals with this disorder may or may not have body dysmorphic disorder. Individuals who have bulimia try to lose weight by bingeing and purging food. They love the rush of eating lots and lots of rich foods but their guilt over eating so much causes them to forcefully make themselves regurgitate the food.

Common symptoms of this disease include: Rotten teeth from contact with acidic vomit, poor gag reflexes, scarred or scabbed knuckles that rub against teeth, abnormal eating habits, constant trips to the bathroom after every meal, strange behavior like eating a bite of food and spitting it back and a decline in hydration and overall health.

As I stated previously, most people with this disease are never fully cured. It's a psychological disease and as such it's only effective treatments are family support and psychiatric consultation. If you know someone who might have bulimia or if you feel you might have it yourself, contact a counselor or understanding family member immediately. Bulimia is ultimately never effective; the abnormal dietary behavior puts the body in emergency mode and any calories that are absorbed are immediately stored as fat.

Anorexia Nervosa

Anorexia Nervosa also stems from the desire to become thinner. This disease is slightly less complex than bulimia yet even deadlier. People with anorexia simply don't eat. They often go out of their way to get massive amounts of exercise in every day and have tiny meals, if any. A common "trend" among anorexics is to eat cotton balls dipped in plain yogurt so they can quell their hunger pangs without consuming very many calories.



Anorexia is one of the deadliest psychological diseases of all. Almost all individuals with this disease suffer from body dysmorphic disorder, which is why they can't tell if they're extremely thin; no matter how much weight they lose they think that they're obese.

Symptoms of anorexia include: Extreme weight loss, severely underweight, lack of energy, lack of focus, fainting spells, lanugo, severe constipation, dehydration, darkening of the skin around the eyes and *death*. Anorexia is basically starvation; anorexics suffer all the same symptoms of those who are starving. They have a complete lack of nutrients and electrolytes necessary for bodily function. If the disease goes unchecked, an anorexic can easily succumb to a heart attack or stroke.

If you know anyone who may have this disease or expect that you may have it, immediately contact medical consultation. Anorexia has a very high mortality rate for those who do not seek help and because it almost always stems from BDD it's extremely hard to treat.

Pica



While still a serious disease, pica is one of the more innocent of the eating disorders. It can be caused by any number of psychological factors; many pregnant women develop pica for some reason. Pica is the desire to eat non-food items. Usually it's relatively harmless but sometimes it can result in death.

Those who have pica develop cravings for things that are, in no way, food. Some eat dirt; others eat paint or small stones, even everyday objects. One man developed pica and ate coins. Unfortunately he ate so many metal coins that he poisoned himself; before he died of poisoning his stomach exploded from the fact that he had moved on to other metal objects like forks and pens.

Pica is serious because there's no way of knowing exactly what the sufferer will crave. This psychological disorder bypasses in our common sense; perfectly normal people will consume obviously dangerous things like antifreeze or bullets. If you know someone with pica or are having strange, non-food cravings then contact your doctor as soon as possible.

Common Food Myths

Today, with the ubiquity of the internet and increase in fads and ill-information, there are ridiculous myths concerning food and weight loss abound. Many of these myths have been carried on from decades centuries ago and even though they're bogus, we believe them because the truth hasn't been made substantially public. Did you know, for instance, that spinach is a terrible source of Iron? Popeye would have you believe it's the secret to his strength but his entire cartoon is based on a fallacy. Year before, a scientist misplaced a decimal when writing a nutrition book. Instead of writing "0.04

grams” he wrong “0.4 grams” multiplying the iron content of spinach by 10! As you can see it’s easy to get roped into these myths, especially when they’ve been around since before or parents or grandparent’s times.

Myth: Artificial Sweeteners are Dangerous or Cause Cancer

This is one of the most widely distributed set of lies floating around on the internet. You see countless websites with headlines regarding “the truth” about artificial sweeteners. In the 70’s



the FDA even considered banning the ever popular Saccharine because it was found to have caused cancer in rats. What many of these people probably didn’t tell you is that in every single test where rats were seen having adverse effects, the dosage they were given was nearly 1000 times larger than any reasonable dose a human could consume (Aside from the fact that Rats’ physiology is completely different than humans and they react to chemicals differently as well!).

The latest of these fads is the anti-sucralose (Splenda®) campaign. They mention everywhere that Splenda was known to cause intestinal problems in rats. What they don’t tell you is that they gave the rats the human equivalent of 42,000 packets of Sucralose a day for 2 weeks straight. That basically equates to this: if you ate over 40 thousand packets of Splenda every day for 2 weeks, you’d develop a bowel disease. That’s pretty good if you ask me. If you consumed 40 thousand packets of sugar in one day **you would die**, assuming you could actually complete the task in the first place.

Luckily the ridiculousness of some of these studies has made people question them; that’s what saved saccharine from being banned. Most artificial sweeteners that are popular today (Equal®, Splenda®, Saccharine & Sweet ‘n’ Low®) are just as safe or

safer than regular table sugar. Even *if* the long term effects of these products were realistic, they would still be much less detrimental than the long term effects of heavy refined sugar intake.

Consuming too much sugar and fat causes a plethora of problems like hypoglycemia, obesity and diabetes. Replacing your sugar-filled snacks with sugar substitutes is infinitely healthier than eating sugary sweets so even if you don't think they're good for you; they're better than what you're probably eating right now.

Myth: Diet Sodas Help You Lose Weight



This myth is a little complicated because it's completely true on paper: Diet sodas have no calories and so they shouldn't contribute to weight gain. In practice, however, it's not exactly the wonder-method it promises to be. The primary reason for drinking diet sodas is to reduce overall calories. Since diet sodas have little to no calories, they're essentially free foods... calorie wise.

What diet sodas do have is copious amounts of sodium, colorings, preservatives and other chemicals. If these, the sodium is actually what we want to focus on. Sodium is necessary for your body to survive but you need only a certain amount of it every day. In America and many other countries the population is fed an extremely high sodium diet; sauces, fried foods, frozen foods and any type of preserved foods are filled to the brim with sodium.

Needless to say you don't have to take much effort to get your sodium for the day. Diet sodas really throw a wrench into the gears by supplying you with excess water

and sodium. To add insult to injury they have no calories so most people will tend to drink as much as twice the amount of diet sodas as they would regular sodas. Excess sodium causes your body to retain a lot of water. In essence, diet sodas will prevent you from gaining weight from the sugars in regular soda but they will also cause you to gain massive amounts of water weight and fuel your appetite by providing you with a taste stimulus but no calories. This causes you to eat more than you normally would if you were drinking regular soda or just plain water. Flavored water is a much better solution. It still may stimulate your appetite but it's healthier overall.

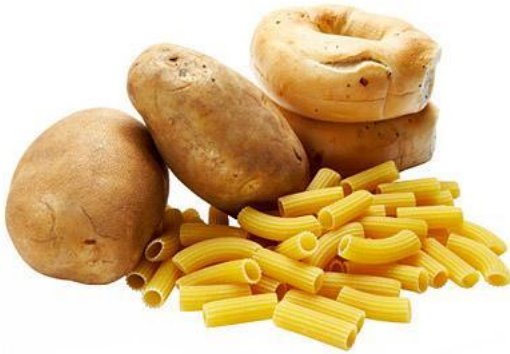
Myth: Eating At Night Makes You Fat

This one doesn't require a lot of explanation; it's simply not true. There's no hard evidence that eating before sleeping is much different than eating at other times as far as nutrient and fat absorption. It may be a gross thought but if you'd like to experiment, take note of your bowel movements on a day where you ate only during daylight hours and on a day when you specifically ate before sleeping.

As long as your diet was relatively regular you won't notice a difference; if there was a change in absorption, you would.



Myth: Carbs are the Enemy



This is the most annoying and personally the most infuriating myth out there. People all over the world were won over by fad diets like the Atkins diet because they really lost weight. They were thrilled until they developed a host of awful diseases and

horrific symptoms like complete kidney failure. Eating nothing but protein is a completely bogus way to try and diet; protein is not the only nutrient your body needs to survive and eventually your lack of nutrients and build-up of protein byproducts will catch up to you.

What's so ridiculous is that these diets exclaim that carbohydrates are terrible and bad for you. This could not possibly be any further from the truth, seriously! Your body naturally wants to use carbohydrates as its primary source of energy. Having to use protein as an energy source is a last-ditch effort for your body to stay alive and fat is generally reserved for emergencies when carbs are scarce. The problem is not with carbs in general, it's with how many you consume, how you consume them and how they're distributed throughout your body.

Carbohydrates can be found in everything from simple table sugar to grains, oats, rice and other fiber-filled plant material. Not all carbs are equal though! Carbohydrates found in nutrient and fiber-rich beans, for instance, are caught up in strings of fiber and inedible material. When you consume them they are slowly released to your body as it needs them and therefore most of them are used up completely and don't turn into fat. Carbohydrates found in refined sugar, in contrast, are almost immediately completely absorbed into your body. Your body usually doesn't need a large amount of sugar all at

once so instead of being distributed evenly, the carbs are used up as much as they can be and then turned into fat where they can be stored and used for later.

As you can see, carbs are not the enemy but eating the wrong type of carbs and in not enough moderation will definitely attribute to increased amounts of fat and weight gain. Instead of going on some ridiculous, unsafe Atkins-style diet, just reduce the amount of poor-quality carbs you eat and replace them with high-quality carbs. Instead of cakes, ice-cream, candy, soda and white bread you should eat beans, brown rice, whole wheat bread, vegetables and healthy fruits.

Myth: Natural Flavor is better than Artificial

Cyanide, heroine and arsenic are all completely “natural.” They come from natural sources and do not have to be made in a lab. Does that mean you’re going to sprinkle cyanide flakes on your toast or drink heroine infused tea? Hopefully not! Whether or not a flavoring is natural or artificial is completely irrelevant. Food companies can put any FDA-approved food additive in their product and, as long as it didn’t have to be synthetically created, they can call it “natural.” Just because your juice or candy claims that it has something like “natural flavoring” and is strawberry flavored, doesn’t mean it ever came within 1000 miles of a single strawberry. If you’re truly concerned about whether or not your food contains complex chemicals you can’t pronounce in it, look for the phrase “fruit juice.” The higher the amount of real fruit juice it contains, the better. Otherwise it’s pointless to make a food purchase decision based on whether or not the flavoring is artificial or natural; the word natural is being used as a marketing scheme and is irrelevant to your health.

Lifestyle Diet Changes



When people see or hear the word diet they usually think about a temporary eating situation that you use to gain or lose weight. That really could not be further from the truth. The word diet describes the way that you eat in general, as in you have a healthy or unhealthy diet in general. Since people tend to get confused when I mention changing their diet, I like to refer to it as a lifestyle change. If you really are serious about losing weight and becoming an overall healthier person then you can't rely on simply dieting for a while and then going back to your normal eating habits when you've lost the desired amount of weight. It simply doesn't work like that. All you'll do is put forth all that effort to lose the weight and then gain it right back after you quit eating healthy.

The only way to make a long term change in your personal appearance is to make a long term change in your lifestyle. The most important aspect of your lifestyle is your diet: what you eat. There are a lot of resources you can check out online to help you decide which eating plan suits you best but the important thing is that you stick to that plan for as long as possible; ideally for the rest of your life. Casual dieting will do absolutely nothing except contribute to your “yoyo” dieting experience.

Things to Remove from Your Diet

Let’s get the not-so-fun part out of the way first. There are some things that you should avoid altogether; I personally don’t even recommend these things in moderation.

Thankfully for many of you, this list is short. Just about everything that’s sweet and tasty can be part of your new diet if it’s in moderation.

Trans-Fats

These things are 10 different types of unhealthy.

There’s really no good reason to even eat a single gram of them. They have absolutely no health benefits at all and many, many detriments. Even by fat standards they’re at the bottom of the totem pole; if fat could talk it



would totally be embarrassed to be associated with trans-fat. The sneaky thing about trans-fat is that if it’s under a certain amount, food companies can say there’s absolutely none on the package. Read the ingredients and nutrition label carefully; it will almost always tell you if there’s a minute amount of trans-fat. This minute amount may not be harmful but avoid buying from these companies anyway so maybe they’ll get the hint to just avoid it altogether.

High-Sugar Energy Drinks



I know, this may be the hardest thing to get rid of. I love many of these intense energy drinks myself. And why wouldn't I? Not only are they filled with sugar and flavorings, they're chalked to the brim with caffeine, an addictive drug! You might

think caffeine is innocent and innocuous because it's found in everything from coffee to soda but it's extremely addictive like many illegal drugs. Companies who make these energy drinks put tons of sugar in them and then add copious amounts of caffeine. When they reach the legal limit of caffeine they put in something called guarana seed extract. This extract is essentially just *more caffeine*; however, since it's extracted from a seed and the process is different from the one they use to put caffeine in the drink, it's perfectly legal to add. When you drink these energy drinks, you're actually drinking potentially more than the legal, safe limit of caffeine. Caffeine is a powerful stimulant that can keep you awake. In large doses it can also give you panic attacks, high blood pressure, paranoia or a heart attack! And what's horrible about these drinks is that they're so chalked full of stimulants and sugars that even if you get energy from them, the crash you'll receive when you're body's done storing all that sugar can make you faint and lose consciousness! If you can find a low-sugar energy drink with moderate caffeine levels, be my guest, but I honestly suggest you avoid these things altogether.

That's it for my list of things you need to avoid at all costs. Obviously, if you didn't already know, poisons, drugs and inanimate objects are also part of this list. Hopefully you can use some common sense here.

Things to Keep in Moderation

Moderation is the absolute key to any good diet plan. There are millions of tasty foods in this world and it would be a shame if we all just had to sit and munch of raw vegetables and grains all day. Who doesn't love a tasty piece of chocolate cake or a good old slice of buttered garlic bread? Eating things that taste good can easily be a part of a healthy lifestyle because they help you reduce stress.



You also need to keep the decadence in moderation. Eating a wonderful slice of chocolate cake on the weekend is fine; having one every day is a heart attack waiting to happen. By moderating your intake of unhealthy foods you not only improve your health and lose weight, you make those foods even more special. You find that your favorite comfort food taste even better when you've been waiting all week for some. On the flip side you might find that you really don't like some of your old favorites after you start eating healthy; that's okay too. Many people who go on low-fat diets actually get sick when they eat very fatty foods; your body can't handle rapid changes in diet very well.

Soda

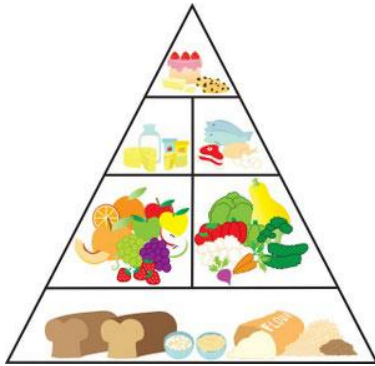
Soft drinks are the cornerstone of American and even worldwide fast food consumerism. They're also some of the unhealthiest things anyone could ever try to consume. The problem with most soft drinks is that they're jam-packed full of sugar. What makes this even worse is that they're liquid; this allows the sugar to be absorbed very rapidly into the body. Unfortunately the body wasn't designed for such rapid releases of

carbohydrates; your body reacts by producing massive amounts of insulin in your pancreas to use up the sugar or turn it into fat and store it. The result is that you retain most of the calories in soda before you get to use them; they turn into fat.

Drinking a lot of soda can also make you crash pretty hard. After the insulin has dealt with the sugar you consumed, it starts reacting with whatever sugar was already in your blood until it's used up. This can make your blood glucose levels drop drastically in a short time and make you very lethargic. In a perfect world, sodas would only be useful for quickly getting up blood sugar level for certain diabetics and hypoglycemic if they needed it. Beyond that it has no health benefits. I recommend you take soda out of your diet or at least drink it in extreme moderation; only at special events or on holidays.

What You Can Eat Instead: Sodas are definitely delicious and convenient but there are a lot of great alternatives that you might enjoy just as much without the negative health effects. **Sparkling Flavored Water** is my personal favorite. There are hundreds of different flavors and many grocery stores carry their own brands. The great thing about sparkling water is that it's hydrating and has no calories. I'm personally fond of flavored water that's sweetened with sucralose; it tastes very natural and doesn't have a bitter aftertaste like aspartame-sweetened waters. You can also drink 100% fruit juice instead of cokes. Fruit juice is still essentially sugar water so it may not help you lose weight but it does contain essential vitamins and nutrients so at the very least you can be getting *some* health benefit while you're downing your sugary drinks.

Sugar, Certain Dairy Products, Fat and Oils



Your body actually needs some fat to maintain proper functions. That amount, however, is far lower than the amount many of us generally consume. Sugars would be harmless except our body turns excess sugars into fat so if you eat too much, you're just adding to your fat stores.

Oils are just another name for fats; a lot of people try to differentiate them but they're just a different form of fat (which does affect how the fat is used but fat *is* still fat).

One thing to mention about oils is that they usually contain cholesterol. There are two different types of cholesterol: HDL and LDL. LDL is bad cholesterol, it clogs up your arteries with plaque and causes serious health issues like heart disease. HDL is good cholesterol, not only is it necessary for your body to function, it also lowers your bad, LDL cholesterol. You should keep your oils and fats that contain LDL cholesterol in moderation; only eating them on rare occasions. You can eat a lot more oils and fats that have HDL cholesterol such as olive oil, sunflower oil and peanut oil. All the same, these are still fats. They will reduce your bad cholesterol levels, which is great, but they will also add fat to your diet and contribute to weight gain.

Refined sugars, candies and deserts should be limited to special occasions, holidays and other events. Constant consumption of refined sugars and fat can lead to obesity and eventually developing diseases like diabetes.

What you can eat instead: Fruits are an absolutely wonderful alternative to refined sugars, fats and candies! Any fruit will do, they all contain sugar and can be used to make healthier deserts (though I haven't found a good tomato sorbet recipe just yet). Fruits do have some sugar in the form of fructose so you should still keep them in

moderation but high-fiber fruits contain higher-quality carbohydrates that last longer and not as much of them are turned into fat. You'll also be getting a healthy amount of nutrients if you use fresh fruits that aren't freeze dried or preserved. If you buy canned fruit, get it in its natural juice, not light or heavy syrup.

As far as oils go you can replace LDL-filled fats like butter, lard and shortening with HDL-filled fats like peanut oil, olive-oil and trans-fat free vegetable spread. Keep these in moderation as well. A good replacement for high-fat dairy products like ice cream is sorbet; it's simply frozen fruit that's shaved into ice cream. Get low fat or no fat cream cheese; you can even get soy-based dairy products that are quite healthy.

What Should Make Up the Bulk of Your Diet

Now that we've thoroughly discussed what you should avoid eating, let's talk about all the wonderful things that you can have. If I made this list as accurate as possible I'd have two or three extra books on my hands. I'll try to keep it brief but informative enough to let you fill in the blanks.

The bulk of your diet should come from high-quality carbohydrates and fibrous foods. More than 45% of your overall diet should contain grains. Next on the list are vegetables and protein. Each of these can take upwards of 15% of your diet. Fruit is next will at least 12-15%, followed by dairy with a modest 10-12% and oils, fats and sugars should only comprise of 1-3% your total diet. Everyone is different however, so before you go following these guidelines too strictly, do some research.



Wonderful Whole Grain Breads



Bread that's made from whole grain or multi-grains is excellent for you. It's a good source of fiber and high-quality carbohydrates that are slowly released and usually don't end up turning into fat. Try to avoid white bread with refined, bleached flour. This bread is full of low-quality carbs and has very little fiber. The more fiber and the more grains your bread has, the better it is for you.

Bountiful Beans and Legumes

Beans are so incredibly healthy, I get a warm glow on my face every time I talk about them. It's sad that they've developed a negative reputation because of their "side effects." Flatulence jokes aside, beans are an excellent source of fiber, carbohydrates and minerals. They provide sugars that are slowly released and aid in digestion. These are even better than whole grain bread!



Beautiful Brown Rice & Whole Grain Pasta

These two things aren't specifically related but how much can I really talk about grains before you get sick of it? Brown rice is much better than white rice. It takes longer to cook but it's full of fiber. Whole grain pasta is also better than regular pasta; again it has a lot of fiber and more nutrients in it (in my opinion it also tastes way better but to each his or her own).

Invigorating Vegetables



If it's green, leafy and you bought it from a grocery store, chances are it's pretty darn good for you. Vegetables are some of the most underrated foods out there. They have a bad reputation for tasting terrible, to some people anyway. If you can't handle the taste of some vegetables, you can blend them

with fruit juice to take the edge off. Vegetables are hard to digest and absorb nutrients from anyway so cooking and blending them is actually healthier, in some cases, than eating them raw. My personal favorites: Carrots. Not only do they have the vitamin A precursor, beta-carotene, they're sweet and delicious and full of fiber!

Fabulous Fruits!

I'm talking about apples, oranges, bananas, strawberries, grapes, grapefruits, lemons, limes, guava, jackfruit, mango, dragon fruit ... I could go on forever. Fruit is extremely healthy; most of our vitamins come from fruits and they're usually packed



with fiber as well. If you want to replace some proteins or grains with fruits in your diet, I won't tell. Good as they are they also contain sugar so if you're stocking up on extra fruit, maybe lay off the refined sugar and try to balance it out.

Cheery Chicken and Fish

If you're reading this it's not likely that you're a vegetarian. Vegetarian diets are usually very low in fat and good for you. That being said they are not perfectly nutritionally

sound without a little work; eating meat products can totally be part of a healthy diet; chicken and fish are prime examples. Chicken is great because, if it's cooked properly, it's high in protein and relatively low in fat. Fish is probably the best protein you can get because it's extremely low in fat and contains beneficial fatty acids like Omega 3 fatty acid. There is some minute risk of mercury exposure with certain types of fish; if you keep it in a moderate amount you should be fine. Fish has been a cornerstone of the Japanese lifestyle for centuries and they have a rather comforting average life expectancy of 80 years.

Delightful Dairy Products



Dairy is really a diamond in the rough when it comes to nutrition. If you don't want to eat meat, you might consider a vegetarian lacto-ovo diet. This means that you don't eat meat but you eat eggs and milk products. The wonderful thing about eggs and milk is that they are complete proteins. No single vegetable

has all the essential amino acids that your body requires (these acids are the building blocks of proteins). Milk and eggs, on the other hand, do. So if you're enjoying the massive health benefits of your vegetarian diet you can still get your complete proteins from dairy products and not have to carefully plan out your diet to include a mixture of plants that have all the right amino acids.

Exercise: The Key to Fitness



Changing your diet lifestyle is a major step in becoming a healthier person and losing weight. Unfortunately it's just one piece of the puzzle. You might experience light to moderate weight loss by changing your diet but it's going to be infinitely more effective if you pair it with a training/exercising program. You don't have to work until you're about to break every day of the week; even something as simple as walking around town for one hour every other day is better than just being sedentary all the time. There are two different types of exercise you can do

and each one has its own benefits; you're going to want to try a mixture of both for the most effectiveness.

Aerobic Exercise

Aerobic exercise is the type of exercise that burns primarily fat. It's called aerobic because you breathe a lot while doing it. It's more of a workout for your lungs than anything else. Your body needs oxygen in order to burn fat so the more you can breathe the more effective the exercise will be. If you start to work too hard your body won't be able to get the oxygen it needs and it will start burning carbs instead of fat.

Aerobic exercise includes low-impact activities like: light jogging, casual swimming, walking for long periods of time, pilates, yoga, “jazzercise” and running around the yard. Anything that really gets you breathing heavily is probably considered aerobic. Aerobic exercise is wonderful because it does exactly what you want to do: burn fat. Unfortunately fat is a much better energy source than carbohydrates and it takes much longer to burn off. For every 4 calories carbohydrates provide, fat provides 9. That’s more than double! That also means that it takes twice as long to burn off fat than it does to burn off carbs.

Anaerobic Exercise

Anaerobic, if the name didn’t already tell you, is the exact opposite of aerobic exercise. It burns very little fat and, instead, burns mostly carbohydrates.

Anaerobic exercise forces you to get energy from carbohydrates stored locally by your muscles. It’s necessary when your blood can’t pump oxygen fast enough to burn fat and use it as an energy source. The

downside is that you burn less fat. The upside is that you gain muscle and metabolism.



Anaerobic exercises consist of intense, high-impact activities. These might include: Sprinting, swimming laps, lifting weights, using a punching bag, jumping hurdles, pushups, pull-ups and squats. Anything that requires a lot of force and strength is probably anaerobic. This type of exercise usually gets you breathing pretty hard but the tell-tale sign that you’re exercising anaerobically is that your muscles become stiff and sore afterwards. Aerobic exercise leaves you out of breath but you generally have no lasting effects.

An Exercise Routine

Planning



Planning your exercise routine is sometimes the hardest part about the whole process. Most of us work full-time or at least part-time jobs and many have families, spouses and a ton of other issues to deal with every day. It's important that you create a routine schedule that you can absolutely stick to no matter what. Not sticking to your plan is the primary thing that's going to inhibit your ability to get healthier and

effectively lose weight. While you're planning your exercise routine, keep in mind this goal: 60 minutes of exercise every day. That's our goal. Your absolute minimum should be 45 minutes of work out a day, 3-4 days a week. You don't have to do it all at once but I wouldn't split it up in anything less than 15-minute intervals; 10-minutes if you're just ridiculously busy.

I, like many people, have tried and failed thousands of different work-out schedules. It's not easy to maintain, especially since life is so unpredictable. What I have found is that planning your exercise for the morning hours is usually the best course of action. Working out after you come home from your day job might seem like a good idea but it never fails; there's always something important that comes up and you have to put it off for "tomorrow." Tomorrow almost never comes, as far as your exercise regimen is concerned.

Aside from being overall easier to maintain, a work-out schedule in the morning has a few other health benefits as well. Working out a little in the morning really gets your blood pumping and can prepare you for the rest of the day. Doing light, aerobic exercise is also most effective when it's done on an empty stomach; this maximizes the fat you use for energy and minimizes the amount of carbs you burn.

If you decide that an even schedule is just going to be a lot easier for you then don't fret; evening work-outs have specific benefits too. For one, working out makes you tired. If you've been having any trouble falling to sleep, a good anaerobic exercise can tucker you out and prepare you for bed. Hard exercise also releases endorphins from your brain; these are chemicals that make you feel good. After a hard day at work, exercise can help reduce your stress levels and make you feel a lot better.

If you haven't noticed, there's a pattern here. Aerobic, light exercise is best done in the mornings before you've started your day and anaerobic, hard exercise is best done in the evening, when you've already gone through your day. Ideally you could mix both of these types of exercise together for the best possible health and weight reduction; if you can schedule your light exercise for the early morning and fit in some weight lifting or swimming laps at night, you'll be way ahead of the game!

Predefined Plans

Here are a few plans that have already been designed. If you're having a hard time building your own plan, you might want to try following some of these guidelines. Some of them I've made up myself, others I've collected from various sources over the web and in books. If in doubt, pull up your favorite search engine on the internet and look for one yourself.

Basic Walking Routine

- Choose a safe place to walk.
- Begin walking at a normal pace for at least 5 minutes.
- After your body warms, up stop and do some simple stretching. (I.e. gentle torso twist, arm and ankle circles and calf stretches.) After your walk, you can do more extensive stretches.
- Continue your walking, picking up the pace to a brisk walk. Stay in your target heart rate range.
 - This is determined by subtracting your age from 220 and multiplying that number by (.65 = light intensity .75 = moderate intensity .85 = brisk intensity). Here's the formula for a 27 year old walking a moderate pace:
$$220 - 27(\text{age}) = 193, 193 \times .75(\text{moderate}) = 144(\text{target heart})$$
 - Take your pulse for 6 seconds, multiply that number by 10; this is your target heart rate. If it's over 144 slow down, if it's below, pick up the pace.
- The first week walk for approximately 20 minutes 3 to 5 times at a comfortable but challenging pace.



- Increase your time by 3 to 5 minutes per week until you reach 30 to 60 minutes per walk. At the end of each walk, stretch your hamstrings (back of legs), quads (front of legs) and lower back.
- Your goal: walk 5x per week.
- Once you've mastered walking, you may want to try something more challenging like jogging or biking.

Cardio Exercise

- Cardiovascular exercise, simply defined, is any activity that increases the heart rate to 60-80% of its maximum potential. If done with vigor, even sexual intercourse is cardio.
- Any number of bodyweight exercises, such as push-ups/jumping-jacks/squats, can be combined into circuit training routines. Cardiovascular Circuit Training, CCT, has advantages in that combining exercises works the entire body in a comparatively short period of time.
- Always be safe when exercising. This means that if dizziness or nausea occur, stop. If the effects are severe, it may be wise to seek medical advice. As with all exercise routines, if the practitioner is not at peak levels they should consider consulting a physician before beginning.



- The muscle which will be worked, and preferably the entire body, should be properly stretched before beginning a cardiovascular routine. Doing so helps to prevent injury and makes the body more limber.
- If sweating in excess is an issue, keep water handy. The body uses water in almost every process it undergoes, at the cellular level, and keeping well-hydrated helps the body stay revved up longer.
- Once a certain comfort-level has been reached, it is a common practice to add weights to an aerobic routine. This is done by housewives in the way of wrist bands, and bodybuilders by way of kettle bells, alike.

Great Anaerobic Routine Tips

- Keep the intensity high.
- Do short repetitions of intense exercise, starting at 1 minute.
- Rest a good amount after each bout of exercise. For example, if you exercise for 1 minute, spend 5 minutes resting afterwards.
- Exercise between 25 and 40 minutes, but no longer than 45 minutes. This way cortisol will not be raised too high.
- Exercise every other day with rest between sessions. Do not work out daily.
- Do not do the entire body; do upper body one day and lower body the next.

- For the Thyroid type, make sure you only snack on cheese, raw nuts, vegetables or apples before, during and after workouts. If you are a Liver type, eat only three meals per day with no snacking.
- If your body is sore, wait until the soreness goes away before working out again. It is important that your body heal between sessions, as this means your fat-burning hormones are also working.

The time should be between 25 and 40 minutes, not to exceed 45 minutes. You need enough intense exercise to trigger growth hormone yet not so much that it over stimulates cortisol, which tends to nullify growth hormone. The intensity should be high; on a scale from low to high, you should aim toward high. However, after a while the intensity is relative from person to person, so this needs to continue to increase over time. This also applies to the overall difficulty level (again a relative term from person to person).

You should keep it at a moderate to high difficulty level. If it's too easy, fat-burning hormones are not triggered. There is no problem with getting sore after you work out, but you should rest until most of the soreness goes away. In other words, you don't want to exercise over lots of soreness, as you haven't given your body a chance to heal through hormone influences. Also, the adrenal hormone cortisol is activated by soreness and inflammation, so keeping this hormone to a minimum is important.

Keep your anaerobic exercise between 25 and 40 minutes and continue to raise your difficulty level higher over time as your body adapts to the stress you put on it.

Commercial Weight Loss Plans



You've probably heard of many different official weight loss plans like Weight Watchers or Jenny Craig. Millions of people have used these programs with excellent results. Millions of other people have tried them year after year and just wasted a lot of time and money. These programs should work if you truly follow them step-by-step and do not deviate from them at all.

I don't officially support these types of programs because they tend to be tremendously more expensive and more complicated than a plan you could create on your own. The point and calorie counting systems aren't quite as bad but quite frankly you can count calories all day by just reading the packaging on your food; and for that matter it will do you only a little good to simply count calories. You could consume only

500 calories a day but if they're noting but fat calories, you're not going to get healthier. For the sake of fairness I'll briefly review the most popular of these weight loss systems; if you've got a big of extra cash or just didn't understand anything in the previous chapters then this may be a good option for you. (Though, if you can afford some of these plans you might consider fat-reducing surgery to jump start your transformation, seriously.)

Weight Watchers

Weight Watchers is an international company that offers various dieting products and services to assist weight loss and maintenance. Founded in 1963 by Brooklyn homemaker Jean Nidetch; it now operates in about 30 countries around the world, generally under names that are local translations of "Weight Watchers". The term weight-watcher, in the same sense, had circulated publicly for several years before the company was formed.

Weight Watchers encourages members to select a goal weight that results in a body mass index generally accepted as healthy (18 to 24.9), although a member may also establish a goal weight outside of that range after providing a doctor's note to that effect. In the United States, in order to join Weight Watchers, one must weigh at least 5 pounds more than the minimum weight for his or her height.

Weight watchers has the advantage of being fairly effective compared to some other weight loss plans. Price wise it really depends. You can get a \$40 monthly pass if you're willing to get the pass mailed to you and have it taken out of your credit/debit automatically. If you're more than 15 lbs. past your goal weight or a healthy weight, the cost may be justified.

Jenny Craig

Jenny Craig, Inc. is a weight loss, weight management, and Nutrition Company founded by Jenny Craig and Sidney Craig now headquartered in Carlsbad, California. Jenny Craig was started in Melbourne, Australia in 1983 and began operations in the United States in 1985. The company became a part of Nestlé Nutrition in 2006.

The company operates more than 600 weight loss centers primarily in the United States, but also in Canada, Australia, Puerto Rico, and New Zealand. The program combines individual weight management counseling with a menu of foods which are distributed through its centers or shipped directly to clients.

The weight management program combines nutrition and physical activity with counseling, to help clients change lifestyle and eating habits. The goal of the program is that once clients reach their desired weight levels, they no longer need to rely on the program's prepackaged food, planned menus, or consultations to maintain a healthy lifestyle. Jenny Craig offers weight loss programs tailored to women, men, people with diabetes and seniors.

Clients are provided with individual, private counseling sessions with program consultants. Consultants are not required to have nutrition or health professional certifications, although they are trained by the company to provide education and support to clients. Members join any one of a number of types of plans and then purchase prepackaged food from their local center. (The company also directly ships dry and frozen foods in chilled containers to clients that join the Jenny Craig At Home program.) Initially, clients are given a planned menu to follow, utilizing the company's line of frozen and dry foods, along with grocery items like dairy and vegetables. Clients later are able to customize their own menus using the same range of foods. Members

begin using a menu with three or four days each of non-program foods once they have reached the "halfway point" to their weight goals.

Jenny Craig is about as effective as weight-watchers. What makes it a little better is that it includes more focus on physical activity; which is a major piece of the weight-loss puzzle. Cost-wise it can be quite a bit more expensive than weight watchers. It depends entirely on which plan you choose and how long you use it for. Some people have reported food prices of \$125 per week or more just for the official JC food. In my eyes, that's a bit unacceptable, but some people are willing to pay a big price for convenience. I, on the other hand, am a "do it all yourself" type of person. Once again, I recommend this only if you're very desperate and have quite a bit of extra cash to invest.

Nutrisystem

Nutrisystem is a company that produces weight loss products. In the beginning, the company focused on a retail store presence offering weight loss counseling as well as a food-based weight loss program. In 1999, the company moved to a direct-to-consumer business model, selling its products over the Internet, through a company 800 number, through retail outlets and through the "QVC" television home shopping network.

The biggest plus about Nutrisystem is that it's one of the (if not the) least expensive diet meal plans out there. It's far cheaper than weight-watchers or Jenny Craig. The only bad thing I see about it is that the company really only focuses on meals and doesn't provide as much in-depth health information as some other companies. If you're only main concern is fixing up your diet and eating right, Nutrisystem might be an affordable alternative to Jenny Craig meals and Weight Watchers. Unfortunately whether or not you actually learn anything about nutrition is up to you, unless you decide to stay on Nutrisystem for the rest of your life.

Plastic Surgery And Then Some



It's always a touchy subject, surgery, because no one can completely agree on it. I'm not a medical doctor and this book is not intended to provide you with solid medical advice; I merely want to present you with the facts and let you make the most important decisions for yourself.

Before you consider any type of surgical procedure you could seek the advice of multiple doctors. Don't just talk to the doctor who offers the procedure; ask your family doctor and see if he can refer you to someone else in that field. Surgery is no joke; the simplest procedure can have harmful side effects so before you go under the knife, make sure you've been educated by a professional.

Plastic Surgery

This includes any type of superficial plastic surgery like liposuction and tummy tucks. This is probably one of the most common types of surgical procedures for losing fat. If you have the money and don't feel obligated to decline on social or moral grounds, this can be a completely viable option.

Always research your plastic surgeon extensively; there have been many cases of people getting plastic surgery from "quack" doctors who suffered severe side effects later. One woman in particular went to get the fat sucked out of her legs and the careless doctor destroyed nerve tissue throughout her legs, causing lifelong pain. I'm

not trying to scare you away from surgery but I want you to be aware of the risks and always do extensive research.

Never EVER get surgery from a third-world country or some country you've never been just because it's cheap. For every success story there is at least one horror story. Many plastic surgery procedures carry the same risks with any surgical procedure including those risks associated with anesthesia. Consult your doctor about these risks before considering any type of surgery.

The Lap Band

The lap band is a bit more drastic than plastic surgery, if you ask me, but it does have the benefit of being technically reversible. The Lap Band is an inflatable silicone device that is placed around the top portion of the stomach, via laparoscopic surgery, in order to treat obesity. Adjustable



gastric band surgery is an example of bariatric surgery designed for obese patients with a body mass index (BMI) of 40 or greater. The lap band has the edge on a lot of other procedures because it has a low mortality rate, a quick recovery time, doesn't mutilate the stomach, is adjustable without surgery and is entirely reversible.

All the same it has its own laundry list of risks, which include:

- Gastritis (irritated stomach tissue) causing diffuse discomfort or pain; if severe this may result in actual ulcer formation
- Erosion - The band may slowly migrate through the stomach wall to the inside. This may occur silently but usually causes symptoms similar to the above. Urgent medical/surgical treatment will be required if there is any internal leak of gastric contents, or bleeding.
- Slippage - An unusual occurrence in which the lower part of the stomach may prolapse through the band causing an enlarged upper pouch. In severe instances this can cause an obstruction and require an urgent operation to fix.

- Malposition of the band - This can cause a kink in the stomach, or (rarely) the band may not encircle the stomach at all, giving no restriction to the passage of food.
- Problems with the port and/or the tube connecting port and band - The port can "flip over" so that the membrane can no longer be accessed with a needle from the outside (this often goes hand in hand with a tube kink, and may require repositioning as a minor surgical procedure under local anesthesia); the port may get disconnected from the tube or the tube may be perforated in the course of a port access attempt (both would result in loss of fill fluid and restriction, and likewise require a minor operation).
- Internal bleeding
- Infection

Gastric Bypass Surgery

Gastric Bypass Surgery is a really big step in losing weight. This surgery is almost always restricted to persons who have severe weight issues that cannot be realistically rectified by any other means. This surgery is beyond invasive, it changes the way your body naturally works.

A gastric bypass first divides the stomach into a small upper pouch and a much larger, lower "remnant" pouch and then re-arranges the small intestine to allow both pouches to stay connected to it. Surgeons have developed several different ways to reconnect the intestine, thus leading to several different GBP names. Any GBP leads to a marked reduction in the functional volume of the stomach, accompanied by an altered physiological and psychological response to food. The resulting weight loss, typically

dramatic, markedly reduces comorbidities. The long-term mortality rate of gastric bypass patients has been shown to be reduced by up to 40%; however, complications are common and surgery-related death occurs within one month in 2% of patients.

Even if a doctor recommends this surgery I urge you to proceed with caution. This is probably the most extreme step that anyone can take towards losing weight. Make this your absolute last-ditch effort when all else fails and hope seems lost. If you are not morbidly obese, this is not an option for you at all.

Putting it All Together



I've given you a lot of information to mull over. Now that you have the straight facts, you probably need to know what to do with them. We've discussed what you should eat, what you shouldn't, how you should exercise, what surgical options you have and what commercial options you have if you want someone else to manage your weight loss plan for you. Assuming you've decided to forego the latter two options (and I hope you have) let's do a quick review of diet and exercise.

Make a Lifestyle Change

Now that you know which foods are good and which are bad, you need to make an entire lifestyle change regarding your diet. This is not a temporary thing to lose a few pounds. You need to create a routine that introduces variety but stays within your dietary needs and is something you can continue until the end of your life. This is an absolute commitment; if you fall off the bandwagon you will gain back your weight. Promise yourself that you will never try another temporary diet again; there is no temporary diet that's a good diet.

I recommend trying to balance when you eat your meals. Three times a day is the old golden standard but I've heard of quite a few people having much better success by eating more frequently but smaller meals. Instead of 3 large meals a day, eat 5 small

meals. Another tactic you can employ is eating a large breakfast, a medium-sized lunch and a small dinner. Breakfast should contain the most calories because it's fueling you for the rest of the day; lunch can contain quite a few because it's got half of the day to work on and dinner is actually the least important meal of all. What are you going to do after dinner besides relax and go to bed? Unless you eat very early dinners and go party all night, there's no reason for it to be the largest meal of the day.

My last piece of advice diet-wise is to get the family involved. It's extremely hard to stick to a healthy diet when you're the only one doing it. You don't need a special ultra-low calorie diet for yourself; if you stick to a healthy diet that would work for any individual you will see results. Your diet should be good enough for everyone in your household (with some modifications for age).

Start a Regimen and Stick to It

Just like eating right is a lifetime commitment, so is physical activity. What exactly you do for physical activity can change however you want. The point is that you can't be physical for a few months and when you lose weight, decide to be sedentary again. No matter how good your diet is you'll just gain the weight back.

If you can't make a long-term commitment to a particular exercise or exercise program then at least commit to an amount of time you'll be active every day and every week. Plan on doing some form of physical activity or exercise for at least one hour every day, 45 minutes a day minimum. I find that a happy and realistic medium for everyone is to do 30 minutes of light exercise (like walking the block) every single day and 15 minutes of more intense exercise (sprinting, lifting some weights) every single day. Walk around your block in the morning and then lift some 5 or 10 pound dumbbells

before you go to bed. This will maintain your metabolism, build muscle and help you keep off any of that nasty extra weight.

Don't Give Up

I hope this mini-book has opened your eyes to some of your weight loss options. The most important lesson I have for you is to never give up. On your weight-loss journey you will hit peaks and plateaus and even rebound a few times; losing weight is just not an easy process. As long as you stick to it and realize that this is a long-term plan, you can make it. Results are not instantaneous; in fact they're not very fast at all. The point is that you're changing the way you live from here until the very end so if it takes a year or even if it takes five years; you're working towards a better you!



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