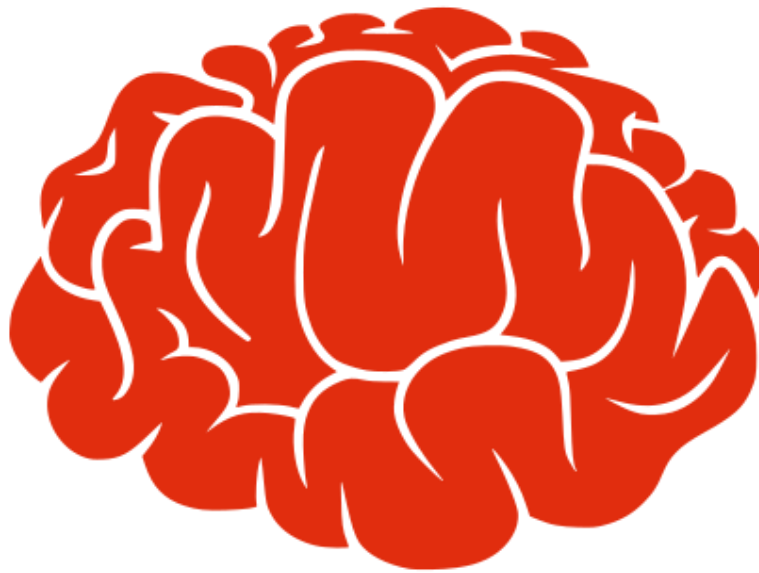


How Much Fat Are You Prepared To Lose By Changing The Way You Think?



Research published on the Harvard Medical School website ⁽¹⁾ revealed something alarming:

You can be subconsciously manipulated into gaining weight.

This happens largely outside your sphere of awareness.

Obesity programming slips into your mind without you knowing.

You just slowly lose control over how you look without understanding why.

That's what makes it so sinister.

And that's not the only influence making you gain uncontrollable amounts of fat.

You see, there's more to fat loss than most people realize.

It goes far beyond diet and exercise.

There's also the mental side, and when you conquer it you can be in complete control of your body and how you look.

Here's how...

STEP 1: Break Your Unhealthy Connection With Food



Most of you struggling to achieve your ideal body have an unhealthy emotional connection to food.

That could mean you eat when you're sad or depressed.

It could also mean you use food as a reward and eat when you're happy.

Research has discovered ways of dealing with weight gain associated with emotional eating by studying people who suffer from having an emotional eating response but DO NOT gain weight.

One of the most effective ways was: **Learning to understand internal hunger and satiety cues.**

If you overeat there's a good chance you're not able to understand when your body is telling you you're full.

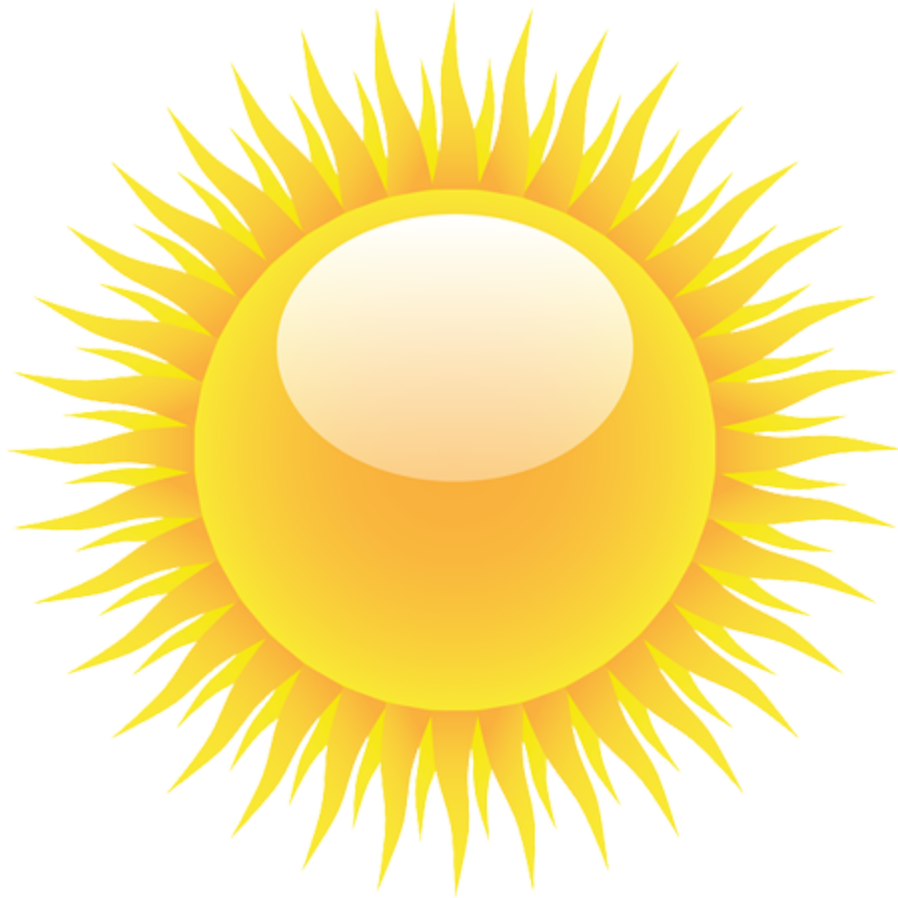
Do you tend to eat to the point of physical discomfort?

Do you need time to relax and “digest” after eating?

If so, you probably have issues understanding when your body is telling you to stop eating.

Don't worry, it's easy to fix, and when you do you'll feel completely energized after a meal instead of feeling like a stuffed slug.

STEP 2: More Of The Sun Vitamin That Gives You Mojo



Your body turns sunlight in vitamin B12.

One really cool thing B12 does is help infuse your body with more oxygen.

Your brain is a major benefactor of increased oxygen which is why B12 is so important for the mental part of fat loss.

Are you at the point where a good night's sleep isn't enough to recharge your battery?

Research has discovered that vitamin B12 deficiency could be the reason you're low on mojo. ⁽²⁾

It's an easy fix.

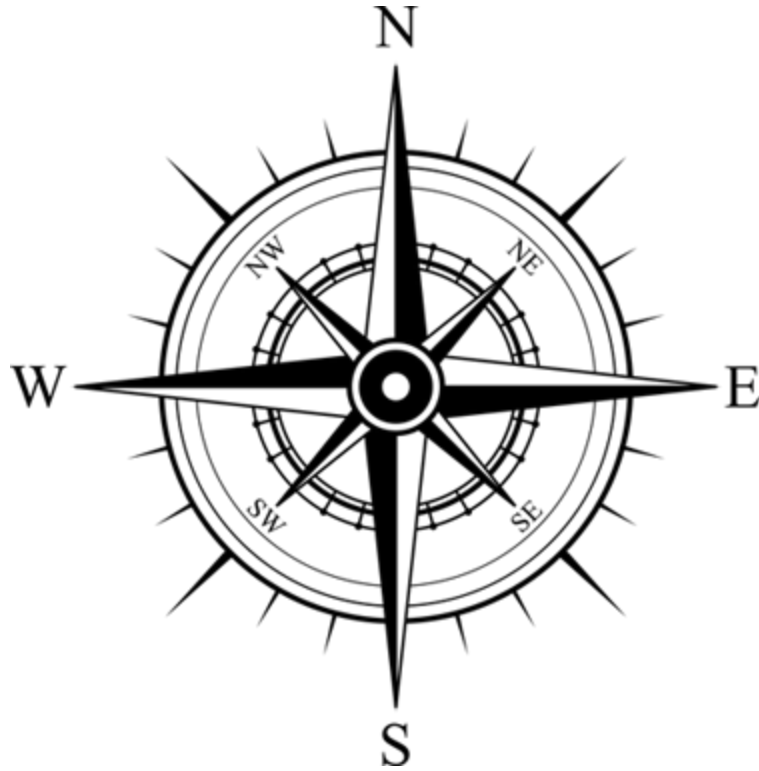
You can go outside and get more sun.

Or you can pick up some Liquid B12 that's formulated with liposomes.

Liposomes help your body absorb B12.

When you're cells and organs are charged up with oxygen you'll feel ready to conquer the world, or at least ready to conquer your to-do list that you've been putting off.

STEP 3: Let New Habits Guide You To a Better Outcome



Most people are like robots.

Most days they wake up and think the same things, do the same things, eat the same things, and have the same basic daily routine.

We only trick ourselves into thinking we're in total control of every minute of our lives.

The reality is, we run on autopilot for most of the day.

That's where A LOT of bad eating habits slip in.

It's just a mindless process of consuming food that we're barely in control of.

Can you see how that's stopping you from looking the way you want to look?

You'll never get the body you want without changing your current habits.

But changing your habits is hard.

Actually, it's more than just "hard."

It's pure misery.

Can I show you how to make it easy?

When you use what I show you, you won't have to use willpower to resist bad food.

You'll actually have to try to eat more.

If you can't eat as much as I'm going to recommend, that's alright.

But when you reshape your habits using what I call "habit stacking" you will be full all day long.

So be ready for that.

We'll talk more about Habit Stacking in a minute, but first I have a question to ask you...

How Many Pounds A Week Are You Currently Losing?



You already know how to lose a tremendous amount of fat quickly, right?

- You know about Keto
- You know about Intermittent Fasting
- You know dozens of workouts that “torch” calories

If you're one of the few people who doesn't know about those three things, all it takes is a simple Google search to bring you up to speed.

What comes next is simple.

You DO those three things and fat will fly off your body.

It's amazing how quickly it works. You'll transform right before people's eyes.

So what's stopping you?

I know the answer and I want to share it with you.

Fat Loss Mindset

My Fat Loss Mindset book reveals techniques that let you break through mental barriers that have sabotaged you in the past.

If losing weight has not been easy for you, what I'm about to share with you will transform your life.

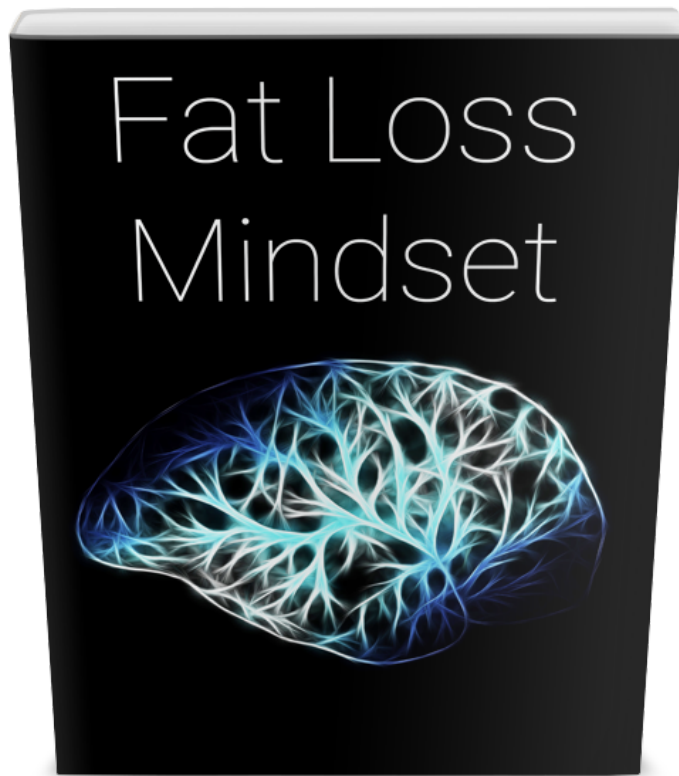
Here's what you're about to discover...

- 2 ways to break an emotional connection to food - this stops stress eating cold
- How to use Habit Stacking to break junk food addiction with zero resistance

- Grab his instead of an unhealthy snack to stop eating out of boredom
- How to train yourself to make working out an automatic process that replaces disempowering habits
- The one condition that gives you permission to eat whatever and still lose fat
- Why you should relax more if you want your body to burn more fat
- 4 ways to overcome self-sabotage
- Saying you don't have time to cook and can't afford healthy food are BS excuses for not getting in shape - I'll explain why
- The emotion most dieters are missing and why it makes their weight loss journey miserable
- You need goals but what happens when you fail to achieve your goal? This is where most people give up - I'll show you what to instead
- Why some of you may not have to work out hard or pay much attention to your diet if you know what to focus on
- They call this your "2nd brain" and understanding how to optimize it can make fat loss a happier and easier experience for you
- Depression is a big reason people overeat - you'll discover 3 simple ways to lift yourself out of a funk

- 5 mood enhancers that prevent fat loss from putting you in a bad mood
- How to trick your brain into thinking you're eating larger portions - use this to eat less at every meal
- Something you probably consume that can rewire your brain and make it harder to lose fat
- How your social network can determine whether you'll succeed or fail at having the body you want
- 3 tricks that make it easier to switch to a Vegan diet
- What to do with your goals that make them easier to accomplish
- Most people don't understand anger - you'll learn how anger can help you kick down barriers getting in your way
- The best time to start losing fat - most people mess this up

**Own Fat Loss Mindset For
Just \$37**



You can discover everything we just talked about when you grab a copy of my new book "Fat Loss Mindset" today for just \$37

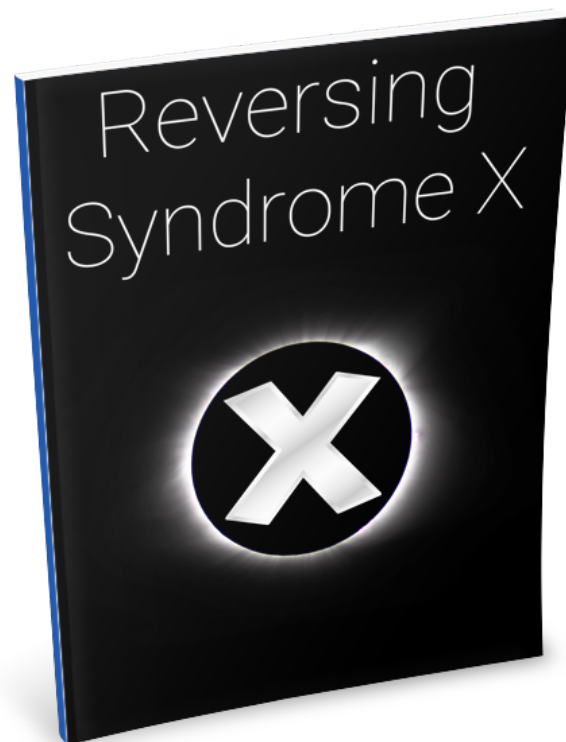
Fat Loss Mindset is a digital product which means you'll get instant access to it.

Order Now



And for a limited time, I'm also including 3 valuable bonuses...

Reversing Syndrome X: Could Losing Weight Quickly Really Be This EASY?



Did you know there's a mysterious health problem that's making it harder for you to lose weight?

It's called Syndrome X or Metabolic Syndrome and it's the reason millions of people can't lose weight no matter how hard they try.

Metabolic Syndrome is also responsible for many other health problems...

The metabolic syndrome (MetS) is a major and escalating public-health and clinical challenge worldwide in the wake of urbanization, surplus energy intake, increasing obesity, and sedentary life habits.

MetS confers a 5-fold increase in the risk of type 2 diabetes mellitus (T2DM) and 2-fold the risk of developing cardiovascular disease (CVD) over the next 5 to 10 years.

Further, patients with the MetS are at 2- to 4-fold increased risk of stroke, a 3- to 4-fold increased risk of myocardial infarction (MI), and 2-fold the risk of dying from such an event compared with those without the syndrome regardless of a previous history of cardiovascular events.

- National Center for Biotechnology Information ⁽³⁾

If you're willing to make some small lifestyle tweaks I can help you reverse Metabolic Syndrome and unlock your body's full fat-burning potential.

Can I show you how?

Correcting Metabolic Syndrome is a safe and simple way to encourage your body to let go of excess fat and have a body you're proud to show off.

Inside my Reversing Syndrome X guide you'll discover:

- How to eat in a way that helps reverse Metabolic Syndrome
- An antioxidant that controls your blood sugar levels and manages Metabolic Syndrome
- A way to reduce the production of the insulin-like growth factor using something found in the skin of a special fruit
- Something you should take if you eat too many carbs and want to reduce the harmful impact it has on your body

Everything is explained in my Reversing Syndrome X guide that I'm including when you pick up Fat Loss Mindset today.

Fat Burning Foods: Eat More, Not Less To Lose Fat



There's a special type of food I've dubbed "Fat Burning Foods" that can help you shed a tremendous amount of fat.

What makes Fat Burning Foods so special?

You see, unlike most diets that restrict eating, you're encouraged to eat these special foods that help you burn fat.

Pretty cool, right?

It gets better...

As you're about to discover these aren't boring old diet foods people typically think of when they hear about "eating healthy."

You're going to find out:

- A sweet treat that reduces your appetite
- How something many consider their favorite food that's been demonized by the media has been proven to help you shed fat and preserve lean muscle
- I tell you about a spice that makes your cells work harder so you automatically burn more fat
- The type of oil you should be using that's better for you than olive oil
- A food that makes you eat less and burn more fat
- You're even going to learn about a sweet, carbonated beverage that will help you slim down - and no, it's NOT diet or Stevia soda

Fat Loss Mindset Cheat Sheet

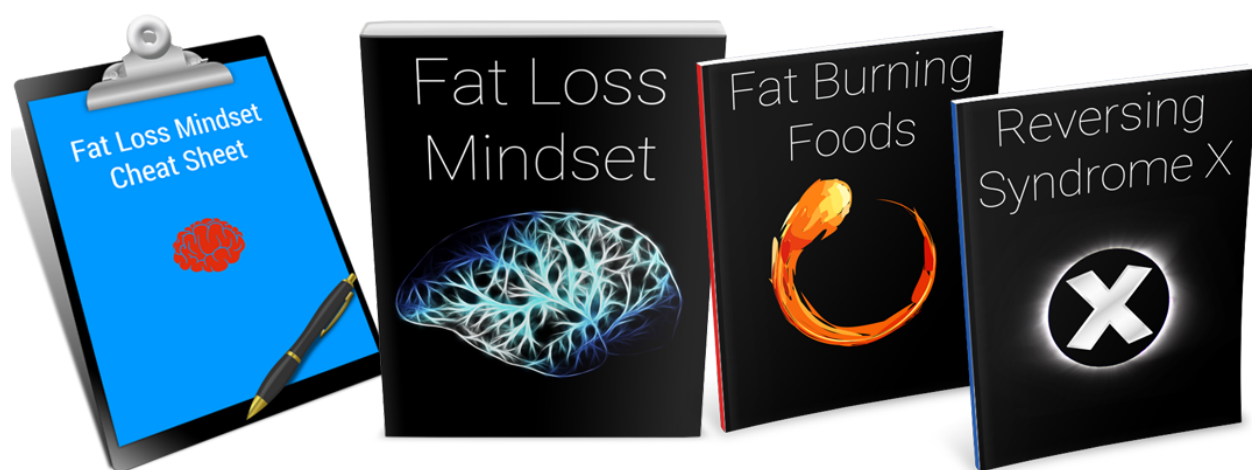


You're going to learn a lot about how to reprogram the way you think about food and weight loss.

To make it as easy as possible to take action on everything revealed in Fat Loss Mindset, I'm also giving you a Fat Loss Mindset Cheat Sheet.

This cheat sheet is a cliff notes version of Fat Loss Mindset that covers the most important topics.

Own Fat Loss Mindset And All 3 Bonuses For Just \$37



For a limited time you can own:

- Fat Loss Mindset
- Fat Burning Foods
- Reversing Syndrome X
- And the Fat Loss Mindset Cheat Sheet

All for just \$37

Order Now



You're Protected By My "Lose Weight Without Struggling Or Pay Nothing" Guarantee

30 Day Money Back Guarantee

Try the product for 30 days, and if you're not completely satisfied just send me an email and I'll send you a refund. You have absolutely nothing to lose and all the risk is on me!



I'm giving you 30-days to lose weight without having to battle through hunger and feeling miserable.

I want you to feel for yourself how easy it can be to achieve the body you desire when you use Fat Loss Mindset.

If after 30-days your not seeing pounds of fat melt away, I insist you contact me for a full refund.

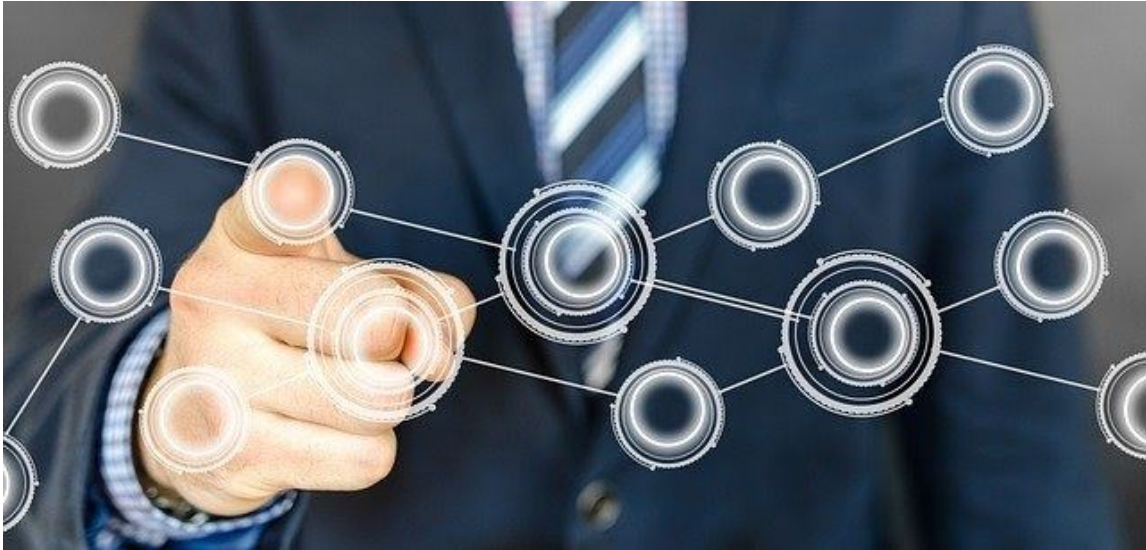
One email is all it takes.

I can offer such a generous return policy because I know the information revealed in Fat Loss Mindset can show you a better, simpler way to lose weight.

Order Now



Choose To Take Control Over Your Body



Right now, most of your eating is done on autopilot.

If you've ever tried changing your eating habits you understand how little control you have over your eating.

Fat Loss Mindset can change that for you.

Doing this can break you out of autopilot and allow you to develop better habits that pull you towards the things in life you desire.

If you'd like to know more, Fat Loss Mindset can show you how.

Order Now



<<<YOUR SIGNATURE>>>

PS. Habits are destiny. If you don't like something about yourself you need new habits to guide you to a new outcome. Fat Loss Mindset can show you how.

RESOURCES:

- (1) How your friends make you fat—the social network of weight
<https://www.health.harvard.edu/blog/how-your-friends-make-you-fat%E2%80%94the-social-network-of-weight-201105242666>
- (2) Response to Vitamin B12 and Folic Acid in Myalgic Encephalomyelitis and Fibromyalgia <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4406448/>
- (3) A Comprehensive Review on Metabolic Syndrome
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3966331/>