

This Report Brought To You By:

Leona L.

Eagerlearner.com

Visit Us At: <http://www.eagerlearner.com>

Fat Loss Secrets ...



Revealed!

How to Lose Weight Fast...Safely...& Naturally

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Fat Loss Secrets...



Revealed!

How to Lose Weight Fast... Safely... & Naturally

We've never met, but since you're reading this Report, I'm going to assume a few things about you:

- You want to know how to lose weight quickly and safely, and keep it off.
 - You want to improve your health and your energy level.
 - You need an effective program...strategy... or system to help you make real progress towards reaching your target weight.
 - ...and you don't have tons of money to waste on expensive meal delivery plans and gym memberships, etc.
 - Furthermore, you're tired of restrictive diets, counting calories and all that jazz.
- And you'd like to lose weight without starving or feeling deprived.

Well, I've written this Report to help you do all those things, so let's get started. This report will explain an effective and successful approach to improved health and weight loss that doesn't focus primarily on diet and exercise. Okay, so everyone knows you need to cut calories and increase exercise in order to lose weight, right? Well, what I am about to show you may completely change your mind about that.

Now, if you're reading this report, it's likely you've already figured out that **"diets" don't really work.**

What I'm going to share with you here is **"why"** diets don't work and what you can do about it.

First, let me give you a little of my background. If you've read any of my other health blogs or articles... you may know that I'm a former health educator and healthcare writer, and my wife is

a recreation therapist. But even with our knowledge of health, nutrition, fitness and physiology, we were constantly dieting and always overweight.

Between my wife and me, we were 150 lbs overweight. And our weight problems were beginning to take a real toll on our health, and on every aspect of our lives. So we decided to put our heads together and find a way to safely but quickly lose those extra pounds. I won't kid you, it took months of trial and error, trying to find a different approach to the problem—other than starting yet another diet— but we finally figured out how to safely and reliably lose weight fast, and keep it off. And the amazing thing is, we really didn't need to diet!

The “Real Reason” You Are Overweight

What my wife and I learned, and what many health professionals today are discovering, is losing weight may have less to do with diet and exercise, and far more to do with toxic mucus, lining the walls of your intestines, and a host of common intestinal parasites living and breeding in your stomach and digestive tract!...

I know that's a very strong statement, but keep reading and I'll explain. Heavy mucus that builds-up in the intestines known as **plaque**, along with **intestinal parasites**, can interfere with your body's absorption of nutrients. This causes your metabolism to slow down and actually store fat reserves. Also, intestinal parasites **trigger hunger and food cravings**, as well as many other digestive and weight loss difficulties.

What's more, one way the liver deals with toxins entering your body is to **increase body fat** to engulf these impurities and help protect your vital organs. The liver pushes as many toxins as possible into your fat cells where they can do the least harm. These toxins then saturate and surround the fat inside your fat cells and form a hard, plaque-like coating, essentially, trapping the fat within your fat cells.

How Do You Get This Toxic Mucus & Intestinal Parasites In The First Place?

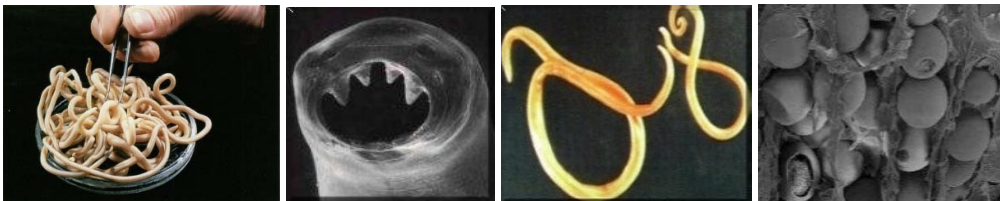


I'm glad you asked. Toxins from the food you eat pass through your intestines and include pesticides, fertilizers, hormones, synthetic fillers, preservatives, and chemically-enhanced materials that are in your food due

to the way foods have been grown, processed, preserved and packaged in this country for the last 40 - 50 years.

Your intestinal lining is exposed to millions of toxins every day from food, water, milk, soft drinks, coffee, alcohol, prescription drugs, heavy metals, etc. These toxins, as well as parasites, enter your stomach and eventually make their way into your intestines. Over time, your body creates a heavy mucus along the interior walls of your intestines in an attempt to contain or bind the toxins, and prevent them from entering your bloodstream through the intestinal walls, and gaining access to other vital organs and systems.

Microscopic larvae or eggs of parasites are often in the soil and may be ingested when you consume fresh fruit or vegetables that have not been thoroughly washed. Other types of organisms enter when you eat meat or fish that may not have been cooked or handled correctly. Harmful bacteria such as



The common intestinal parasites shown here are roundworms, hookworms & their eggs. These creatures live and breed inside of 1 in 3 Americans, and most people aren't even aware they are infested.

Candida Albicans, is already resident in your gut, but poses little threat when kept in check by the “friendly bacteria” in your digestive tract. But, whenever you take antibiotics, the “friendly bacteria” are killed and harmful bacteria, such as Candida, can then grow unchecked.

Let's Take A Look At The Full Picture Here

Once you can visualize what's going on "*inside your body*", it's easier to see why diet and exercise alone, may never produce lasting weight loss.

Try to Visualize This Entire Process:

- 1) More toxins are entering our digestive systems because of how our meat, fish, eggs, fruit, vegetables, and water are processed, grown, handled or packaged.
- 2) Our bodies respond by developing a thick mucus to trap and bind these toxins and prevent them from entering our bloodstreams through the intestinal walls.
- 3) This thick mucus ALSO prevents much of the nutrients from the food we eat from being properly absorbed into our bloodstreams through our intestinal walls.
- 4) Thus, no matter how much you eat, or overeat, you are unable to absorb a sufficient amount of nutrients from your food. After a period of time, this makes your body think that you are starving.
- 5) In response, your body slows your metabolism to conserve energy, and begins actively storing fat to help preserve your life.
- 6) In the meantime, microscopic larvae that entered your body through eating, for instance, a hastily washed piece of fruit or uncooked fish, has matured, as it has found the perfect habitat in the toxic mucus that is now lining the 25 feet of your small intestines or in the fecal encrusted mucus that is lining your 5 foot long colon.
- 7) Many of the nutrients from the food you eat that would have gotten through your intestinal wall and into your bloodstream to provide you with nutrition and energy, are intercepted and siphoned off by hungry parasites.
- 8) After absorbing the nutrients from your food that you should have received, the parasites then excrete a toxic substance that triggers hunger and food cravings in their host (that would be you). This causes the host to crave (usually sugary foods), and when consumed, these sugars provide ideal living conditions, the food parasites thrive on, and the perfect maturation chamber for the millions of eggs they lay inside of you.

9) Meantime, your liver is working overtime to process this toxic build-up, but is being overwhelmed. So it begins increasing your body fat in order to create a safe place to store these excess toxins. A place that is as far away as possible from your vital organs and systems.

10) Once the toxins are pushed into the fat cells, the toxins saturate and surround the fat inside the cell, literally trapping the fat inside your fat cells.

The net affect these conditions have on your body, is they cause you to become overweight, make it extremely difficult for you to lose weight, and almost impossible for you to keep the weight off.

Here's the bottom line – You are overweight, or can't lose weight & keep it off because:

- a). Your body is aggressively holding onto your current fat reserves because intestinal mucus prevents nutrients from being absorbed, which makes your body think you are starving.
- b). Since you are consistently receiving insufficient nutrients, your body has slowed your metabolism to conserve energy and fat reserves.
- c). To process the overload of toxins in your body, your liver is actively producing more fat to create safe places to store these toxins.
- d). You are experiencing more hunger and cravings for unhealthy (toxic) foods because hunger and food cravings are being triggered by harmful organisms in your digestive tract.

Will Diet & Exercise Effectively Impact The Conditions Above?

Not really. Clearly, to alleviate the conditions above you'd need to do the following:

- a). Remove the toxic plaque that is interfering with your absorption and causing your body to respond as if it is starving.
- b). Increase your nutrient absorption by eliminating the toxic plaque & the parasites that block absorption and hijack nutrients. Then your body won't think it has to continue conserving energy and holding onto fat for survival.
- c). Actively flush toxins from your digestive system and reduce your daily intake of toxins.
- d). Destroy and eliminate all parasites and their eggs from your digestive system.

Now, Take A Look At The Likely Impact Dieting Will Have On These Conditions

Reducing your caloric intake is likely to cause your body to lower your metabolism *even more*, since less food would mean even fewer nutrients are present to penetrate the plaque and enter your bloodstream.

Likely Outcome: Your weight will most likely remain the same or you might experience a slight weight **gain** as your body further lowers your metabolism in response to less food.

The Likely Impact Exercise Will Have On The Conditions Above

Increasing your exercise will cause your body to demand more fuel. Since insufficient nutrients are being absorbed by your body, the fuel will have to come from your fat reserves. In an effort to conserve your fat reserves, your body will probably *lower your metabolism even more*.

Likely Outcome: Little or no weight loss, less energy, fatigue

What I've described above are the underlying reasons "**why**" so many times people started a diet, follow it carefully, exercise, and faithfully keep a food journal... **But STILL**... only lose a pound or two, or perhaps even **GAIN** a few pounds! Why? Because "Diet and exercise" are simply **NOT** the main underlying problems that needed to be corrected.

Now That You Know The Problem... What Next?

There are a number of excellent resources that will show you step-by-step, the correct, safe, and most effective way to cleanse your colon and small intestines of toxic mucus, to detoxify your liver and fat cells, and remove harmful intestinal parasites and their eggs. When these things are done correctly, you'll find that diet and exercise are simply not the most critical factors to weight loss.

To learn everything you need to know about the "**Real Reason**" you haven't been able to lose weight and keep it off... and to find out "**Exactly**" what to do about it, I strongly recommend you get one or more of the resources listed on the following page. As health educators, and as a couple who've lost 150 lbs between us using our system, naturally, Nora and I believe our "**Secrets to Fast Weight Loss**

Guide” is the most effective and comprehensive resource available, so we’ll start our recommendations there:

1. [Secrets to Fast Weight Loss...How to Lose Weight Fast, Safely, & Naturally](#)

This is a step-by-step, week-by-week, 80-page guidebook that my wife and I developed to walk you through the ***exact 60-Day detox cleansing and weight loss program*** we followed to lose roughly 150 lbs between us... ***without dieting***. This guide also includes info on overcoming emotional eating, how to identify and address other hidden factors that may be impacting your weight loss such as Candida Albicans, the easy way to maintain your slender new body ***after*** you lose the weight, and useful tips on how to upgrade your overall ***“New Look”*** once you’ve reached your target weight.

2. [Top Secret Fat Loss Secret](#)

This detox weight loss guide was developed by the very popular, Dr. Suzanne Gudakunst. It is an excellent resource and comes in two versions, the Elite edition or the hardcore PRO edition for a more aggressive detox. Both provide you with an effective protocol for detoxify your entire body and experiencing rapid weight loss results. I highly recommend Dr Suzanne’s, Top Secret Fat Loss Secret.

3. [Candida Cleansing Diet](#)

This is an excellent resource addressing the eradication of the harmful organism, Candida Albicans. Candida Albicans is an insidious yeast bacteria that can grow out of control and overwhelm your digestive system, dig it’s way through the intestinal walls and enter your bloodstream... leaving holes in the intestinal walls large enough for tiny, undigested food particles to enter the bloodstream. An overgrowth of this yeast bacteria can lead to food allergies, immune system exhaustion, inability to lose weight effectively, and a host of other unpleasant symptoms. This Candida eating plan was developed by Dr. Lola Green and is a highly recommended resource.

4. [12 Steps to Complete Body Detox](#)

This is easy to follow and understand eBook does a very good job of discussing how to effectively eliminate toxins and increase your energy level. It explains how to detox safely and easily, why juice fasting works against a total Detox, the foods that stop you from achieving a complete detoxification, the role Candida plays, issues such as Gluten Intolerance, and more.

5. Master Cleanse Secrets

The Master Cleanse is a 10-day cleansing fast that is very effective, and has been used successfully by celebrities and high-profile entertainers. The Master Cleanse isn't for everyone, since it's a fast during which very little solid food is consumed. Master Cleanse Secrets shows you how to get through the fast with greater ease, and the foods you "can" eat while on this fast that won't undermine your cleanse. This book provides a lot of very good information about the cleansing process.

To your weight loss success,

Steve

Steve Campbell is a former health educator and prolific healthcare writer. He has written insightful educational material on health topics including *weight loss, nutrition, obesity, heart-healthy eating, diabetes,* and *coronary artery disease*. To learn how to trigger your body's maximum fat burning response, restore your digestive and metabolic functions to optimal capacity, and lose weight fast, visit his blog at: <http://www.secretstofastweightloss.net> When you visit his blog you'll also find more great articles and helpful weight loss tips.