

Is the Belly Fat Hormone Stopping Your Fat Loss?

Take the Quiz included in this Video to
Discover the Shocking Truth

Did you know there is a hormone in your body that turns your belly into a MAGNET for ugly fat?

It literally turns the food you eat into embarrassing, pant-stretching, stubborn belly fat...

...even the foods that you think are healthy.

In this short and information packed video, you'll discover a simple test that reveals if the "belly fat hormone" is sabotaging your fat loss.

And the good news is that I'll show you a natural and easy way to SHUT DOWN this hormone for good so you can get the flat stomach that you deserve.

Hi!

I'm Marie, a personal trainer, registered nurse and nutrition expert.

That's me today.

But I didn't always look like that.

In fact, not too long ago I was overweight and unhappy.

My husband is an engineer, and in 2010, we moved from the U.S. to Norway for his job.

And that's when I faced the toughest challenge of my life.

When we moved, I didn't know the language. I didn't have any friends. I didn't know anybody. I was alone and unable to communicate.

So while I struggled through Norwegian language classes and tried to make friends...food was my only comfort so I started to gain weight.

The new places, new foods and new stresses took a HUGE toll on my body.

I gained more than 20 pounds in just 3 months. It was soooooo humiliating. My belly hung over my waistband when I sat down. I was embarrassed to wear short sleeves because I was afraid my flabby arms would flap like a sail in the wind. My thighs got so thick that when I wore yoga pants my legs felt like sausages crammed into a tight wrapper.

I lost my confidence. I had no energy. I lost my zest for life.

I became quiet and shy. I hated the way I looked and didn't even want to leave the house.

Then one night, we went to meet some of my husband's colleagues. They lived on the 3rd floor of an apartment complex that had no elevator.

By the time we reached their apartment, I was tired, out of breath, sweating and embarrassed. I made my husband wait 5 minutes before we knocked on their door. I didn't want them to see me like this.

I knew I had gained some weight but didn't realize how out of shape I was.

And you can't imagine how I felt when I saw the beautiful, tall and slim Norwegian women at the party. I felt jealous and a little intimidated by their beauty.

Even worse, I saw the way they looked at me. They judged me for being short, chubby and out of shape. Even though they politely smiled...I knew what they were thinking.

To be honest...I felt humiliated.

I definitely didn't look like the wife of a successful engineer.

And I didn't feel sexy or confident.

It was the most frustrating period of my adult life.

Over the next few months, I tried EVERYTHING to lose weight. I tried pills and cardio and silly starvation diets. But nothing was working. I was ready to give up and spend the rest of my time in Norway hiding inside our house.

But one day, while I was sitting at my computer, hiding in baggy clothes and feeling sorry for myself, I stumbled upon a discovery that some scientists and dieticians were calling the missing link.

The more I read about the research the more excited I got. I couldn't believe it...was this really the missing link? Was this why I was piling on the pounds even though I was nearly killing myself with diet and exercise?

That day, I saw a glimmer of hope and I chased it down like my life depended on it. And actually...it probably did.

I spent the next few months pouring over scientific journals, reading dry technical manuals and reviewing all sorts of medical books that discussed what I call: the belly fat hormone.

You see – for a long time – scientists and doctors didn't realize that it was secretly responsible for the obesity epidemic in the United States and around the world.

Why?

It was simple.

Up until a few years ago – it was really difficult and expensive to get an accurate reading on this hormone. Especially in overweight patients.

But once scientists saw the connection – the research started to pour in. And as more studies were released, I gobbled them all up.

You see, I discovered that my weight gain had EVERYTHING to do with my hormones. It didn't matter how many calories I ate every day. It didn't matter how many miles I slaved away on a treadmill. Those things don't matter if you don't fix your hormones.

In fact, my fat belly, plump thighs and jiggly fat had everything to do with a single hormone. Just one.

And this hormone can either be a priceless friend on your fat loss journey or an unstoppable, fattening enemy.

More importantly – in the course of all my research – I discovered one weird trick that shuts off the belly fat hormone.

After I tried this trick on myself...

...what happened next was amazing.

...almost overnight I started noticing changes in my body and mood. After just a few days I stopped feeling bloated and tired all the time.

I felt slimmer and more energetic than before...even back when I lived in America and exercised every day.

I'm not exaggerating when I say that discovering how to shut off the belly fat hormone saved my life.

And that's why I'm so excited to share the secret with you today. Make sure to keep watching this video because I'm going to show you a simple test that will reveal if the belly fat hormone is ruining your body – just like it had ruined mine.

And if you're suffering at the hands of the belly fat hormone, I'm going to show you how you can stop that nasty hormone dead in its tracks so you can get the body you want...and deserve.

Starting today.

Back to my story. Now maybe you haven't lived in a foreign country before and you can't relate to my journey...

...but surely you can understand the devastating emotional pain and isolation I felt because of my weight. Perhaps you feel that same pain too – even in your hometown.

I was alone and unhappy.

I hated looking in the mirror and I always ducked out of Facebook pictures so none of my old friends could see what I had become.

I didn't even want to see myself. I remember waking up and HATING seeing the muffin top, love handles and the belly bulge in the mirror.

Sometimes, I'd even close my eyes while brushing my teeth so I didn't have to see my puffy, fat face.

That's why I know how you're feeling right now.

Maybe you've had that same awful experience...you know, when you come home from a party and have to immediately log in to Facebook to "un-tag" all the chubby pictures of yourself.

And as you probably know, when you hate the way you look – you also hate the way you feel inside.

That lack of confidence and self-esteem is a poison. The toxin slips into your career, family life and relationships. If untreated for too long – I've even seen it rip families apart.

I remember snapping at my husband when he made an honest mistake around the house. "HOW COULD YOU FORGET THE GARBAGE BAGS?" I shouted at him one night. You see, I felt bitter and frustrated with my body and health and I took my rage out on him.

He didn't deserve it. But I felt like everything was spinning out of control and I didn't know what to do. Even worse, I felt like I couldn't even enjoy my life. Instead – I was watching it pass me by.

That's why I get it.

When my patients tell me that they wake up every morning and hate the way they look, I understand. When my clients come to me looking downtrodden and sad, I understand. And when my friends and family tell me they feel worthless and weak because of their fat, I get it.

I've been there.

You may be feeling this way too. Like you've lost control over your weight loss and your health. Like you're going to have to settle for being overweight for the rest of your days.

I felt it too.

Right before I discovered the belly fat hormone – I just about gave up. I figured that since I was in my 40's, I'd never look and feel good again.

If you're at that point, please don't give up.

It's not your fault. Until now, nobody ever told you about the belly fat hormone and nobody ever showed you exactly how you stop it and start burning fat like butter.

Hopefully, in this presentation, you and I can have a conversation that changes your life. Because once you learn how to control the belly fat hormone – I promise that everything will change for you.

When you shut down this hormone, you'll be in the driver's seat of your fat loss journey for the first time. It really is the missing link that stopped you from losing weight before.

That's why you've tried all the latest fad diets only to end up losing and regaining the same ten pounds over and over again. You may have counted calories, ate bland, boiled chicken or even tried to do low-carb deprivation diets.

You bought all the worthless gym equipment and you end up shamefully hiding it away when guests show up at your house.

If all that stuff worked...you'd already be walking around slim and sexy. But it doesn't

All because those diets and workout plans were designed before scientists discovered that the belly fat hormone was the hidden key to fast, effective and safe fat loss.

In fact, I've gotta let you in on a dirty little secret of the \$160 BILLION dollar per year fat loss and diet industry. They want and actually need you to stay fat. If you somehow discovered a way to finally shed all those stubborn pounds...they'd lose a customer. Their profits would tank. Their shareholders would mutiny and they'd go right out of business.

You see, these big fat loss companies aren't run by people who care about you. They're run by cold, cruel and heartless accountants who crunch the numbers and decide what "miracle" diet they'll promote this month. You're just an entry in a spreadsheet to them...not a real person.

And once you fail on these "miracle" programs...they can sell you the next best thing. It might be pills. It might be powders. It could be exotic berry juice from the forests of India. It could be insane home workout DVD's.

Frankly, the massive diet and fat loss industry is a small fry compared to the massive, multinational food companies that want to sell you cheap, fattening foods to boost their corporate profits.

And as I'll show you in a minute...their LIES and misdirection are every-

where – from the supermarket to your own kitchen.

To the average person like you who's suffering and doesn't know what to do...it can be overwhelming and confusing.

Well let's put an end to that confusion today. Right now in fact.

Here's a simple rule – if a program or diet doesn't stop the belly fat hormone...it simply cannot work.

Now you may be wondering...what is this no-good, rotten hormone that makes you fat, frustrated and miserable?

It's insulin.

Now you may think of insulin as the hormone related to diabetes and it is. But that's just a side effect. The hormone's real purpose is to regulate fat storage in the body.

Here's what happens when you eat the wrong foods that activate the belly fat hormone.

After you take the first bite, insulin shifts metabolism into storage mode. Then it takes the nutrients like glucose and protein and converts them into fat. Then it sucks this new fat out of your bloodstream and sends it directly into your fat cells. [cool little insulin graphic here]

Instead of burning that fat for energy...it gets stored around your thighs, hips and waist.

That's why I call insulin the belly fat magnet.

Don't just take my word for it. Medical research shows that insulin is responsible for fat gain.

Doctor Anthony Martin said: "A high level of insulin in the blood stream stimulates the formation of the 'jiggly' subcutaneous fat that is located under the skin around the belly"

Now I remembered a little about insulin from nursing school, but I had no idea it had such a profound fat effect on fat loss. The medical community is just catching on...

Dr. George Cahill, professor of medicine at Harvard Medical School said,

“insulin is driving fat.”

In fact, breakthrough science is revealing more answers each day...

A study published in the medical journal, *Annals of Internal Medicine*, found that when “insulin is produced...more fat is stored.”

That’s why Dr. Erich Grafe wrote in his medical textbook *Metabolic Diseases and their Treatment*, that insulin was “an excellent fattening substance.”

And that’s also why Dr. Cherlye Hart said “Insulin is a powerful yet hidden fat-building hormone, which is the answer to why we keep getting fatter.”

Okay, now that you see how the belly fat hormone stops your ability to burn fat and get a lean, sexy body...let’s see if it’s affecting you.

Now...are you ready for a fun little quiz? ;)

By the end of the quiz, you’ll know for sure if the belly fat hormone is stopping your fat loss.

Over the next few minutes, I’m going to ask you a series of yes or no questions.

There are no right or wrong answers. Please be honest – it’s your health here.

Alright let’s roll.

Question number one...

In the last week, have you eaten:

Whole wheat bread?

“Healthy” Snack bars like Luna, Special K or Fiber One?

Heart-healthy cereal or granola?

This first question is a doozy. Here’s why...

30 years ago, nutritionists proved that whole wheat bread spikes your belly fat hormone almost twice as much as pure, white sugar. You’re literally better off eating two fistfuls of the sweet white stuff than the two slices of whole wheat bread on your sandwich. That’s crazy right? But it’s

a fact.

As soon as you finish chowing down on your piece of “healthy” whole wheat bread...your blood sugar and insulin have already spiked. The belly fat hormone’s wheels are churning and all the carbs and protein inside that slice of bread is rapidly being turned into belly fat and sent away to the fat-prison around your waist.

Second, the “low fat” healthy snack bars.

These things are sneaky little fellas. You see, food companies take all the normal fat out of their ingredients and replace it with synthetic sugar and all kinds of other nasties like high fructose corn syrup. All so they can label it “healthy” and “low fat” and sell them like hotcakes.

Now I’m sure you know that sugar is bad for you. It activates the belly fat hormone and makes you pack on the pounds. But it’s not just hiding in donuts, cake and ice cream.

Even more of it is lurking in these convenient, healthy little monsters.

For example, Cliff and Luna bars have about 24 grams of sugar in them. That’s the equivalent of two and half KRISPY KREAM donuts. Crazy right?

In terms of your belly fat hormone, you’re better off eating two donuts than one of these “healthy” snacks.

Take Fiber One bars for example. Guess how much sugar it has inside one tiny little bar? It has six different types of sugar including: Corn Syrup, Sugar, High Maltose Corn Syrup, Maltodextrin, Sugarcane and Fructose. And it’s got more sugar in it than 5 sugar packets. Isn’t that disgusting?

Think about that for a second – eating one of those snack bars makes you store as much fat as ripping open 5 packets of sugar and eating them straight.

That’s why Kraft, a \$48.1 BILLION dollar company, makes huge profits off these things. They basically trick the average shopper into buying these little belly fat bombs. Shopper Jane feels great because she’s bringing home healthy snacks for Johnny and Lucy when in reality she’s just making her kids fatter.

Your body turns these entire snack bars into belly fat.

Third, “heart-healthy” granola and cereal.

These items are really bad for you.

They contain tons of sugar and other ingredients that instantly activate your belly fat hormone. Those beautiful, sweet brown flakes turn right into the flabby spare tire around your waist.

For example, Kellogg’s Smart Start Strong Heart cereal has 17 grams of sugar in a small cup of it. If you fill up your bowl, double that to around 30 grams of sugar. That’s the equivalent of 3 Krispy Kreme donuts. The stuff contains 9 different types of sugar including: High Fructose Corn Syrup, honey, sugar and molasses.

Not only that...this “healthy cereal” has 5 more grams of sugar than a serving a Fruit Loops.

And muffins will turn right into a muffin top too. Listen to this...

A single Fiber One muffin has 15 grams of sugar. That’s one and a half Krispy Kreme donuts.

Even Weight Watcher’s Blueberry Muffins, the ones for people who want to lose weight, have 20 grams of sugar in them.

That sugar spikes the belly fat hormone and tells your body to pile on more and more fat.

That’s why Gary Taubes, bestselling nutrition author, said: “Everything insulin does...works to increase the fat we store and decrease the fat we burn. Insulin works to make us fatter.”

Okay, let’s get on to question number 2...

In the last week, did you drink orange juice, apple juice or any other type of fruit juice?

Listen, because these things are related to fruit, a lot of people think they’re healthy. But they are HORRIBLE for your belly fat hormone. They send your insulin sky high right after you drink them.

Let’s compare, a can of Pepsi contains 39 grams of sugar. But you already

knew that soda is bad for your weight. However...

...a small bottle of orange juice contains 42 grams of sugar. Even more than your favorite soda. You're actually better off drinking a can of Coke in the morning than you are drinking a glass of fresh, 100% natural orange juice.

You think you're having a healthy choice for your breakfast beverage when you're actually flooding your body with fat-storing insulin.

How about other healthy juice blends like Odwalla or Jamba Juice? These are even worse.

Jamba juice has 49 grams of sugar per serving. That's almost 25 sugar packets and the equivalent of 5 Krispy Kreme donuts!

Okay, okay – you may be saying “Marie I only drink vegetable juice and that's healthy right?”

Wrong. Dead wrong.

V8 Fusion Vegetable juice has 26 grams of sugar per glass. That's 13 sugar packets!

All of these drinks, which have been marketed and sold as healthy – flood your body with more and more belly fat hormone causing you to pile on the weight and feel tired, cranky, and helpless.

Here's question 3:

Have you been drizzling low fat dressing on your salads?

Now I've seen a bunch of my clients make this mistake when they first start out on a diet. They'll be out to lunch with their co-workers and everybody will be ordering cheeseburgers and sandwiches and they will make the “healthy choice” and order a salad. And when the server asks them “Would you like low fat dressing on that?” They say “yes” and they're all satisfied with themselves because they made the right choice.

Have you done the same thing and thought you were making the right move?

Wrong!

Don't worry...I'm not going to tell you that salads are bad for you or anything crazy like that. I love a delicious cobb salad piled up with fresh veggies, eggs, chicken and delicious, just-ripe tomatoes.

But a salad dressing mistake RUINS your healthy choice.

All those "low-fat" dressings are loaded up with sugar. And by now you realize that sugar sends your belly fat hormone levels through the roof and causes you to gain fat around your waist, hips and thighs.

For example, one type of Fat Free Salad dressing I reviewed had more than 14 grams of added sugar. Imagine sprinkling the liquid equivalent of a donut and a half all over your salad. Totally ruins your effort to eat right.

Next up, question number 4:

In the last week, have you eaten a healthy, low-fat cup of yogurt?

Since shoppers think they're making the right call when they buy "low fat" foods – food companies have exploited that error and come up with products that say "healthy, reduced fat" or "low fat" on the label. Just like the yogurt you may enjoy.

Here's the problem...when you remove the natural fat from yogurt, you're left with a bland, tasteless blob. And food companies know they can't sell that to the public. So what do they do? They replace the fat with high fructose corn syrup and other artificial sweeteners.

For example...

...6 ounces of Yoplait original low fat has 31 grams of sugar. That's equal to 15 packets of sugar or 3 Krispy Kreme donuts. All in that tiny little container!

Okay. Enough about all the foods that sneakily boost your belly fat hormone and cause you to pile on weight.

There are a bunch more "healthy" foods that are secretly making you fat that you should know about. In a minute I'll tell you how you can get a complete list for FREE.

Back to the quiz. Next question...

Do you sometimes feel groggy and tired when you wake up?

When you've got high levels of the belly fat hormone running through your body and storing extra fat...something else nasty happens.

And it may be the reason you pound the snooze button on your alarm over and over again. Think back to the last time you woke up feeling terrible...even if you got the recommended 7 to 8 hours of sleep. I suspect insulin is behind it.

Why?

Quick science lesson...

...when you've got high levels of the belly fat hormone – it greedily grabs up all the nutrients from the food you eat and stores them as fat. Instead of burning them for energy.

Think about this for a second.

Insulin is robbing your body of energy and keeping it locked up. That makes you feel tired and groggy. And if you eat dinner just a few hours before you go to bed – all that food is getting stored away. When you wake up...your body hasn't gotten fuel for 7 or 8 hours. That's why you feel groggy and the belly fat hormone is responsible.

Next question.

Do you ever get that 3 o'clock feeling of fatigue and tiredness?

I think you know what I'm talking about. You're sitting at your desk in the late afternoon and wondering if the day is EVER going to end.

I've been there. And it's a terrible feeling. It seems like the hours after lunch drag on forever and ever. That's because the belly fat hormone is robbing you of your energy. You see, right after lunch, your belly fat hormone spikes and you get that nice little boost of energy.

But an hour or two later, your insulin is all done storing up the fat and your body is starved of energy. That's why you get that exhausted 3 o'clock feeling. It's all in your hormones.

Okay, last question...

Do you ever get hungry, cranky or have cravings between meals?

If you do...it's probably because of the belly fat hormone.

When you eat foods that spike your insulin level, something else strange happens to your body. The high levels of belly fat hormone block the leptin signal, which is the signal that tells your body it's full. Since the signal is jammed, your brain feels "starvation" and then tells your body it's hungry even when you've eaten. That's why you seem to NEED to eat more just an hour or two after you dine.

Think back to the last time you had a "healthy" breakfast of cereal with skim milk, a slice of whole-wheat toast, and a glass of orange juice.

Less than an hour after eating all that, your insulin levels spiked to amazingly high levels. But then, an hour or two later, you felt really hungry again. You know that feeling. It's all because of the belly fat hormone.

Isn't it amazing how many ways insulin can secretly sabotage your fat loss?

And when it does – bad things happen. Insulin makes your body form:

The spare tire around your waist that makes your pants tight and uncomfortable

The love handles around your hips that give you an ugly, pear shape.

The muffin top that spills out from under your shirts

The "sausage link" thighs that make your jeans an unbearable torture to wear

The flab on the back of your arms that makes you HATE HATE HATE wearing dresses and short sleeve shirts. You wouldn't even DREAM of wearing a bathing suit.

And you know what's even worse about all that unsightly fat all over your body?

Insulin also causes fat to build up around your vital organs.

I'll talk more about why this is such bad news in just a minute. But for now, all you need to know is that fat CHOKES those organs...keeping the nutrients they need from getting to them. And over time – that fat actually accumulates toxins and leaks those toxins into your vital organs.

I don't need to tell you that this is real bad news.

It's partially responsible for diabetes too. And just so you know...

...40% of all DEATH certificates in America now list diabetes as a cause. So what we're working on here isn't just getting you to look slim and sexy, we're also talking about saving your life.

As I'm sure you realized by now, insulin is the bad guy in this story.

But you can stop him. All of this damage and fat gain is reversible at any age. It really is just a matter of using food to SHUT DOWN the belly fat hormone instead of feeding it.

A 2006 study published in the scientific journal Nutrition and Metabolism found that reducing "insulin concentrations...favours utilization of stored fat as fuel." That means that when you turn off the belly fat hormone, your body burns fat as fuel instead of storing it away.

Simple right?

But when it's done right, the results will shock you. When you control the belly fat hormone...the entire universe of fat loss opens up to you. It's amazing how quickly you can burn off all of your unwanted belly fat simply by shutting off the magnet.

Imagine stripping away all of that fat you gained as easy as taking off your favorite winter coat. Even better – imagine looking and feeling as young as you felt when you and your spouse just met...before kids.

I know shutting down the belly fat hormone brought a new spark into my marriage...even while we were living together in the frozen tundra of Norway.

Your partner will be delighted after just a few weeks of your fat loss. But just wait until you run into an old classmate and they don't recognize you right away. Here's all you need to say: "Yes, it really is me."

Just a better-looking, thinner, and happier version of you.

Now imagine filling your Facebook profile up with pictures of the brand new, slim, sexier you. And think about logging in to your Facebook one day and seeing a new message...

Lo and behold – it's a long lost friend who you haven't seen since high

school and they comment: “wow, you look amazing. Wish I still looked as good.”

Aside from losing all this nasty belly fat and feeling great, you’re going to start to notice a few other things...

You’ll finally be pleasantly surprised when you catch a glimpse of yourself in the mirror. In fact, for a few weeks, you might stop at a freshly polished car on the street to check out your reflection in the paint. Just make sure nobody is in the car...that could be a little embarrassing!

Not only that, you’ll join what I call the “secret society.”

Don’t get me wrong – I’m not some sort of conspiracy theorist or anything. This secret society is unofficial but quite real. Have you noticed that fit, slim and sexy people get treated differently than other people?

You know, the kind of people who get special treatment and attention no matter where they go. Like the cute mom who gets a smile and an extra biscotti at Starbucks. Or the slim dad who the waitress treats just a little too kindly.

Once you control the belly fat hormone and shed those pesky pounds, you’ll be amazed at how people start treating you differently. You know why this happens?

Confidence.

You see, when you’re happy and confident with the way you look – you radiate a certain aura or something that other people notice. And because they know you respect yourself...they’ll treat you right.

This powerful confidence will also give you an edge at work. You’ll be inspired and confident enough to finally demand – and get – what you deserve.

Your relationships will improve too. Once you shed the belly fat, your confidence and self-respect will guarantee that people treat you like the prize that you are. You just need to shed the fat covering up your best self.

At first you’ll be surprised and flattered when people who you thought were “out of your league” catch your eye, smile and introduce themselves. But I gotta warn you...

...you'll love all the extra attention, at first, but get ready to practice repeating this line: "You're really nice and thank you but you're not my type."

And the spotlight will shine brighter when you shed the pounds and can buy the sexy, stylish clothes you always wanted...but never thought you could wear.

Not only will you fit in those clothes – you'll have the confidence to pull off more styles than you can imagine.

Think about how you'll feel when you're wearing those new clothes out to a party. You walk in the door and the entire room turns to check you out. You'll be amazed at how quickly you turn from the wallflower to somebody who can captivate a room.

I shouldn't forget – you're going to love going shopping again.

You'll stop worrying about the judgment of the skinny salespeople. You'll love the fact that the place is covered in mirrors...it will give you plenty of opportunities to check yourself out.

No more painful "size upgrades."

No more having to shop in the plus-size section. If you want, you'll even be able to pull off some really trendy looks.

Just imagine being able to try on clothes again and not just browse.

I have to warn you though...after you stop the belly fat hormone, your clothes will feel loose after the first week...but please don't rush out to buy new outfits during the beginning of your fat loss. I'd wait until the end of the first month. Why? Because I don't want you to have to return those clothes for an even smaller size.

Don't worry...I'm sure you'll be able to handle all the new attention.

Why? Because once you get the belly fat hormone under control, you won't feel overwhelmed anymore. You'll finally have control over your life and health. And that little negative voice inside your head will finally go away.

Think about what it will be like when you know that the only things that

people say behind your back is “I wish I had her genes.” Or...”I wonder what her secret is.”

Trust me, overhearing people saying envious things is quite pleasant. You’ll like it.

Even better, you’ll never have to worry about eating in front of others again. You’ll stop feeling like you’re being judged for the food on your plate.

And your family will notice the new you too.

Don’t you hate it how your one skinny aunt always gives you a hard time at the holidays. You know how it goes: “Dear, you know, you really have to lose some weight. You’re setting a bad example for your kids. “

Imagine never hearing that again. Instead think about what it will be like when your family starts begging you to share your secret.

Picture your spouse or partner’s face right now. Now imagine their delight as they witness your transformation. You can be sure that they’ll be ready and willing to please you...however you want.

Wait until you’re sitting at a restaurant and the server starts flirting with you...your date might get a little jealous but soon enough he’ll really start enjoying the privilege of being seen with slim, beautiful woman.

Now I know I’ve talked about going out a lot and you might be a homebody. But once you shut down the belly fat hormone and start melting away the fat...you’re not going to want to sit at home watching TV and eating comfort food. You’re going to want to go out and meet new people and make new friends. And don’t be surprised if the friends you meet at the new book club think you’ve been skinny, slim and sexy your whole life.

You might even want to take your new look and confidence on the road...speaking of travel – say goodbye [bon voyage!] to those awkward moments when your extra skin, bulging with fat, touches the person next to you. You’ll be comfortable anywhere...even in those tiny economy seats.

And you’ll be able to post up whole albums of you, looking happy and hot, all over the world. You’ll be excited to pose with your family and you won’t have to worry if “this angle makes you look fat,” because you’ll

look good from any angle.

Also – be ready to actually enjoy pool parties or trips to the beach for the first time in years, maybe ever. And get ready to turn some heads when you slip into your new bathing suit and splash around.

And if your children have their friends over for a pool party...you won't have to shamefully wait for all the kids to go home before you go in for a refreshing dip.

Here's another thing I'm going to need to warn you about – after you melt away all this stubborn fat – you may run into one of your exes. Don't be too gleeful when you see the look on their face when they realize what a terrible mistake they've made. But...

...definitely savor the look on their face when you walk away forever.

Whew. Controlling the belly fat hormone sure is powerful isn't it?

Let's take a second to recap everything you've learned so far.

First, there are certain foods you eat right now that activate the belly fat hormone. And when you eat them, your insulin turns off your fat burning metabolism, converts all the nutrients into fat and sends that fat to be stored...not burned. So when your insulin goes up...you get fatter.

And when you reduce your insulin, you get thin. A clinical trial performed at a hospital in the Netherlands and published in 2008 found that reducing insulin levels caused massive fat loss. Patients in the study lost an average of 21 pounds. And the lower the belly fat hormone, the greater the fat loss.

University of Washington scientists Stephen Woods and Dan Porte said the evidence was “overwhelming” that increased insulin was the driving force of obesity.

And Dr. David Kipnis, an insulin researcher, said that it was “very obvious” that “insulin causes deposition of fat in fat cells.”

But there's even more to this story. The second reason why too much insulin is bad for you probably explains why you're struggling to lose weight right now.

Remember – the belly fat hormone is your sworn enemy.

But it's even worse than you know...

Since your hormone greedily sucked up all the fat before it could be burned for energy – there is no fuel left for your body to use. Which means you feel tired and cranky and lifeless when your belly fat hormone levels are too high.

When you switch off the belly fat hormone, you'll be amazed at what happens to your energy levels.

You won't be tired after a long day at work. Picture gliding through your front door with excitement and energy, ready to enjoy your time with your family. Play with your kids and have the energy to be a loving husband or wife too.

Or if you're single – you'll have the energy to go out and meet new people at least a few nights a week. Instead of dragging yourself out or even worse, staying at home alone, you'll be more than ready to have a good time...even if you worked overtime.

And speaking of work, say goodbye to those afternoon dips in energy. You'll never stare hopelessly at your computer screen around 3 o'clock and ask yourself "Will this day ever end?"

You won't feel groggy, cranky or tired again.

Imagine, for a second, how you felt the last time you woke up in your warm, soft bed after a great night's sleep. Think about how you enjoyed the feeling of your sheets for a moment before you leapt out of bed, ready and excited to start your day.

No more stumbling over to your coffee maker and seeing your tired, raccoon eyes in the bathroom mirror.

Now imagine waking up like that every single morning – and imagine feeling that good all day long. Even if your two-year-old woke up screaming in the middle of the night and you have a big presentation that morning. The stresses may pile up – but the brand new you will have the strength and energy to face them head on.

In fact, once you stop your belly fat hormone from making you tired and cranky, you'll have all day...and all night energy.

Not only will you turn your partner on with your new body...you'll have the energy to take your love life to the next level. Imagine reviving the dying embers of your relationship and turning it into a 5-alarm fire.

And don't be surprised if your spouse turns to you one night and says: "I feel like I'm with a different person."

There's more to the insulin story too. Once insulin makes you fat and steals your energy...it also makes you crave more food.

After insulin stores away the food you eat as fat, your body is starved for energy.

Your cells are hungry. So they make you feel hungry again...

...even if you just ate your body sends out the signal to your brain to go eat more.

Dr. Robert Lustig of the University of California explains that "high insulin...[gives] the hypothalamus the false sense of 'starvation'" and causes "you to eat more."

Once insulin has successfully locked away all the fat around your waist, it triggers your cravings for food.

This sets off a vicious cycle that causes you to get hungrier even as you eat more and more. And if you've ever felt uncontrollable cravings for food that's exactly why.

Too much insulin literally makes it impossible for you to feel full and satisfied after a meal.

It's not a matter of willpower or self-discipline. You can't spin, starve or jog your way out of this hormonal binge eating. That's why it's not your fault that your previous attempts at weight loss failed...that's why it's not your fault that you felt compelled to climb out of bed and binge on Oreos at 3 o'clock in the morning. Your hormones made you do it.

But you can stop this fattening cycle. You can end the cravings and binge eating by simply controlling your belly fat hormone. It really is just a matter of using food to SHUT DOWN your insulin-fueled cravings.

Simple right?

But when it's done right, the results will shock you.

Imagine how you'll feel when you spot that nasty little insulin-spiking food you used to love to eat and realize...that you hadn't felt a craving for it in weeks. You'll feel in control for the first time.

You'll stop feeling like food has some mysterious power over you. No more being a slave to these nasty, fattening chemical weapons designed by the food companies.

You'll put that all behind you.

Now I've seen these effects and more with my personal clients that stopped the belly fat hormone and melted away their stubborn fat.

Their personal transformations have been rapid and remarkable.

And in this presentation I've shared a lot of information with you. I showed you that the belly fat hormone is the reason why you've tried to lose weight and failed before. I showed you how the belly fat hormone is robbing you of your youth, health and energy. And I've shown you a bunch of foods you need to avoid in order to keep the belly fat hormone from wrecking your fat loss.

But that information is useless unless you apply it.

This happens all the time with my clients. They want to know what to do when I'm not around. When I'm not there to help them, inspire them and guide them to their fat loss destiny.

That's why I created a system specifically designed to TURN OFF the belly fat hormone, kickstart your fat burning and melt the fat away for good.

I call it Eat More Burn More. Because you don't need to count your calories to lose weight, you just need to control your belly fat hormone.

And I know it works because I used it myself to drop all the extra fat I piled on in Norway. Not only that, I used the principles behind the system to help my private clients and friends melt away their stubborn belly fat.

This incredible fat loss blueprint will work for you even if you think you tried EVERYTHING. It will work for you if you're a man or woman. It will work for you if you're younger or more mature. And it will work if

you have 10, 20, 30 or even 75 pounds to lose before you get the body of your dreams.

Before I tell you how you get your copy of this life-changing blueprint today, I need to tell you what Eat More Burn More is not.

It's not a shady diet pill that floods your body with dangerous stimulants that have you tweaking and twitching like a junky all day long. I don't believe in that artificial nonsense.

It's not a starvation diet that only allows you to eat a few hundred calories per day and leaves you hungry, craving and angry. Don't worry – I'm not going to tell you that you can only eat apples for a week. Remember, we're going to lose the fat, not the calories.

It's not a "miracle" shake that tastes like a plumber's handkerchief. You won't have to choke down mysterious, chalky liquids instead of real food.

It's not a diet that only allows you to eat bland, boring and disgusting foods. Say goodbye to skinless, tasteless and pointless chicken breasts and soggy, canned tuna.

And it's not an insane workout program that has you sweating alone in your living room with fitness fanatics who love pain. No no no. When you learn how to control your belly fat hormone – you won't need to exercise for weeks without result. No more chaining yourself to a treadmill and running like a hamster for hours each week.

So what is Eat More Burn More?

It's a complete blueprint that reveals how people like us can shut down our belly fat hormone so that we can lose weight quickly, safely and naturally.

Inside, you'll discover the truth about what it takes to SHUT DOWN your belly fat hormone so that you can get the great body you want...and deserve.

It's the missing link between your current reality and your goals. You don't have to count calories.

Instead I'll show you the precise foods to eat that will rapidly eliminate your fat and keep you skinny, hot and happy for good.

You'll discover how you can make your food work for you...burning fat and staying energized all day long. Say goodbye to the fatigue, grumpiness and frustration you felt with regular diets.

You're going to get delicious, belly-fat-blasting meals that you and your family will love.

And...parents are going to love this...you won't have to worry about cooking two meals...one for you and one for the rest of your family. This food is so good that even the most junk-food addicted kid will LOVE to eat it.

I'm talking about delicious grass-fed steaks. Savory rotisserie chicken where the crispy skin falls right off the meat. Delicious scrambled eggs cooked in real butter and topped with thick slices of applewood smoked bacon.

Using Eat More Burn More is probably the most effective way to "trick" your kids into eating right and setting them up for a lifetime of health, happiness and success.

This system shows you exactly what to eat and when to eat it.

And the foods I recommend are easy to make. You can do it even if the only thing you've made in the kitchen is a mess. Even if you're a bachelor who can barely scramble eggs.

Also, you won't have to slave away for hours to use the Eat More Burn More system. I know you're busy and your time is valuable. That's why all the meals take just a few minutes to prepare. And they are specifically designed to shut down your belly fat hormone.

Even better, you won't need to be an expert herbalist or have a PhD in nutrition to make ANY of these meals. You'll use simple ingredients and you won't have to worry about exotic Hungarian plants or anything like that.

All in all, with Eat More Burn More, your weight loss is fast, safe and guaranteed. Why? Because it naturally shuts down your belly fat hormone and then lets your body's natural fat burning system do the rest for you.

Okay you ask...what is the price? Eat More Burn More regularly sells for \$197 and frankly, I think it's a great deal at price. As you've already seen,

this program is the missing link that will stop your belly fat hormone dead in its tracks and transform your body and your life. But before I share today's price, I want you to know that you're not just getting the complete Eat More Burn More program.

I'm also going to give you something that you're going to love.

It's called the 7-Day Belly Fat Hormone Cure.

This is the other piece to your fat loss puzzle. It's the same system that my other clients used to rapidly reduce their levels of the belly fat hormone and immediately start burning fat in the first week.

Nobody talks about this either. Every other plan that I tried didn't even mention it.

It's the reason why you 'failed' to stick to normal diets and didn't get the results you were promised. You see, those other folks sold you an incomplete solution. That's why it's not your fault. But I've spared no expense to show you the full picture of everything you need to shut down the belly fat hormone and melt the fat away fast. Nobody gave you this missing piece before.

You see, the key to making diets work is immediate, rapid results. When you start seeing and feeling changes in your body, it makes continuing with the program simple and easy. You'll actually want to keep going.

You won't need to rely on willpower. That's what makes the system seem effortless, easy and fun. You see, you're not going to need to worry about willpower when it comes to losing that weight. You won't need it when you start seeing results in the first few days.

How you ask?

You won't have to force yourself to do anything because when you quickly shut down your belly fat hormone, your cravings will disappear for good. In less than one week...you'll ditch all your desire for foods that activate the belly fat hormone. You won't even notice the sweets, candy, and other nasty foods you used to want all the time.

This simple 7-day plan eliminates your self-sabotage for good.

Like we said earlier, knowing all this good information doesn't do you

any good unless you take rapid daily action to achieve your goals. And that's precisely what the 7-Day Belly Fat Hormone Cure does. By showing you fast results...it guarantees you'll do what you're supposed to.

So with this added bonus, even at \$197, Eat More Burn More is way more valuable.

Think about it for a second...how much do you value your health and happiness?

How much would you pay to finally look in the mirror see a slim, sexy version of you? How much would you pay to finally have the confidence you need to enjoy life to the fullest? How much would you pay to finally feel happy with who you are, not ashamed anymore?

I think it's impossible to put a price on it. I know taking control of my belly fat hormone and melting away all that extra fat was a priceless transformation for me.

So stick around for a second because I've got a great deal for you.

However, I need to ask you a serious question...

What will happen if you don't do something about your belly fat hormone? You'll probably stay overweight. You'll probably stay unhappy. You'll probably keep going round and round on the carousel of "miracle" diets and weight loss gimmicks.

Not only that, you'll probably eventually give up and miss out on all the richness life has to offer you. Because your belly fat hormone is already out of whack and programmed to store away more and more fat.

In fact, you may even gain more weight. Which will make losing it all the more difficult.

Look, I hate telling you this...but here's a cold, hard truth. No matter how much you starve yourself, no matter how much you exercise, no matter how much you count calories or points and no matter how many miracle pills and powders you take, your body will be stuck in keep storing nasty blubber around your hips, thighs and waist until you shut down your belly fat hormone by doing exactly what I recommend in Eat More Burn More.

Please listen. I don't want that to happen to you.

I want you to have the body you want – and deserve.

Let's make this an easy call for you. Since you're watching this video, I know you're serious about finally shedding your stubborn fat.

I want to reward you for your commitment to make a change in your life. So because you took the time to learn more about your hormone problems by watching this video, you won't have to pay \$197. You won't even have to pay \$97.

Nope. Because I've convinced my publisher to offer a one-time discount coupon that you can use but only if you promise to do me one simple favor. After you've banished your belly fat, simply you'd share your success story with others to help inspire them. If you promise to do that for me, then my publisher will offer the program to you today for a special price.

So when you [click here](#), you get the complete Eat More Burn More program and the 7-Day Belly Fat Hormone Cure. And that's for the special price you see on the next page.

That's not just a good deal, it's a bargain.

But here's the best part. You don't even have to decide now. Go ahead and take Eat More Burn More for a 2 month test drive. Read the materials, review the guides and take control of your belly fat hormone. During your trial period, I promise you'll be amazed at how fast the pounds melt away and you get a newfound energy that you never knew you had.

After you've seen the amazing results, then decide if you want to keep it. There literally is no risk for you today when you hit the order button.

And to give you even more peace of mind, we've teamed up with Authorize.net, the largest payment security site online. It's the same security that Chase and Wells Fargo use for their online banking sites. You'll have peace of mind that your order is safe with us.

So in the unlikely event that Eat More Burn More just isn't right for you in shutting down the belly fat hormone, melting away stubborn fat and getting the body of your dreams...no problem.

No matter what the reason is, just drop me an email for a no-questions-asked refund. That's my promise.

The only thing you have to lose is that nagging belly fat.

Plus, when you [click here to get started right now](#), I'm going to give you something that my personal clients and friends have been asking me about for ages. You're going to get it for FREE when you hit the "Add to Cart" button.

It's my Eat More Burn More Fast Start Guide. You'll get immediate access to this powerful guide. If you don't have much time to read, if you want to dig into the good stuff right away or if you want to get your fat burning started as fast as possible then this simple blueprint is the best way to get the ball rolling.

You'll love it because one of the most important things to do on this program is to get started as fast as possible and build up unstoppable fat loss momentum. When you start seeing and feeling the results in the first week, you're going to be delighted and amazed.

This guide shows you how to get started just minutes from now. It will show you what to do in the first hour, day and week of the program to set yourself up for total fat melting success.

And by acting today, you're going to get this special discount plus something more...

...like I showed you earlier – food companies lie and trick you into buying more, eating more and wanting more of their cheap, belly fat activating foods.

They do it by twisting labels, hiding hidden sugar and other nasties in these so-called "healthy" foods. Now don't get me wrong, what they're doing is totally legal but really nasty if you ask me. It's just another case of greedy corporations taking advantage of their customers for a buck.

It has to stop. And that's why I'm including another bonus that you'll get just for watching this video. It's called the Fat Burning Grocery Store Guide.

Never again will they trick you into buying foods that activate the belly fat hormone. Think about how you'll feel when you can walk through the grocery store and know that every item you buy is healthy and fat burning for you and your family. With this simple and easy-to-use guide...you'll have the power to choose only the healthy good stuff.

So [click here right now](#) and you'll get instant access to the entire Eat More Burn More program. That's the full blueprint, the 7-Day Belly Fat Hormone Cure, the fast start guide, and the Fat Burning Grocery special report.

All of this is worth at least \$397 but you can get the whole package right now for the low price you see on the next page.

I guarantee you'll shut down the belly fat hormone for good with this program. I guarantee you'll lose your muffin top, spare tire and heavy gut in just a few short weeks. Here's what's going to happen when you click here to get started right now...

...you will go to directly to the 100% secure order page. Your purchase protected by Authorize.net's guarantee. It's one of the biggest and most powerful names on Earth for secure online orders.

Rest assured, your purchase is safe and secure with me.

Then you'll get immediate access to our member's area where you can download the full system and all the bonus reports I told you about earlier. You can read the quick-start guide in 15 minutes and you'll be off to the fat burning races. It's that easy.

Listen, you know this...you've been trying to lose weight. You've struggled with stubborn belly fat for way too long. Nothing has worked. You've felt down and out...sad and frustrated.

Isn't it time to finally do something about your weight and your health? Right now, the solution to your fat loss problems is right in front of you...you just need to shut down the belly fat hormone and let your body do the rest.

You can have the body you want. You can wear the clothes you want. You can take back your broken confidence and regain your health and zest for life. Until now, you've just been missing one final piece of your fat loss puzzle.

You're just a few weeks away from a slimmer, sexier and more confident you. So [click here to get started](#) today. I know you can do it.

And don't forget, Eat More Burn More is guaranteed to work for you. Try it the whole program out for 60 days, if you don't see the results I promised, drop me a line for a prompt and courteous refund, no questions asked.

As you're about to discover when you melt away the fat and reveal a brand new you, you're going to get confidence and satisfaction that is impossible to buy.

So [click here to get immediate access](#) to your full program plus all the bonus reports all for the low price you see on the next page.