

How to lose weight when nothing else has worked

*Step - by - step instructions on how to achieve your health and
weight loss goals*

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Introduction

You don't have to be a rocket scientist to notice that most Americans are overweight and not many people know what to do about it. There are tons of diet programs out there but not many that can promise more than 1 pound weight loss per week or even less of a hope that the weight will stay off once you finish their program.

I've been a Mom for over 16 years now and know what age, pregnancy, and just the general stresses of life can do to a woman's figure. My weight came off pretty easily with my first 2 children, but with my third daughter I was on bedrest for 12 weeks and with my son I developed gestational diabetes which caused some extra weight gain. My son weighed 9# 13 ounces!

I had tried pretty unsuccessfully to lose those last 10 pounds and then found that I was gaining even more weight the more I tried to take it off! I'm a little slow, so after 10 years I thought maybe I should pray about this situation. Just a few months later a friend of mine told me that she was using a program that got rid of her "pouch" in the front. I was all ears as she told me what she had done. So I also started using this new technology and implemented the 9 day program. I was able to release 11 pounds and almost 14 inches! Now THAT got my attention. I had been trying to lose that weight for 10 years so I wondered how that weight had come off so quickly and in all the right places. Not to mention the fact that I felt great, had better mental clarity and was able to tell when I was full while eating.

This ebook is designed to help you get an understanding of what I did to achieve my goals and educate you on how you can do the same.

Step 1 - Assess your situation

How much weight would you like to lose? This might be depressing, but you should probably calculate your Body Mass Index (BMI). Take your weight times 703 divided by your height in inches divided your height in inches again. The formula would look like this (weight x 703 / height / height). So if you weigh 200 pounds and are 5'4" tall your BMI would be 34.33.

If your BMI is below 18.5 then you are underweight.

If your BMI is 18.5-24.9 then your weight is normal.

If your BMI is 25-29.9 then you are overweight.

If your BMI is 30 and above, then you are in the obese category.

You probably already know these numbers if you have tried many diet programs out there.

You can plug in the numbers for what we call your "Target BMI". Put in the weight you would like to be and then figure out what your target is.

If you don't know what you should weigh, then you can apply the formula backwards. Put in your target BMI and multiply your height in inches twice and then divide by 703. That will give you the weight you will need to get to to register your target BMI. So if you want to have a normal BMI and you are 5'4" tall it would look something like this... 24.9 (target BMI) x 64 x 64 divided by 703 = your target weight.

I know it's hard to look at these numbers, but this WILL work for you if you are committed. Stick with me and read on....

Step 2 - Believe you WILL be able to lose weight and keep it off

I have talked to many people who tell me that I don't know how many diet programs they have used and that this couldn't possibly work for them because they have tried them ALL. Again, stick with me here because I have helped people lose over 600 pounds in the last year and have seen it work over and over again. I can't do it for you, but I can provide some tools that will help you achieve your health and weight loss goals.

I know it can be discouraging to use different programs and still not meet your goals. I was able to lose the weight AND keep it off. I'll explain how I and others did it with a 95% success rate.

Step 3 - Accept the fact that diets aren't the answer.

Diets basically deplete your body of nutrients so that your body will hopefully release some weight. The main thing that happens is that you lose muscle mass. I know lots of people, including myself, who tried all kinds of diets and still didn't lose weight.

Have you ever been around someone who did everything right when it came to healthy eating and exercise yet still didn't lose weight? I was one of those. I ate well. All my friends thought I was a health food nut. I exercised and was very active. I have 4 children that I chased after each day and didn't sit down much. Yet I couldn't lose weight, or worse yet, the pouch that I carried around at my waist was growing.

There were lots of other people out there that I saw who ate like birds and exercised religiously, but didn't lose weight. Or they would lose 30-40 pounds and look worn out, saggy and tired, only to gain it back and then some.

So why does the weight come back on when these people work so hard to lose it? Why do people hold on to weight and why do those that lose end up not being able to keep it off? Well, the culprit is fat and impurities. We all know that, but do we know the scientific reason why fat stays and impurities cause so many problems?

I'll try to explain it as simply as I can. We all know that impurities are all around us. They show up in our air, water and food. One hundred years ago cancer wasn't even an issue that doctors dealt with. Pesticides weren't used on crops and factories weren't prevalent. Food came from your own land and you didn't mix chemicals together and call them food like we do now. Did you know that 90% of the foods sold in grocery stores now are processed foods?

We are constantly bombarded by chemicals every day. When impurities come into our bodies fat collects around the impurities to protect the organs. Fat cells won't leave the body unless the impurities do because the fat cells are doing their job. That's why most people carry their weight around their midsection because that's where the fat cells, organs and impurities are. Our liver is the organ that breaks down fat and is the key fat burning organ. It also safeguards our immune system.

I'm sure you will agree with me that everything operates better when it is clean. We clean our homes, cars, clothes, furnace filters, car filters, etc. When our drains get clogged or our toilets back up, we take care of it right away. Would you go 30-40 years without changing the vacuum cleaner bag or changing the oil in your car? We don't think anything of letting our bodies go 30-40 years or more without cleansing them.

Flooding your body with nutrients through cleansing is the key to all these weight loss problems. Will cleansing cure diseases and health problems? Absolutely not! What cleansing does is enable your body to do what it was designed to do. The cleansing nutrients are used by the body to cleanse itself.

Step 4 - Decide how aggressively you want to pursue your weight loss goals.

Do you want to do it slowly, moderately or aggressively?

The first thing you need to do is to get your body ready by drinking a high quality whey protein shake for 2 meals a day. The shakes I used filled me up and provided my body with the nutrients my body needed. I had 1 for breakfast and then another for one of my other meals of the day. There are many whey protein shakes out there but this is the only one I know of that is harvested in New Zealand where they do not spray any of their crops. It also has more than 100 replenishing nutrients, complete balanced amino acids and a special digestive enzyme delivery system that keeps the enzymes active. Other whey protein drinks use pasteurization that kills the live enzymes.

The next thing I did was flood my body with nutrients using a body cleansing program. This is not a colon cleanse where you are in the bathroom all day. It cleanses your organs, blood and lymph system. I have searched high and low and have not found anything as complete as this program not to mention the 95% success rate.

This is where you decide how aggressive you want to be. The body cleanse can be done overnight, once a week, twice a week or once a month depending on where you are in your pursuit of health.

The cleanse day consists of an aloe vera mineral drink that contains over 70 trace vitamins and minerals. You take this 4 times a day on a cleanse day. Then you supplement that with wafer snacks, unsalted almonds and water. You receive a schedule with the weight loss coaching and are eating something about every 1 ½-2 hours. Even though you are not eating with a knife and fork on this day, you are actually flooding your body with 6000 calories worth of nutrition.

I challenge you to find a more complete and successful program than this one.

On the days you are not doing the body cleanse you will drink 1 or 2 shakes depending on your level of commitment. You continue to do 1 or 2 cleanse days a week until you have achieved your target weight. For those who want a gentle cleansing program, they would take 1 ounce of the cleanse drink at bedtime and then use 1 or 2 shakes each day.

Cleansing is being talked about all over the news and in print. I think we are finally realizing that our bodies can't handle some of the impurities that are being found in our air, water and food. They are trying to find something to do with the impurities that come in and the best way for them to do that is to surround these impurities with fat cells. Those fat cells aren't going anywhere until the impurities leave. So the beauty of this program is that the side effect of cleansing impurities from our bodies is weight loss!

Step 5 - Maintenance

Once you reach your target weight you then have 1 shake for breakfast every day and only do 1 or 2 cleanse days a month to maintain. It has been amazing to me how easy it is to maintain my weight loss. The Total Health and Wellness program gives me everything I need to maintain my weight and inch loss and it only costs what most people are spending for their daily Starbucks coffee.

It would be wonderful to just cleanse once and not ever have to take care of our bodies again. But in the world we live in and the way we eat, we need to make sure we cleanse on a regular basis. The Total Health and Wellness program is ideal for someone that has reached their weight loss goals and wants to maintain a healthy lifestyle (to save money register as an associate and save up to 50% off). Remember, your body craves nutrients not calories.

The man who stumbled upon this technology is John Anderson. During retirement, after losing 40 pounds using the cleansing program he developed for himself to cleanse a brown recluse spider bite, John began investigating the correlation between cleansing and weight loss. John Anderson built his reputation being a successful, private-label manufacturer of nutritional supplements. For 20 years John has formulated and manufactured products for 600 companies including many of the country's top retailers and some of the most successful companies in history. He is responsible for formulating more than 2,300 products.

Step 6 - Choose a Good Weight Loss Coach

It's a proven fact that people who are coached in anything have a 40% higher rate of success. Would you attempt to train for a marathon without a coach? If you lost a great deal of weight with a program that has a 95% success rate, wouldn't you want to help others do the same.

I provide free weight loss coaching and have helped people lose over 600 pounds in the past year.

So maybe you're saying, "I'll just try my own thing for a while longer", or "I'm going to try something else first that is cheaper." That is fine. You need to use your resources if that is what you are comfortable with.

If you aren't satisfied with all the other programs you have tried and want to do this, then I encourage you to jump in with both feet and do it. But if you need to wait, then I encourage you to set a date.

If you decide to do your own thing or someone else's, then set a date to accomplish that. If you do not accomplish your goals by that date, then promise yourself you will come back to this and do it. Many times we go and use something else and don't set a deadline for ourselves. Set the deadline and come back to this program if your other options don't work.

Conclusion -

If you're saying "This just sounds like another one of those diet gimmicks" I can understand your skepticism. You've been exposed to a lot of information here and you will probably want to see more. No other company can claim a 95% success rate. There is a reason for that. Many doctors and even the news media are starting to take notice of this body cleansing system. Why are Jack Canfield (author of the Chicken Soup for the Soul books) and John Gray (author of the Mars Venus books) excited about this technology? Because it WORKS and people are having extraordinary results.

We all want to know how much this costs. Think about what your health is worth

and think about what it costs you to eat each day. How much does poor health cost us (loss of work, doctor bills, loss of energy and productivity)? When you factor in what you spend on food each day, this system is practically free. It also depends on how aggressively you want to pursue your health and weight loss goals. The best part is that you can save up to 50% by getting a wholesale associate account with the company. So the average cost can range anywhere from \$2-\$10 per day. There are no monthly quotas for ordering, so it's not difficult. The \$36 yearly membership fee pays for itself with the first order.

I recommend that people just try it. There is a money back guarantee, so you have nothing to lose. The best way to get started is to use the 30 day program. You can order a 9 day program as an alternative but you don't get everything I recommend in that.

If this sounds too good to be true, all I can say is GIVE IT A TRY. Your best bet is to see for yourself and then go from there. That is the only way you will understand for sure. Is there anything holding you back? Let me know, please. I will be glad to answer any of your questions and help you in any way I can.

To your success,

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I challenge you to find a more complete and successful program than this one - http://greatfit.isagenix.com/us/en/cleanse_30day.dhtml and ask me how to get it for at least 30% off.

www.greatfit.isagenix.com - Product information. Registering as an associate gives you at least a 30% discount. You can view info about the shakes I used and the Total Health and Wellness Program here.

Here are some success stories if you want to check them out - <http://www.weightlosshalloffame.net>. Make sure you read some of the personal stories there.