

Give Me 5 Minutes and I Will Give You
EVERYTHING You Need To Lose 5 To 50 Pounds
...GUARANTEED

Dear Fellow Fat Loss Seeker;

Let me ask you a quick question- what kind of body do you want?

Please take a moment right now and think about it.

If you are a woman you might say something like “I’d like to tone up and lose some inches off of my waist, hips and thighs.”

If you are a guy then your answer is probably more along the lines of “I’d like to get rid of my “gut” and get some definition in my chest, shoulders and arms”.

Both goals sound great to me. As a matter of fact, those are the two most common answers that I hear.

Now ask yourself one more question- why don’t you have the body you want?

For most people the answer to this question is uncomplicated- they simply do not know how to get it.

This is where I come in. You see, my name is Bruce Krahn and I am a best-selling author and personal trainer. For the last 15 plus years of my life I have been training clients either in their homes or in one of my private studios. I have worked with many people you have heard of such as international superstars Nelly Furtado, Criss Angel and Canada’s own Tom Cochrane. I have trained everyone from grandmothers to grandchildren and everyone in between. I guess you could say that when it comes to health, nutrition, fitness and fat loss I have seen it all, done it all and I know what works (and what just plain sucks) and I am about to show you too..

Fat Loss is SIMPLE

No matter what all the books, websites, experts and “know it alls” will have you believe, the process of losing body fat, improving health and increasing energy is really not that complicated. However, as simple as it may look it is also not that easy. On the other hand, many things that we take for granted did not come to us without sacrifice or effort. Simply your ability to read the words on this page came to you through years of schooling and practice. Improving your health and losing body fat is much the same- it will take some time and effort but once you make it a habit it will become second nature.

Over the last 15 years of training people I discovered a pattern amongst all of my most successful fat loss clients. It became apparent that they all shared certain behaviors and it was these behaviors that led them to become my most tremendous success stories...

Gina lost 26 inches from her body and over 9 pounds of pure FAT in only 8 weeks...

Thanks to you and your advice (and some good old effort) I have managed to achieve a fitness level I never thought possible. I have lost 9.5 pounds of solid fat and 26 inches in only 8 weeks! My next goal is to get my husband to do it too!

Gina Lorrícia, New York

Gord lost nearly half of his bodyweight and is back to his high school weight again...

Your advice has completely changed my body. I have more definition now than when I was in high school. Thank you for your help.

Gordon T, CA

Camilla is on her way to reaching her goal of dropping 40 pounds this year...

Thirty one pounds and counting...People who I haven't seen in a long time are shocked at the changes in my body. That is so gratifying! For a 41 year old mother of 3 to hear that she looks "hot" is AMAZING!

Camilla Ryckman, ON

These types of success stories have become the rule, NOT the exception.

And here is the fantastic news- you can enjoy these results too! And you can do it;

Without living in the gym

Without starving yourself

Without denying yourself the foods that you enjoy

As a matter of fact, you can start seeing (and feeling) the results almost INSTANTLY. All you have to do is start implementing the following ten steps.

That's all. Just ten steps and you too can see how fantastic it feels to;

- Thin your thighs...
- Slim down your hips...
- Flatten your tummy...
- Tone up your arms...
- Firm up your butt and your entire body...
- Increase your health and energy levels...

If this sounds good to you then let's get started...

Fat Burning Secret #1

It is interesting to note that the first thing that a person MUST do before embarking on a plan to improve their body and health has NOTHING to do with exercise or nutrition. The first step involves only your mind. This crucial first step is to make the decision to be healthy, lean and fit. You must make this your goal and set a deadline to its achievement. Next, write out this goal and put it on your fridge, tape it to your forehead – whatever! Just so long as you see this goal every day. Then take ACTION! Every day you must ask yourself an empowering question- Is what I am thinking, eating or doing taking me CLOSER to my goals or FURTHER from them? Everything we are and all that we will become arises from the actions that we take. It is up to YOU.

Fat Burning Secret #2

Do you know how much you weigh? Most people do. As a matter of fact, many people are completely obsessed with what the scale is telling them. But let me ask you another question- do you know how much of that number is fat? Your body is comprised of many components that make up your total body weight including bones, water, muscle, organs and fat. When you go on a very low calorie diet (which is what most of the mainstream diets are) your body will lose muscle first and fat last. For every pound of muscle lost there is a decrease in your body's metabolic rate. This is a bad thing because when you reduce your metabolism you make it harder to lose fat in the future and a whole lot easier to gain it back! Do yourself a favor and measure your progress using measurements or before& after pictures. Another great way is to ask a personal trainer to test your body fat or purchase one of those body fat measurement scales from your local fitness store. Above all, do not become a slave to the number on the scale as this is only telling you part of the story.

Fat Burning Secret #3

Limit simple sugar Intake. This is an important one if you are trying to lose body fat AND improve your health. You must balance your blood sugar levels in order for fat burning to occur (trying to lose fat with high blood glucose levels is like trying to run your car out of gas while it is hooked up to the pump- it's just not going to happen). Most simple sugars are found in the foods we love to eat the most: sodas, candy, chocolate, cakes, jams, table sugar...etc. However, it's these simple carbs that can add inches to our waistline. Here's how; eating foods that are processed and high in simple sugar causes your blood sugar levels to rise. When blood sugar is elevated it becomes very difficult (if not impossible) for your body to access fat for energy. High blood sugar triggers your body to secrete insulin whose job it is to transport the sugar from your blood and into your cells in an effort to reduce blood sugar. Chronic high levels of insulin can lead to insulin resistance and type 2 diabetes as well as obesity, heart disease and cancer. If you have a "sweet tooth" you may feel that all is lost but there is a way to indulge

your cravings for sweets without sending you into a diabetic coma- stevia and agave. These are two of nature's best sweeteners and they have little to no impact on blood sugar levels! That means you can have your cake (and eat it too) provided that you are using these as sweeteners and not sugar.

Fat Burning Secret #4

Increase your meal frequency and eat every 2-3 hours, between 5-6 meals/snacks per day. This is probably one of the most overlooked fat-loss principals. While traditional thinking dictates that, when trying to lose body fat, the less often you eat the better this could not be farther from the truth. Eating small, nutrient dense and calorie sparse meals throughout the day will stimulate lean muscle growth and improve your metabolic functioning. Now, you don't need to eat a full meal every 2-3 hours but you do need to eat a combination of protein, carbohydrate and fats in order to stoke the fire of your metabolism and balance blood sugar. The benefits of eating 5-6 small meals far outweigh any inconvenience posed by their preparation. These benefits include increased metabolism, increased energy and improved digestion, decreased cravings, increased lean muscle growth and improved cholesterol profiles. That being said, there are still many people who struggle with increasing their meal frequency and the number one reason given for skipping meals is always "not enough time." However, there is a simple and delicious way to solve this problem- use a meal replacement shake. Meal replacement shakes will help you to control your appetite, reduce your daily caloric intake, balance your blood sugar, curb your cravings and lose fat without starving yourself! Look for a meal replacement that is rich in protein as protein promotes the release of the hunger satiating hormone glucagon which serves to balance blood sugar levels in your body.

Fat Burning Secret #5

Muscle tissue is the most metabolically active tissue your body has, so be sure to focus on building more and preserving what you have. Studies have estimated that for each pound of muscle you add to your body, you burn an additional 35 to 50 calories per day. Therefore an extra 10 pounds of muscle will burn approximately 350 to 500 calories per day or (theoretically) an extra pound of fat every 7 to 10 days. This is without making any changes to your diet! Just imagine what you could accomplish if you combine this with proper nutrition program. To make sure that you build more of this "miracle" substance (and keep what you have) exercise with weights between 3 and 5 times per week. Be sure to obtain a program that is customized for *you*, *your* body and *you're* your goals. One great

resource can be found at www.loseinchesgainmuscle.com. Check it out and get started on the road to a leaner, healthier body.

Fat Burning Secret #6

Never drastically cut your calories. Drastic or extreme calorie cutting can cause issues with your body's metabolism and muscle mass. When you lose a lot of weight fast you must find out where the weight is coming from. Your body is comprised of many components that make up its total body weight. Water, fat, muscle, organs, bones- all of these combine to total what you read on the scale. With drastic calorie cutting the majority of weight lost comes from lean muscle mass and this is exactly what causes serious problems with your metabolism. Muscle is your body's best asset for burning calories and body fat. It is basically your body's "furnace" and you always want to keep it burning white hot. Always be sure to monitor your percent body fat and watch that number come down- not just the scale. The best way to go about losing fat (and not muscle) is to eat sufficient amounts of healthy food and use exercise to burn calories. If you are serious about losing pounds of fat then you MUST find out how many calories are right for *your* body and *your* goal. Figuring out how many calories are right for your body will take some work on your part but there is an easier way. Check out the Lose Inches, Gain Muscle system at www.loseinchesgainmuscle.com. This super effective program will do all of the calculations and the meal plan generator will create perfectly proportioned and delicious recipes plus shopping lists- just for you.

Fat Burning Secret #7

High calorie, high sugar soft drinks and fruit juices will destroy your fat loss plan. They contain large amounts of sugar calories and are easily consumed since they are in liquid form. A 44 ounce super big gulp of coke contains a whopping 415 calories of fat cell busting sugar. This amount of sugar causes a sudden and massive spike in the hormone insulin and causes you to get hungry very soon after drinking it. Your best choices for beverages are water and green tea. If you must drink soda be sure it is of the diet variety. However, try to drink as much pure water as possible since artificial sweeteners should only be used in moderation. In addition, cut out (or cut down) your fruit juice consumption. Eat the whole fruit instead. The sugar and calorie concentration of fruit juices is simply too high and will cause fat loss to come to a halt.

Fat Burning Secret #8

Make sure to include a lean protein source at every meal. Protein should account for at least 30% of your total daily calories. By eating enough protein, you will keep your nitrogen levels high which supports muscular repair and growth. Protein also has the highest “thermic” effect of all nutrients (about 30%). What this means is that for every 100 calories of protein you eat, 30 calories are burned by your body to digest the food leaving your body with only 70 calories to deal with. Some great protein sources are lean meats, fish, eggs, low fat cottage cheese, beans, soy and whey. Nutrition is the foundation of healthy fat loss with protein being a major factor. Be sure to eat protein at each meal and take advantage of its muscle building effects.

Fat Burning Secret #9

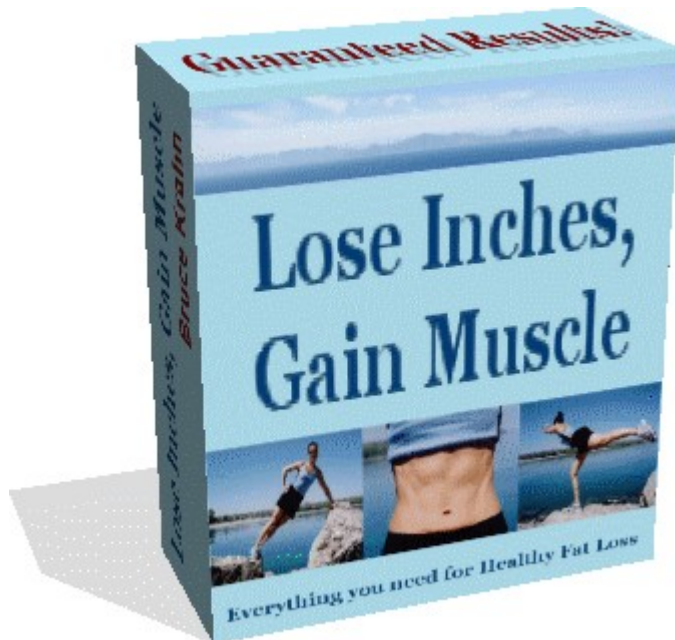
Managing our stress is a vital component to lasting health, long life, happiness *and* fat loss. Recent studies have shown that approximately 40% of all North Americans suffer from stress- related adverse health effects. In addition, up to 90% of all doctor visits are for stress- related complaints or disorders. Stress has been linked to every leading cause of death including cancer, heart disease, accidental deaths, cirrhosis and suicide. Interestingly, studies have found that the most common health risk of obese people is stress. This is because obese people under stress secrete more cortisol, which activates an increase in fat-storage enzymes. However, stress is a normal part of everyday life. What makes a difference is how we deal with it. Some effective stress management techniques are meditation, deep breathing and prayer. In addition, we can also control cortisol naturally by avoiding alcohol and caffeine, getting enough sleep and water, avoiding over training and by never drastically cutting calories. Nutrient deficiencies can also be stressful on your body and can impede metabolic functioning. Be diligent and avoid choosing foods with low nutrition values and high calories.

Fat Burning Secret #10

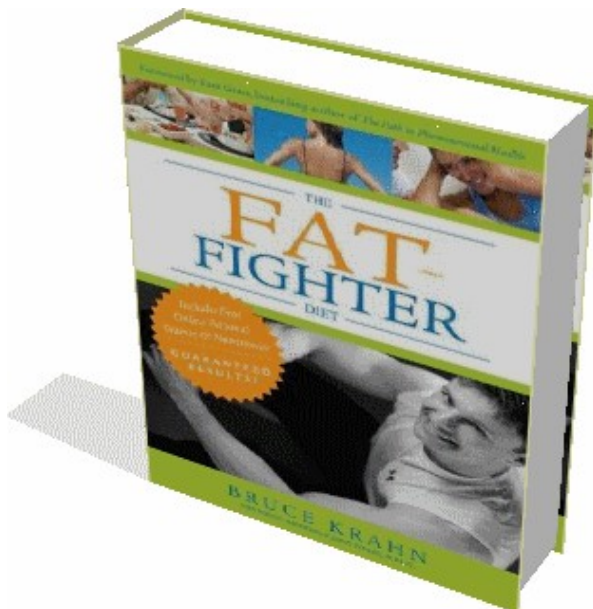
Plan ahead and develop daily food preparation strategies. The hardest part about living well is making sure you can follow the 9 rules above consistently. After all, it is not what we do *some* of the time that matters rather; it is what we do *most* of the time that makes a difference. The more often you put these rules into practice the easier it will become. In fact, after a while you will wonder how you lived any other way!

Fat burning is simple when you implement these 10 simple secrets. Try incorporating one new step each week, building each new step upon the last. Before you know it you will be your own success story!

If you would like to have a fool proof, failure proof healthy fat loss program made *just for you* then be sure to check out www.loseinchesgainmuscle.com – the Internets #1 rated site for *healthy fat loss*!



To learn more about these ten secrets and a whole lot more be sure to check out my new book- the Fat Fighter Diet available at bookstores and online. You will be shocked at what you will learn. The following retailers are offering a substantial discount:



Canadian customers:

For Amazon click here

<http://www.amazon.ca/Fat-Fighter-Diet-Bruce-Krahn/dp/0470153261>

For Chapters click here

<http://www.chapters.indigo.ca/books/The-Fat-fighter-Diet-Bruce-Krahn/9780470153260-item.html>

American customers:

For Amazon click here

<http://www.amazon.com/Fat-Fighter-Diet-Bruce-Krahn/dp/0470153261>

THANK YOU for taking the time to read this report. If you take ACTION and do what it says I know that you will enjoy fantastic results. I wish you abundant good health, fitness *and* fat loss!

Be strong,

Bruce Krahn