

# The Fat Truth

*12 Pieces To The Weight Loss Puzzle*





Copyright © 2010 by Paul Kroto  
Masters Degree in Nutrition and Exercise Physiology  
Certified By The American College of Sports Medicine as a Health and Fitness Instructor  
Certified By The National Strength and Conditioning Association  
as a Strength and Conditioning Specialist (CSCS)

I am assuming that you are reading this eBook because you have tried many different diets out there but still find yourself overweight today. You have been searching and searching for that magic diet or magic pill that will give you the body that you have always dreamed about having. Yet none have worked, or at least not long term, and now you are **FED UP**. You are finally ready to hear **The Fat Truth**.

I have been helping people lose weight for over 18 years and I have successfully helped thousands of people achieve the body of their dreams. I am warning you, some of the things I will be saying in this eBook you do **NOT** want to hear but it is **The Fat Truth**. If you are **TRULY** ready to achieve the body you have always wanted, then this is the eBook for you!

In this eBook you will learn the 12 Pieces to the Weight Loss Puzzle. Implementing all 12 Pieces of the Weight Loss Puzzle into your life on a consistent basis will guarantee those unwanted pounds to be gone forever.

### **The Fat Truth #1:**

There is no **ONE** thing I can tell you to do that will help you lose weight and keep it off. In order to lose weight you must have **ALL** 12 pieces of the weight loss puzzle in place. If you are missing one of the key pieces you simply will **NOT** lose the amount of weight you want to lose and keep it off for good.

This is a process. You will not lose the weight overnight, but you **WILL** lose the weight. Do not get discouraged, remain positive. I assure you, this is a journey you **DEFINITELY** want to take. Celebrate small accomplishments and focus on the end result – a thinner, healthier, and happier **YOU**.

### **The Fat Truth #2:**

Diets do **NOT** work long term. If you want to lose weight and keep it off for good you **MUST** change your **MINDSET**. You have to come to the realization that this **MUST** become a **LIFESTYLE** for you and **NOT** just a diet for you to follow for 90 days. Yes, I am trying to convert you into one of those “Health Nuts!” I want you to start seeing yourself as someone who enjoys living a healthy and active lifestyle!

**For this to happen, four things must occur:**

First, you must **GET REALLY TICKED OFF!** You must be at the point where you are **SCREAMING “ENOUGH IS ENOUGH, I HAVE HAD IT! I REFUSE TO CARRY AROUND THIS UGLY EXTRA FAT ANY LONGER.”** Here is what I want you to do: walk into your bedroom and lock the door behind you. Take off all of your clothes and stand in front of a full length mirror and take a **LONG HARD LOOK AT YOURSELF.** Do you like what you see? If not, **GET TICKED OFF** for allowing yourself to get to this point.

Second, you must make a decision. You must decide right here, right now, that you want to making a **REAL** lifestyle change. Decide that you are going to lose these excess fat pounds that you are carrying around **FOR GOOD!**



***Make A Decision  
Today To Get Back Into  
Your Skinny Jeans and  
To Throw Away Your  
Fat Jeans For Good!***

Third, you must have massive **DESIRE.** You have to want this so bad that you are willing to do **WHATEVER IT TAKES** to lose these excess fat pounds that you have been carrying around for good. **A burning desire is the difference between people who succeed and people who fail.** The best clients I have are soon-to-be brides. It seems when a woman gets a marriage proposal she all of a sudden has tunnel vision and is willing to do whatever it takes to look her very best in her wedding dress. Soon-to-be brides have a **VERY** high success rate with losing weight because they have a **BURNING DESIRE** deep down inside of them to get this excess fat off before their big day. You must have that same burning desire inside of you right now if you really want to achieve the body of your dreams.

How do you create that burning desire inside of you? You must take some time **RIGHT NOW** before you read any further and ask yourself **“Why is losing weight the most important thing in my life right now?”** If you can identify your **WHY** you will **FLY!** If don't find your “why” you will fail miserably at losing weight. It's as simple as that. If you have reasons that are good enough, you can accomplish anything. Reasons are the difference between being **interested** in accomplishing something versus being **committed** to accomplishing something. Listed below are many popular reasons I have heard over the years that have driven people to achieving the body of their dreams:

**“Because I am sick of being fat.”** Disgust is a powerful emotion that can instantly change your life. If your goal is to see a sunset, you must declare “I am done heading east!” Once you declare that you are sick and tired of having this excess fat hanging off your body, you will have made the first step toward seeing your sunset!

**“Because I want to be healthy.”** You may be thinking to yourself that there are many things in your life that are more important than losing weight. However, being overweight is the #1 cause of heart disease which happens to be the #1 cause of death. You may think your family is more important than losing weight but you are of very little use to your family if you are **DEAD.** Your health is by far the most important thing you have. **If you are the average male and your waist is over 35 inches (around your belly button) or if you are an average female with a waist over 32 inches you are at SERIOUS RISK of dying of a heart attack. If that is the case then you NEED to follow every word in this eBook as if your life depended on it - because it does.** (To figure out your ideal waist measurement, simply take your height in inches and divide by 2.)

You may think that money is more important than your health. Again, nothing could be further from the truth. I know many wealthy people who worked 60+ hours a week to make a huge income only to die at a young age because they neglected their health.

**“Because I want to set a good example for my children.”** I have a news flash for you. Your children watch **EVERYTHING** you do. It is so important to lead by example when it comes to your children. Set a good example for them by living a healthy lifestyle and losing that excess fat once and for all!

**“Because of a special upcoming occasion or date”** Again, a huge motivator for weight loss is knowing you will be the center of attention. If you are getting married or attending some other special event or occasion soon, use that as your motivator to lose those excess fat pounds.

**“Because I want to fit into my skinny jeans or little black dress again.”** People tend to have 2 or 3 sets of clothes in different sizes in their closets and they wear whatever set fits them at this particular moment. It’s time to pull out your “skinny jeans” or your favorite dress and make a commitment **RIGHT NOW** to do whatever it takes to get back into those “skinny clothes!”

For the real aggressive people your “why” may be **“Because I want a six pack of abs!”** I’m talking about achieving that ultra ripped body that you see on the front cover of Muscle and Fitness Magazine.



You choose your “why’s.” Make them personal to you. However, whatever your two “whys” are, make them **BIG**. Be sure they are so **BIG** that you are willing to do whatever it takes to make them happen.

## What are YOUR TOP 2 reasons “why” YOU want to lose weight?

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

Great job at identifying why it is so important for you to lose the excess fat that you are carrying around! Now focus on these two “why’s” everyday and recite them to yourself over and over again. This will help keep you in the right mindset on your weight loss journey, and keep you motivated for **LIFE**.

The final step needed in order for you to accomplish your weight loss goal is to **RESOLVE**. Resolve, simply stated, is the **“Do or Die”** attitude. Promise yourself right now that you will **NEVER** give up. Let me ask you a serious question: How long would you give your baby to walk? I am willing to bet that your answer is “As long as it takes for them to learn how to walk!” You must have the same attitude toward losing this excess fat. Do it **UNTIL** you reach your goal!

**Let me ask you a question:** How do you fatten up cattle?

**Answer:** Feed them lots of low fat grains and keep them confined in a small area so they don't get any exercise.

Common sense will tell you that the opposite also holds true. If you do **NOT** eat low fat grains and if you **DO** get plenty of exercise, the pounds will come off easily!

### **The Fat Truth #3:**

Low fat carbohydrates are the main cause of you being overweight. Carbohydrates release a hormone called insulin. Insulin is your number one enemy when it comes to losing weight. Insulin is produced in your pancreas and is released when you eat carbohydrates. Insulin is the hormone that "carries" carbohydrates into your muscle cells and into your fat cells.

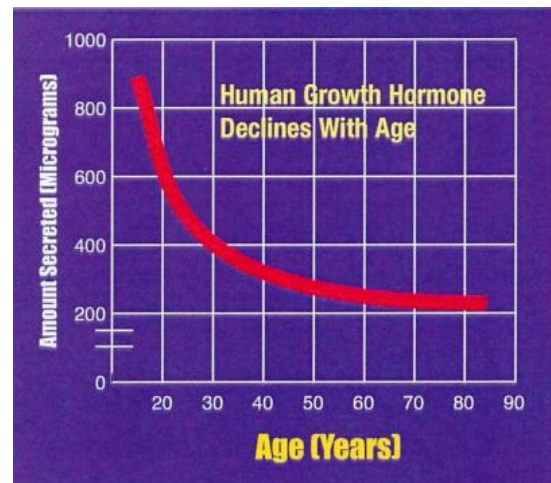
The problem is that if you are eating an abundant amount of carbohydrates your body has no need to use your excess body fat as energy. To combat this from happening, you need to turn your body into a fat burning machine by limiting the amount of carbohydrates you eat so that your body is **FORCED** to turn to its excess body fat into energy.

A single pound of body fat contains 3,500 calories. Knowing this equation, 20 pounds of fat contains 70,000 calories. This means that 70,000 calories need to be eliminated or "burned off" in order to shed the unwanted 20 pounds.

If insulin is in your system your body **CANNOT** tap into your stored body fat for energy. As I mentioned before, insulin is a "storage" hormone, meaning it carries carbohydrates **INTO** your cells while at the same time not allowing anything to leave.

There is a second hormone called the Human Growth Hormone (HGH) that also plays an important role in your weight loss. HGH is the exact opposite of insulin. HGH actually stimulates your body to convert your excess body fat into usable energy!

HGH is a natural substance that is excreted by the pituitary glands in the human body. As a person ages, the level of HGH that the body produces naturally begins to decrease. **By the age of 35, the body produces very little growth hormone.** This is usually the age at which many people start really gaining weight. As children, many of us were able to eat more and get away with it but as we aged we started gaining weight. That is mainly because our HGH levels were decreasing.



### **The Fat Truth #4:**

***If you want to lose body fat you must do everything in your power to keep your insulin levels as low as possible and your HGH levels as high as possible.***

There are 3 things that you can do to keep your insulin levels low. The first thing is to consume fewer carbohydrates. How many carbohydrates should you eat a day? Well that depends on your Metabolic Resistance. If your body is very resistant to losing fat (which I am guessing is the case since you are still reading this eBook) then you will have to consume very low carbohydrate grams per day. If you are someone who can lose weight rather easily, then you can consume a higher amount of carbohydrates per day.

What determines your Metabolic Rate? Your parents! Unfortunately many of us have inherited genes that make it **VERY** difficult to lose weight. Not impossible, but it does take work. Being strict and diligent on a daily basis with these 12 Pieces to The Weight Loss Puzzle is the optimum way to lose those unwanted pounds forever, no matter your metabolic rate.

Everyone has a specific Critical Carbohydrate Level for Losing (CCLL). Once we determine your CCLL you will then be able to control your insulin levels and lose weight for good! Simply stated, you will discover three specific carbohydrate numbers. The amount of carbohydrates you can eat to **lose** weight, the amount of carbohydrate grams you can eat to **maintain** your weight, and a carbohydrate level at which, if you go over, you will start to **gain** weight. It is very important that you learn these 3 numbers, which are unique to you, so you know what it's going to take for you to lose the weight that you want and then be able to maintain it without putting any back on.

## **The effects of different levels of carbohydrate consumption for most people:**

### **300 or more carbohydrate grams/day - *Danger Zone***

Easy to reach with the "normal" American diet (cereals, pasta, rice, bread, waffles, pancakes, muffins, soft drinks, packaged snacks, desserts). High risk of excess fat storage, inflammation, increased disease including diabetes.

### **150-300 carbohydrate grams/day – *Steady, Insidious Weight Gain***

Continued higher insulin-stimulating effect prevents efficient fat burning and contributes to widespread chronic disease conditions. This range – irresponsibly recommended by the USDA and other diet authorities – can lead to the statistical US average gain of 1.5 pounds of fat per year.

### **100-150 carbohydrate grams/day – *Maintenance Range***

Research shows that fat is usually neither lost nor gained at this level. Risk of all types of disease are also low at this level. Once you lose all of your unwanted fat, you can keep it off forever by eating in this maintenance range.

### **50-100 carbohydrate grams/day – *Sweet Spot for Effortless Weight Loss***

Minimizes insulin production and ramps up fat metabolism. By staying in this carbohydrate range your insulin levels will be very low allowing you to easily lose one to two pounds of body fat per week.

### **0-50 carbohydrate grams/day – *Ketosis and Accelerated Fat Burning***

Acceptable for a week or two to ignite aggressive weight loss efforts. This level may be ideal for many diabetics.

The second thing you can do to keep your insulin levels low is consume a moderate amount of calories per meal and per day. Simply by consuming too much food at 1 meal or in 1 day can send your insulin levels skyrocketing. Your body is very much like a car. The average car has a gasoline tank that holds around 15 gallons. If you are taking a trip across the United States, you **CANNOT** stop once and put 100 gallons of gasoline into your car hoping that you will be able to stop less. The car will accept the first 15 gallons as fuel and the other 85 gallons will overflow onto the pavement. However, in our bodies, the excess calories do not overflow onto the pavement, but instead they overflow into your fat cells and that's how you become **FAT**.

The human body was only built to handle around 300-500 calories at any one meal. In doing this, your insulin levels will always remain low. As far as total calories go for the day, eating too many or too little is bad for you. If you eat too many calories your insulin levels and your body fat will rise. If you consume too few calories in a day, your body will go into "famine" mode and start to lower your Basal Metabolism Rate (BMR), the rate at which your body burns calories



per day, which is detrimental to losing body fat. If you don't consume enough calories you will lower your BMR even more and cause your body to go into shut down mode. **When your BMR is in shut down mode it becomes virtually impossible for you to lose weight.** Never eat less than 1,200 calories in a day or you will cause your BMR to drop and you will stop losing weight.

Your body is like a burning wood fire. You must throw wood on the fire (consume food) every few hours to keep that fire (your BMR) burning strong. The best way to keep you BMR elevated is to eat something small every 2-4 hours. Research shows that people who eat 4-6 small meals per day lose twice as much weight as people who eat the same amount of calories spread over only 2-3 meals per day. **By eating 4-6 small meals per day will keep your insulin levels low and your BMR levels high which will help you lose weight fast!**

An additional way to keep your Basal Metabolism Rate high is by taking a thermogenic supplement. There are many on the market but the one I found to work the best and raise my BMR the highest is a product called **Power Up**. I found Power Up to be the most effective product on the market at boosting my BMR and it is also quite inexpensive. Power Up is my thermogenic product of choice. Just contact the person who gave you this eBook and order your Power Up today.



The third step in keeping your insulin levels low is to take a good multi-vitamin/multi-mineral supplement. Most multi-vitamin/multi-mineral supplements come in tablet form, which is proven to not fully break down in your body and be completely absorbed. I highly recommend taking a multi-vitamin/multi-mineral supplement that comes in liquid form so it can quickly and effectively be absorbed into your cells.

The second problem with most multi-vitamin/multi-mineral supplements on the market is that they only contain a hand-full of the many minerals that your body **NEEDS** on a daily basis. I recommend a very high quality liquid multi-vitamin/multi-mineral supplement called Invigorita. This product contains all 75 **ESSENTIAL** minerals and 13 **ESSENTIAL** vitamins that your body **MUST** have every day. Invigorita also contains some added all natural

ingredients to give you an extra energy boost!

***You simply cannot achieve optimal health or gain proper control of your insulin levels without a product like Invigorita.*** Invigorita comes in a 32oz bottle containing a one month's supply (1oz per day) to provide your body with all the vitamins and minerals it needs to stay healthy and help you lose weight. The three key minerals that Invigorita contains are Chromium, Vanadium and Zinc.

**Chromium-** This mineral has been the most widely researched nutrient in relation to weight loss. Chromium is needed for the metabolism of sugar. Without it insulin is less effective in controlling blood sugar levels. This means that it is harder to burn off your food as fuel and more is stored as fat. It also helps to control levels of fat and cholesterol in the blood. One study showed that people who took chromium over a ten-week period lost an average of 4.2 lbs of fat while those who took a placebo lost only 0.4 lbs of fat.

**Vanadium-** You might find it interesting to know that vanadium has a number of health benefits. First, vanadium has been found to be necessary for tooth and bone development. Vanadium is also reported to play a significant role in the metabolism of carbohydrates. It is also believed to help in metabolism of cholesterol and blood lipids. If you have too little vanadium, you may end up with high cholesterol as well as elevated triglyceride levels putting you at a higher risk for cardiovascular and kidney related diseases. Vanadium is believed to also play a significant role in the transfer of blood sugar (glucose) to the muscles. **This, as you may know, is actually the function of insulin. Having adequate levels of vanadium in your cells will require your body to produce LESS insulin!**

Aside from its blood sugar lowering effect, vanadium is also been related to increase the sensitivity of cells to insulin. Thus, if you have type 2 Diabetes and insulin resistance is responsible for your condition, vanadium can be a prescribed treatment.

**Zinc-** This is an important mineral in appetite control. If there is not enough zinc in your body, you will find yourself hungry all the time.

To learn about the critical importance of the other 72 minerals found in Invigorita, please visit <http://moreACTinfo.com/products.htm> and listen to recording #5. There you will find a recording entitled “**Dead Doctor’s Don’t Lie.**” This is a world famous recording by Dr. Joel Wallach (“The Mineral Doctor”) who was nominated for a Nobel Peace Prize for his research on mineral deficiencies in humans.

## **The Fat Truth #5:**

The 3 things that you can do to insure that your insulin levels stay low are:

1. Consume less than 100 grams of carbohydrates per day
2. Eat 4-6 small meals per day having no single meal over 500 calories
3. Take a high quality liquid multi-vitamin/multi-mineral supplement like Invigorita

The next step is to **RAISE YOUR HGH LEVELS**, this can be accomplished by doing 3 specific things. The first thing is to do high intensity aerobic exercise. Aerobic exercise means exercising **WITH** oxygen as opposed to anaerobic exercise that means exercising **WITHOUT** oxygen. Aerobic exercise is also known as cardiovascular exercise. In the health community it is often referred to simply as “cardio” and that is the term I will use in this eBook. If you have not been doing any type of exercise I am going to do my best in the next few minutes to convince you that exercise is the most important “hobby” you could ever start.

## **The 17 Reasons To Exercise**

1. **Exercise helps you lose weight.** When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn and the easier it is to keep your weight under control.

2. **Exercise improves your mood.** Need to blow off some steam after a stressful day? A workout at the gym or a brisk walk can help you calm down. Physical activity stimulates various brain chemicals that leave you feeling happier and more relaxed than you were before you worked out. You'll also look better and feel better when you exercise regularly, which can boost your confidence and improve your self-esteem. Regular physical activity can even help prevent depression.

3. **Exercise boosts your energy level.** Winded by grocery shopping or household chores? Don't throw in the towel. Regular physical activity can leave you breathing easier. Physical activity delivers oxygen and nutrients to your tissues. In fact, regular physical activity helps your entire cardiovascular system — the circulation of blood through your heart and blood vessels — work more efficiently. Big deal? You bet! When your heart and lungs work more efficiently, you'll have more energy to do the things you enjoy.

4. **Exercise promotes better sleep.** Struggling to fall asleep or maybe to remain asleep through the night? Exercise may help to boost your physical activity during the day. A good night's sleep can improve your concentration, productivity and mood. And you guessed it — physical activity is often the key to better sleep. Regular physical activity can help you fall asleep faster and deepen your sleep.



5. **Exercise can put the spark back into your sex life.** Are you too tired to have sex? Or do you feel too out of shape to enjoy physical intimacy? Regular physical activity can leave you feeling energized and looking better, which may have a positive effect on your sex life. But there's more to it than that. Regular physical activity can lead to enhanced arousal for women, and men who exercise regularly are less likely to have problems with erectile dysfunction than are men who don't exercise — especially as they get older.
6. **Exercise decreases your risk of Heart Disease.** Inactive people are two times more likely to develop coronary artery disease (CAD) than active people.
7. **Exercise decreases your blood pressure.** High blood pressure increases the risk of heart disease, stroke, and kidney disease. Inactive people are two times more likely to develop high blood pressure than active people.
8. **Exercise decreases your cholesterol level.** A high blood cholesterol level increases the risk of heart disease. Regular exercise raises the level of "good" cholesterol and lowers the level of the "bad" cholesterol.
9. **Exercise decreases your risk of diabetes.** Physical activity lowers the risk of type 2 diabetes and increases glucose uptake for those who already have diabetes. ***Fit women have diabetes 66% less often than unfit women.***
10. **Exercise decreases your risk of cancer.** Physical activity lowers the risk of colon and breast cancer.
11. **Exercise decreases your risk of osteoporosis.** Regular exercise delays bone loss and promotes bone formation.
12. **Exercise decreases arthritis symptoms.** Regular exercise helps keep joints flexible and helps build muscle to support the joint.
13. **Exercise decreases your number of sick days.** Exercisers feel sick almost 30% less often than non-exercisers.
14. **Exercise decreases your chance of premature death.** Fit people live longer than unfit people.
15. **Exercise relaxes and revitalizes.** Physical activity reduces mental and muscular tension, and at the same time, it increases your concentration and energy levels.
16. **Exercise helps you feel good about yourself.** Physical activity increases your self-esteem and self-confidence.
17. **Last, but definitely not least, exercise increases your HGH levels.** At the higher levels of exercise intensity your body begins to release HGH which as I explained earlier is the ultimate hormone to have in your body if you are looking to lose body fat.



Exercise has **MANY** benefits, and is considered time well spent. To see the dramatic impact exercise can have on your body and mind you need to look no further than the TV show "The Biggest Loser." The changes people go through on that show because of high intensity exercise are nothing less than amazing. "The Biggest Loser" is living proof that exercise does work and that hard work pays off!

If you have not been exercising regularly you need to start off slow and gradually build up to high intensity cardio. Consider joining a local gym. Not only do gyms have a wide variety of cardiovascular machines, they have weight machines that allow you to easily perform a complete circuit training routine. You can, of course, workout at home if you have the proper equipment and the discipline to actually use them. Unfortunately too many home treadmills turn into expensive clothes racks. Working out at home seems like a good idea but you have to have

the self-discipline to do it. By joining a gym there are no distractions while you are working out, just other people around you who have the same goals as you and who are working to achieve them just like you. The first step is to set a workout schedule and **STICK TO IT**. There is **NO TOMORROW**. It starts **TODAY** and continues **EVERY DAY**.

Commit to a minimum of 5 days a week to workout. Research shows that to obtain the optimal benefits from cardiovascular exercise you need to burn at least 2,000 calories per week. Most modern cardio machines actually show you how many calories you are burning while exercising, making it easy to calculate. However, below is a chart that will provide you with a general idea of how many calories you burn performing various exercises.

<b>Individual Weight and Calories Burned Per Hour</b>			
<b>Exercise</b>	<b>130 lbs</b>	<b>200 lbs</b>	<b>240 lbs</b>
<b>Running, 8 mph</b>	<b>986</b>	<b>1,229</b>	<b>1,472</b>
<b>Rollerblading</b>	<b>913</b>	<b>1,138</b>	<b>1,363</b>
<b>Rope jumping</b>	<b>730</b>	<b>910</b>	<b>1,090</b>
<b>Tae kwon do</b>	<b>730</b>	<b>910</b>	<b>1,090</b>
<b>Stair Master</b>	<b>657</b>	<b>819</b>	<b>981</b>
<b>Basketball Game</b>	<b>584</b>	<b>728</b>	<b>872</b>
<b>Jogging, 5 mph</b>	<b>584</b>	<b>728</b>	<b>872</b>
<b>Tennis, Singles</b>	<b>584</b>	<b>728</b>	<b>872</b>
<b>Aerobics, High Impact</b>	<b>511</b>	<b>637</b>	<b>763</b>
<b>Racquetball, Casual, General</b>	<b>511</b>	<b>637</b>	<b>763</b>
<b>Rowing, Stationary</b>	<b>511</b>	<b>637</b>	<b>763</b>
<b>Skiing, Cross-Country</b>	<b>511</b>	<b>637</b>	<b>763</b>
<b>Swimming, Laps</b>	<b>511</b>	<b>637</b>	<b>763</b>
<b>Aerobics, Low Impact</b>	<b>365</b>	<b>455</b>	<b>545</b>
<b>Bicycling, &lt; 10 mph, Leisure</b>	<b>292</b>	<b>364</b>	<b>436</b>
<b>Walking, 3.5 mph</b>	<b>277</b>	<b>346</b>	<b>414</b>
<b>Weightlifting, Circuit Training</b>	<b>219</b>	<b>273</b>	<b>327</b>
<b>Walking, 2 mph</b>	<b>183</b>	<b>228</b>	<b>273</b>

### **The Fat Truth #6:**

If you want to lose weight, look good, and feel **GREAT** then you **MUST** exercise. You can indeed lose weight initially by just lowering your carbohydrate intake but you **WILL** reach a plateau and the **ONLY** way to break that plateau is to increase the amount of cardiovascular exercise that you are doing.

### **The Fat Truth #7:**

High intensity cardiovascular exercise is **NOT** enough to raise your HGH levels, therefore the second thing you must do is incorporate weight bearing exercises into your exercise program. While cardiovascular exercise does a fantastic job at strengthening your heart, it does very little to strengthen your bones and muscles. By performing weight bearing exercises you will tone, strengthen, and firm up all the muscles in your body and strengthen your bones to prevent osteoporosis.



The best form of strength training in my opinion is circuit training. Circuit training is usually done at a local gym using a combination of machines and free weights. I recommend performing 2 exercises per body part for a total of 16 exercises per session. There should be **ZERO** rest between exercises. One of the main goals of circuit training is to **RAISE YOUR HGH LEVELS**. Unlike cardiovascular exercise that is done at an intensity of 60%-80% of your maximum heart rate, circuit training is done at a level of 80%-90% of your maximum heart rate. This means you are working out very hard and very fast. This will cause your HGH levels to rise at a dramatic rate. The whole circuit training session should last no longer than 30 minutes and should be done 3 times per

week. Perform circuit training every other day allowing for 1 day of rest in between to recover. I have included my personal recommendations on what exercises you should be doing during your circuit training on page 25. Simply print that page and take it to the gym with you to track all of your results! To see diagrams of all the exercises I recommend doing please go to <http://moreACTinfo.com/circuittraining.htm>

I recommend using a double progressive program, which means your goal is to either increase your repetitions (reps) or your weight with every workout. Start by choosing a weight that feels comfortable for you. When you can perform 20 reps with that weight, increase the weight by 5-10lbs for your next workout. If you cannot do 20 reps with the weight, then stay with that same weight for your next workout but do 1 more rep than you did last time. For example, if you did 13 pulldowns with 30lbs make it your goal for your next workout to do 14 pulldowns with 30lbs and keep increasing your reps by 1 every workout until you are able to do 20 pulldowns with 30lbs.

The third and final thing you must do to drastically increase your HGH levels so that you can lose all of your excess body fat and achieve optimal health is take an HGH precursor. An HGH precursor is a supplement taken before bed that will help your body produce more HGH naturally while you sleep. I have tried dozens of HGH precursors and found this product called HGH Youth Complex to work the best. Simply take 6 capsules before bed and find yourself having an overall better sense of wellness and feel more rested in the morning.

This product is essential if you are over 30 years of age to look and feel your best. Without this product, you will not achieve the body of your dreams. It is a **CRITICAL** piece to The Weight Loss Puzzle. Contact the person who referred you to this eBook and order your HGH Youth Complex today so you can start your journey towards obtaining the body of your dreams

### **The 13 Benefits of Raising Your HGH Levels:**

1. Increases energy and endurance
2. Improves sports performance and recovery
3. Increases immune system function
4. Reduces fat accumulation
5. Builds lean muscle mass
6. Increases bone density which reduces osteoporosis
7. Lowers Blood Pressure
8. Improves libido and sexual performance
9. Improves cardiac function and cholesterol profiles
10. Reverses aging changes in the skin
11. Promotes thicker hair growth
12. Improves mood and sleep patterns
13. Reduces the risk of developing Type 2 adult-onset Diabetes



## Results From an Increase of HGH Levels:

Weight Loss - 82% improvement  
Wrinkle Reduction - 61% improvement  
Energy Level - 84% improvement  
Muscle Strength - 88% improvement with daily exercise program  
Sexual Potency - 75% improvement  
Emotional Stability - 67% improvement

## HGH Benefits Viewed in a 6 Month Period:

**Month 1:** Increase in physical stamina and energy, sound sleep and better positive attitude.

**Month 2:** Strengthened muscle tone, improved nail growth and skin tone, better digestion and weight loss.

**Month 3:** Improvement in mental processes and sexual desires, increase in muscle size, greater body flexibility.

**Month 4:** Accumulation of results of first three months.

**Month 5:** Impressive weight loss and reduction in inches (greater body mass with reduction in adipose tissue), wrinkle reduction, improved and thickened skin, greater skin elasticity, and improved hair appearance (i.e. healthier looking hair).

**Month 6:** Greatly reduced cellulite, improved eyesight, better emotional stability, stronger immune system with greater resistance to colds and flu, reduction in joint pain and soreness, greater exercise tolerance, lowering of cholesterol (LDL) and triglycerides, and improved heart rate.

## The Fat Truth #8:

To keep your HGH levels as high as possible I recommend burning 2,000 calories per week through high intensity cardiovascular exercise, doing circuit training 3 times per week, and using HGH Youth Complex every night.

Another important piece to The Weight Loss Puzzle is finding ways to stay full and satisfied so you do **NOT** cheat. This was my downfall for years. I knew all the information, I knew exactly what to do, yet I could not do it because whenever I lowered my calories so I could lose weight I would get hungry and end up cheating. **There are 5 tricks that I recommend following in order to stay full and satisfied so you don't find yourself cheating.**



**Trick #1-** Drink Body Trim. Body Trim is a powder that is mixed into 16 ounces of water for a refreshing pink lemonade beverage that encourages weight loss by making you feel fuller longer. It also provides you with a sustained boost of natural energy for up to 6 hours. By drinking 2 Body Trim per day, you will find yourself feeling fuller longer, preventing you from being hungry and cheating throughout the day. I recently lost 52 lbs and I owe most of that success to Body Trim. It truly took the majority of my hunger away and gave me great energy levels to keep me going at 100% all day long. I personally take 1 Body Trim every morning and 1 every afternoon.

**Trick #2-** Use Formuleen. Formuleen is a stealth food fiber that is completely tasteless and texture-less that you can sprinkle on **ALL** foods to increase the fiber levels in each meal. Fiber is the part of plant-based foods that our bodies can't digest. Fiber helps to keep our bowel movements regular and helps to ward off certain diseases. Carcinogens found in our intestines bind to fiber allowing it to move through the colon more quickly. Fiber also helps remove cholesterol from our bodies reducing the risk for heart disease.

Fiber helps to create a sense of fullness for a longer period of time because it remains in our stomach longer than other substances we eat. This slows down our rate of digestion helping us to feel fuller longer. However, the problem with most high fiber foods is that they are usually also very high in carbohydrates. This, as mentioned before, can cause a spike in your insulin levels telling your body that plenty of energy is readily available and that it should discontinue burning fat and start to store it.



To solve the high fiber high carbohydrate problem, sprinkle a small amount of Formuleen on all of your foods. This will increase your fiber levels without raising your insulin level and help you feel fuller longer. This will prevent you from overeating and help you to remain full and satisfied for hours after your meal without those pesky food cravings.

Along with Formuleen, another healthy necessity to proper digestion is waste removal and cleansing. Using **Power Down**, a complete colon cleansing product, will do just that. Power Down is a proprietary blend of herbs formulated to cleanse and detoxify your colon.



Reaching optimal health and losing weight is impossible if your body is full of toxins and waste. Years and years of eating the wrong foods that don't digest properly clog your colon with accumulated debris and toxic matter. This coating of toxins becomes the perfect breeding ground for dangerous bacteria and mucoid plaque. These pounds and pounds of mucoid plaque lead to constant bloating and obesity.

To start restoring your digestive system to good health and to start losing weight, you need to use a gentle colon cleansing product daily. **Colon cleansing is not a "quick" one-time solution. It must be looked at as an ongoing process.** Cleansing daily by taking 2 Power Down capsules every night before you go to bed will help remove all those pounds of mucoid plaque that is clogging your colon. The benefits are two-fold: you will lose weight and your digestive system will become more efficient. Nutrients will be absorbed more efficiently, and not only will you look slimmer, but your skin will look smoother, and you will become more energized!

**Trick #3-** Be sure to eat some fat in every meal. About 10 years ago there was a big fad to cut back on all the fat consumed. And the result? Everyone looked at pretzels as being the #1 diet food because it contained zero fat. Obviously that idea back-fired. The average person did cut back on the amount of fat that they consumed but has gained 10 pounds of body fat since. This low fat kick has also sparked a **MASSIVE** epidemic of diabetes. Now that people were eating less fat, their carbohydrate levels increased causing insulin levels to rise. This caused an overtaxing on the pancreas which has led to this massive epidemic of diabetes and obesity.

Dietary fat was **NEVER** the enemy. As a matter a fact, it turns out that dietary fat is our best friend. When you eat some fat at each meal your stomach releases a hormone called cholecystokinin (CCK). CCK has been studied for decades and is known as the "feel full" hormone. When you have dietary fat at a meal, CCK is produced, mostly in the intestine. This elevated CCK hormone reaches your brain and signals you to stop eating. Without this CCK hormone in your blood system you will be hungry **ALL THE TIME**. Be sure every time you eat there is a small amount of fat in each meal so your body produces this CCK hormone to make you feel full.

**Trick #4 - Drop-IT Weight Management Drops.** These delicious zingy citrus flavor hard candy pieces are 100% all natural and completely stimulant-free. These drops help you lose weight by curbing your appetite, helping you maintain a consistent blood sugar level, and by reducing food cravings. The Drop-It Weight Management Drops not only give you a subtle boost of **WILL POWER**, but provide a nutrient **BOOST** as well!



**Trick #5-** Drink water. Drinking a gallon of water each day will help you feel full throughout the day and make you extremely healthy. I know that sounds like a lot of water at first but once you get use to drinking 16 ounces every few hours it becomes very easy to do. Your body is made up of 80% water so it just makes sense to flush out that old water every day and replace it with new fresh water.

## **The Top 10 Reasons to Drink a Gallon of Water Everyday**

1. **Drinking Water Enhances Fat Loss:** Water is an essential nutrient. All chemical reactions in the body depend upon it. If you're trying to lose weight, this can't be ignored. You won't be able to lose weight without water to flush out the by-products of fat breakdown. When there isn't enough water to dilute the body's waste products, kidney stones may form. When the kidneys aren't working to their full potential, the liver must step in and help putting excess strain on your liver. Drinking water also reduces hunger. It's an effective appetite suppressant so you'll eat less.
2. **Water is a Natural Remedy for Fatigue, Headaches, and Back Pain:** In many cases, fatigue, headaches and back pain are caused by dehydration. If you suffer from an afternoon nod off, try drinking more water at lunch. If you or your children complain of frequent headaches, the amount of water you're drinking could be responsible. And, muscle spasms are also caused by not being adequately hydrated.
3. **Look Younger with Healthier Skin:** You'll look younger when your skin is properly hydrated. Water helps to replenish skin tissues, moisturizes skin and increase skin elasticity.
4. **Better Productivity at Work:** Your brain is mostly made up of water, thus drinking water helps you think better, be more alert and allow for better concentration.
5. **Better Exercise:** Drinking water regulates your body temperature. You'll feel more energetic when doing exercises and water helps to fuel your muscle.
6. **Helps in Digestion and Constipation:** Drinking water raises your metabolism because it helps in digestion. Formuleen (Fiber) and water goes hand in hand so that you can have your daily bowel movements.
7. **Less Cramps and Sprains:** Proper hydration helps keep your joints and muscles lubricated, so you're less likely get cramps and sprains.
8. **Less Likely to Get Sick and Feel Healthy:** Drinking plenty of water helps fight against flu and other ailments like kidney stones and heart attack. Water can help with ailments like respiratory disease, intestinal problems, rheumatism and arthritis etc. Drinking water can also improve our immune system.
9. **Relieves Fatigue:** Water is used by the body to help flush out toxins and waste products from the body. If your body lacks water, your heart, for instance, needs to work harder to pump out the oxygenated blood to all cells. When your organs are exhausted, so are you.
10. **Reduces the Risk of Cancer:** Related to the digestive system, some studies show that drinking a healthy amount of water may reduce the risk of bladder and colon cancer. Water dilutes the concentration of cancer-causing agents in the urine and shortens the time in which they are in contact with bladder lining.



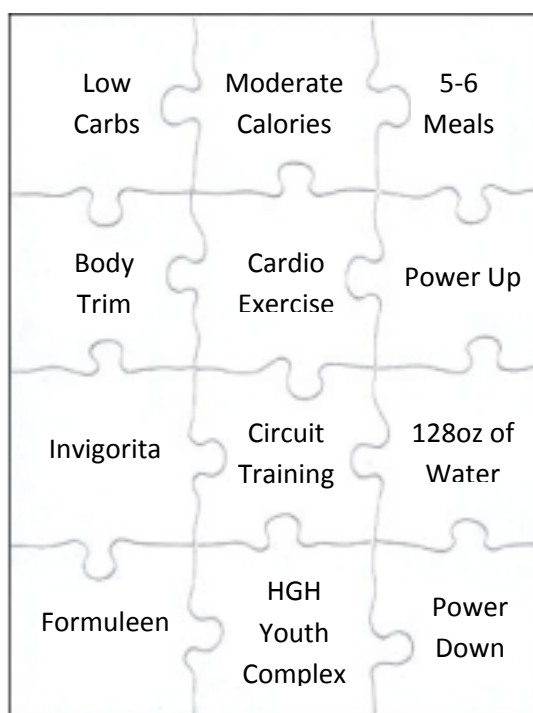
## The Fat Truth #9:

In order to stay full and satisfied all day you **NEED** to do 6 things.

1. Drink 2 Body Trim packets per day
2. Use Formuleen to add extra fiber to your diet twice per day
3. Take Power Down every night to help detoxify your body and cleanse your colon
4. Add a small amount of dietary fat to each of your meals
5. Have a Drop-IT Weight Management Drop whenever you get a craving for something sweet
6. Drink a gallon of water everyday

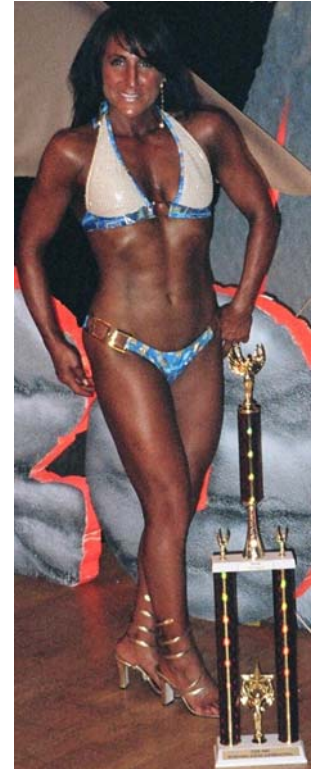
**When you put these 12 Pieces of The Weight Loss Puzzle together you will transform the way you look and feel forever!**

## The 12 Pieces To The Weight Loss Puzzle



1. **Low Carbohydrates-** In order to lose weight you must keep your carbohydrate level between 50-100 grams per day depending on your level of metabolic resistance.
2. **Moderate Calories-** If you don't drop your calories below your BMR every day, then you will not lose weight. If you drop your calories too low your body will shut down your metabolism and you will not lose any weight. Therefore the average female should consume between 1200-1400 calories per day and the average male should consume 1500-1700 calories per day in order to keep your calorie intake in a moderate range.
3. **Eat 4-6 Small Meals-** If you spread your calories over only 2 or 3 meals you will not be successful in losing weight. You must consume food every 3-4 hours to keep your metabolism running on **HIGH!** **NEVER** eat more than 500 calories at any one meal.

4. **Body Trim-** I knew all the information in this eBook yet I could not follow it because lowering my calories made me hungry and made me tired. Body Trim helped fix both of those problems and was the missing piece that helped me lose over 50 pounds!
5. **Power Up-** Keeping your metabolism running at the highest level possible is what it takes to lose those unwanted pounds. Taking 2 Power Up capsules every morning and 2 Power Up capsules every afternoon will ignite your metabolism and keep your body in fat burning mode all day long!
6. **Invigorita-** If your body is not getting proper amounts of **ALL** 13 Essential Vitamins and **ALL** 75 Essential Minerals then you will never lose the amount of fat that you want to lose. This is simply because your body will not be able to run the way it is supposed to run without the essential nutrients that it **NEEDS**. Give your body everything it **NEEDS** by drinking 1oz of Invigorita every morning.
7. **HGH Youth Complex-** The key to losing fat is to keep your insulin levels as low as possible and your HGH levels as high as possible. There is no product on the market better than HGH Youth Complex at getting your HGH levels back up. You will be amazed at how quickly you notice a difference in how you look and feel once you start taking 6 capsules of HGH Youth Complex before bed every night.
8. **Cardio-** You will never look the way you want to without exercising daily. Bottom line, you need to burn at least 2,000 calories every week through cardiovascular exercise if you ever plan on looking and feeling your best.
9. **Circuit Training-** If you want to have a tight, firm, strong body then you need to circuit train 3 times a week. I highly recommend using the circuit training program I have outlined on page 25.
10. **Formuleen-** Fiber is essential to optimal health and for losing weight. Not only will Formuleen give you the fiber that you desperately need everyday but it will also help you feel fuller faster so you don't overeat at any one meal. Make sure that you sprinkle Formuleen on all of your food and watch the pounds come off naturally!
11. **Power Down-** There is simply **NO WAY** you can reach optimal health and lose weight if your body is full of toxins and waste. Power Down is by far the best detoxifier and colon cleanser on the market. We spend a lot of time cleaning the outside of our bodies. Now it is time you started paying attention to cleaning the **INSIDE** of your body. Take 2 capsules of Power Down every night and you see your health go up and your weight go down – guaranteed!



***“Because I Followed Paul’s Diet and Exercise Advice In This eBook and Used The “Game On” Weight Loss System, I Was Able To Win Ms. Bikini 2009!”  
- Vaso Kroto***

12. **Water**- Drinking 128 ounces of water every day is an essential piece to the weight loss puzzle. It will help you stay full and energized all day plus it will help flush out the by-products of fat breakdown allowing you to lose weight faster. Drinking a gallon of water per day is the healthiest thing you can do for your body and it is essential for losing weight. Most people will lose 5 pounds fast just from drinking more water. Once your body knows it will get the amount of fresh water it needs everyday it will stop holding onto the old water inside of you that is causing you to feel fat and bloated.

## Putting It All Together



**You too can achieve the body you have always wanted by implementing these 12 puzzle pieces into your life.**

Your main goal is to eat 4-6 small meals per day between 100-500 calories each without going over 700 grams of carbohydrates in any given week.

I feel that it is very important for you record everything that you eat. This is important for a few reasons. First, you need to know what piece of the puzzle to adjust if you are **NOT** losing weight. The only way you will know what to adjust is if you record everything that you put into your mouth and the amount of exercise that you do.

The second reason is so that you become more aware of the carbohydrate grams and the amount of calories that are in the foods that you have been eating. Once you find out how many carbs are in your favorite grommet latte you may go into shock! When I was studying for my Masters degree in nutrition I was forced to record my entire food intake and I was in sheer amazement of the amount of carbohydrates and calories that were in the different foods I was eating and drinking.

Yes, even in the things I was drinking. You may be surprised to hear that many beverages contain a high amount of calories and carbohydrates. For example, let's talk about beer. The interesting thing about beer is that it contains **ZERO** fat grams yet it is the "food" that will make you fat the fastest! Why? The 3 main ingredients in beer are barley, wheat, and hops - all low fat grains - the same low fat grains they give cattle to fatten them up. Remember, it is **NOT** fat that makes you fat. It is the excess carbohydrate grams that cause your insulin levels to rise and cause you to put on excess body fat. Needless to say, beer is **NOT** a good beverage to be drinking if you are trying to lose weight. Even the new "lite" beers on the market today that contain around 100 calories and 3 grams of carbs are still made from barley, wheat, and hops. All of which will make you **FAT**.

You **MUST** treat your weight loss journey as a scientific experiment and keep very close track of everything that you are doing for this to **REALLY** work. You have to record **EVERYTHING** that you put into your mouth. If you have so much as a piece of gum you have to record it. You have to record **E-V-E-R-Y-T-H-I-N-G!**

This is simply a learning experience for you. One of the main reasons why programs like Nurtisystem have such a long term failure rate is because they never teach you how to eat in the real world. Sure, you will lose weight while eating their freeze dried lasagna but what is going to happen when you have to go out and eat real lasagna?

That's right! You will gain all of your weight back because you never learned what is good or not good to eat in the real world. By recording your entire food intake you will learn how to eat in the **REAL** world which will give you **REAL** long term success!

There are 2 simple ways to record everything that you eat. You can do it the old fashioned way with pen and paper. Simply print out a copy of the sheet included on page 26 and fill one out every day. You should be getting all your nutritional information off the label of the food you are eating. If the food you are eating does not have a nutritional label then you can use a website like <http://NutritionalData.com> to find out the nutritional information on the the foods you are eating. You can also pick up a book called "Calorie Counter" from amazon.com or your local book store for under \$10 which contains the nutritional information for thousands of common foods.

The high tech way to keep track of your entire food intake is to record it online at a website called <http://DailyBurn.com>. You can open a free account at that website and it has thousands of foods already stored in its data base. You just look up the food you just ate and click "I just ate this" and it will add it to your daily nutrition log! It keeps track of all your numbers for you! I highly recommend using this website for the rest of your life. Look at it as your online banking system. We all keep track of our money every day. Now it's time you make the same commitment to your health and the way you look.

### **Here Are The Ranges You Should Stay Between:**

#### **FEMALE:**

Your initial daily calorie goal is to stay *between 1,200 - 1,400*  
Your initial daily carbohydrate goal is to stay *between 50g-100g*  
Your initial daily protein goal is to stay *between 80g-160g*  
Your initial daily fat goal is to stay *between 40g-80g*

#### **MALE:**

Your initial daily calorie goal is to stay *between 1,500 – 1,700*  
Your initial daily carbohydrate goal is to stay *between 50g-100g*  
Your initial daily protein goal is to stay *between 150g-200g*  
Your initial daily fat goal is to stay *between 50g-100g*



***Start Your Healthy Lifestyle By Incorporating All 12 Pieces of The Weight Loss Puzzle Into Your Life Today!***

During your first week, you are allowed a maximum of 700 grams of carbohydrates for the **WEEK**. However, the closer you can stay to 350 grams of carbohydrates for the week the more fat you will lose. A good number to shoot for is 500 grams so you can maintain some balance in your life. This will be a **HUGE** cut-back for most people. One thing I can tell you for sure is that if you go over 100 grams of carbohydrates in any 1 day you will **NOT** lose any fat because your insulin levels will be too high.

You must train your body to live off of your stored body fat and **NOT** the carbohydrates that you eat for energy. If your body is getting enough carbohydrates, it has no reason to turn to your body fat reserves to get its energy.

As far as what your 4-6 meals consist of is up to you. For myself personally, I don't care what I eat. I simply eat because I have to. I have included my personal meal plan below:

## PAUL KROTO'S PERSONAL MEAL PLAN

Time	Food	Carbs	Protein	Fat	Calories
<b>7am</b>	2 Scoops Shake Down in 16 oz Water	4	30	2	154
	1 Tsp Formuleen	3	0	0	10
	1oz of Invigorita	9	0	0	35
	2 Power Up Capsules	0	0	0	0
	1 Body Trim in 16oz water	5	0	0	20
	1 Packet of Vitalagy with Body Trim	7	0	0	28
<b>10am</b>	Oh Yeah! Protein Wafers	9	15	6	150
	1 ACT Energy Drink in 16oz Water	9	0	0	30
<b>12:00</b>	2 cans of chicken 5oz each	0	48	8	280
	2 Tbsp Miracle Whip Light	4	0	4	40
<b>3pm</b>	Oh Yeah! Protein Wafers	9	15	6	150
	1 Body Trim in 16oz water	5	0	0	20
	2 Power Up Capsules	0	0	0	0
<b>6pm</b>	1 Chopped Beef Pattie 5oz	0	30	23	354
	1 Tbsp A1 Sauce	3	0	0	12
<b>9pm</b>	2 Scoops Shake Down in Water	4	30	2	154
	1 Tsp Formuleen	3	0	0	10
	2 Power Down Capsules	0	0	0	0
	6 HGH Youth Complex Capsules	0	0	0	0
<b>Daily Totals</b>		<b>74</b>	<b>168</b>	<b>51</b>	<b>1447</b>

This is the **EXACT** meal plan that helped me lose 52lbs! I went from weighting 265 down to 213. I followed this 7 days a week but I allowed 1-2 "cheat meals" per week. However, even with my cheat meals I **NEVER** went over 700 grams of carbohydrates in any 1 week. It took me 26 weeks (6 months) to reach my goal. I also burned at least 2,000 calories per week every week doing cardiovascular exercise and did my circuit training 3 times every week.

The only real exchange I would do is take out the 10 ounces of canned chicken for lunch and exchange it for 12oz of Albacore Tuna every other day. I also mixed up dinner once in a while. Some nights I would have a 6 oz steak or a 6 oz pork chop. I always had 6 ounces of some sort of meat for dinner so I would feel full during the evening and not want to cheat. If you rather have food in the morning as opposed to a shake, try to eat 3 eggs prepared your favorite way.

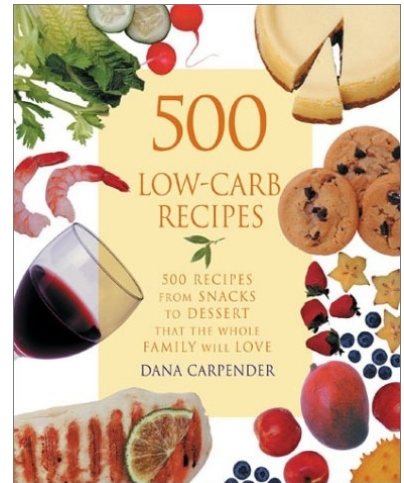
If you want more variety in your meal plan, there is no shortage of low carbohydrate cook books on the market. Some of my recommendations on the best low carb cookbooks to buy are as follows:

**“500 Low Carb Recipes - 500 Recipes from Snack to Dessert that the Whole Family will Love”** By Dana Carpender

**“The Low-Carb Cookbook”** by Fran Mccullough, Michael Eades, and Mary Dan Eades

**“15-Minute Low-Carb Recipes: Instant Recipes for Dinners, Desserts, and More”** by Dana Carpender

**“The Ultimate Low-Carb Diet Cookbook: Over 200 Fabulous Recipes to Add Variety and Great Taste to Your Low-Carbohydrate Lifestyle”** by Donna Rodnitzky



**“The Everyday Low-Carb Slow Cooker Cookbook: Over 120 Delicious Low-Carb Recipes That Cook Themselves”** by M.S. Kitty Broihier

As a basic rule, every time you are thinking about what to eat at your next meal think **PROTEIN** first. Every single time you eat something it must be based off of a protein.

### Some Protein Ideas:

Eggs

Protein Power (Shake Down by DrinkA.C.T. is the highest quality protein powder on the market)

Protein Bars

Steak

Ground Beef

Tuna

Shrimp

Scallops

Lobster

Any Type of Fish (Halibut is my personal favorite)

Chicken

Pork Chops

Ham

Turkey

Veal

Lamb



**Shake Down by DrinkA.C.T. is the highest quality protein power on the market. Shake Down is a unique blend of Soy, Milk, and Whey Protein engineered to maximize absorption.**

If you choose a low fat protein like tuna, for example, you will want to add some fat to it like mixing in some light mayonnaise or Miracle Whip. You may be in the habit of adding a roll to your meal or some potatoes. However, in order to stay as low carb as possible to keep your insulin levels low, I recommend staying away from adding any extra carbs to your meals except for some green vegetables like broccoli, green beans, romaine lettuce or spinach.

A meal can be as simple as eating 6oz of sliced ham rolled up. That would be the exact amount of protein and fat that your body will need for the next 3 hours and eating that would turn your body into a fat burning machine because there will be no insulin present in your body.

## Snacking:

If at any time you do get hungry and are looking to snack on something it is important to have the right foods available. The 7 best foods to snack on are pickles, sugar free jello, beef jerky, almonds, pistachios, string cheese, and pepperoni. Remember that **TOTAL CALORIES DO MATTER**. You just can't snack on beef jerky all day and hope to lose weight because the calories **DO** add up.

## Setting Goals

There is 1 goal and 1 goal only – **TO LOSE WEIGHT!** How much you lose initially depends on how much you have to lose. If you have a lot of fat to lose you will lose weight very quickly with this plan. However, the average person will only lose 1 to 2 pounds per week, which is an **EXCELLENT** goal. **The key to this weight loss plan is to focus on the things that YOU can control.**

**YOU** can control how many calories you eat per day  
**YOU** can control how many calories you eat per meal  
**YOU** can control how many carbs you eat per day  
**YOU** can control how many calories you burn per day  
**YOU** can control if you take 1oz of Invigorita per day  
**YOU** can control if you take 2 Body Trim per day  
**YOU** can control if you use Formuleen twice per day  
**YOU** can control if you take 4 Power Up per day  
**YOU** can control if you take 2 Power Down per day  
**YOU** can control if you take 6 HGH Youth Complex per day  
**YOU** can control if you do circuit training 3 days per week  
**YOU** can control if you drink 128 ounces of water per day



***If You Focus on The 12 Things That  
YOU CAN CONTROL, You WILL  
Achieve The Body of Your Dreams!***

## Conducting Weekly Progress Reports On Yourself

It is VERY important to **STOP** once a week and look back at the past 7 days. You pick which day of the week you want to do this and keep it the same day every week. Print out a copy of page 27 and fill it out once a week.

This Weekly Progress Report will remind you of your goal, why you want to achieve your goal, and what progress you have made thus far. It will also act as a compass letting you know if you are heading in the right direction or not. If you are not getting the results you want it will be **VERY** evident **WHY** you are not getting the results you want by looking at your progress report. If you are **NOT** losing weight, one of the questions from 9-21 will point out exactly why. This is **NOT** rocket science but this is a science. **If you follow all 12 pieces to The Weight Loss Puzzle YOU WILL REACH YOUR GOAL WEIGHT!**

If you answer all the questions on the report “correctly” and are staying within all the recommended ranges yet you are still not losing weight, the only thing you can do is **more cardiovascular exercise**. Cutting back your calories more is **NOT** a good idea. You could cut your carbohydrates down below 50 per day but this is very hard to do, especially long term. More exercise **ALWAYS** does the trick. People who burn 4,000 calories per week doing cardiovascular exercise lose weight rapidly but **ONLY** if they are following the other 11 pieces to the puzzle. You can exercise **ALL DAY** but if there is insulin present in your body from eating too many carbohydrates you will **NEVER** lose your excess body fat.

# The Fat Truth Maintenance Program

## What To Do When You Reach Your Goal Weight

### The Fat Truth #10:

If you go back to eating and living the way you use to before you started this program, I promise that you will gain all of your fat back and then some. The Fat Truth is that you must **ALWAYS** watch your daily carbohydrate intake, you must **ALWAYS** watch the amount of calories you consume per meal and per day, you must **ALWAYS** eat 4-6 small meals per day, you must **ALWAYS** take Power Up every day to keep your metabolism running high, you must **ALWAYS** continue to exercise every day to maintain your health, you must **ALWAYS** take Invigorita every day to make sure that your body is getting **ALL 13 ESSENTIAL vitamins** and **ALL 75 ESSENTIAL minerals**, you must **ALWAYS** use Formuleen every day to insure that your body is getting enough fiber, you must **ALWAYS** do circuit training 3 times per week to keep your muscles strong and firm, you must **ALWAYS** drink 128 ounces of water every day to keep your body well hydrated and to flush out all of the toxins, you must **ALWAYS** take Power Down every night to insure that your colon stays clean and that the cells in your body stay detoxified, and you must **ALWAYS** take 6 HGH Youth Complex capsules every night if you want to keep your HGH levels high and your body fat levels low.

The two things that you can change once you reach your goal weight are the amount of carbohydrates that you consume per day and the amount of calories that you consume in a day. In order to lose weight you must consume less than 100 grams of carbohydrates per day. However, I have seen most people do wonderfully at maintaining their body fat percentage when consuming between 100-150 grams of carbohydrates per day. **The problem comes when people stop keeping track of things and start to consume more than 150 grams of carbohydrates per day. When you consume more than 150 grams of carbohydrates per day the fat will slowly but surely start piling back on.** That is why it is critical for you to weigh yourself every morning for the rest of your life. It is also a good idea to buy a scale that also measures your body fat percentage so you can keep track of that number every day. You may also want to measure your waist every day. Again, the average 5'10" man **MUST** stay below 35 inches when you measure around your belly button to stay out of the **SERIOUS RISK FOR A HEART ATTACK** category. Women who are 5' 5" **MUST** stay below 32 inches to stay out of that category. An even better goal to shoot for if you are a woman is to have your chest and hips the exact same number and your waist be 10 inches below that number.

Regarding calories, since you no longer want to lose any more weight there is no need for you to be in a calorie deficit any longer. Therefore you can increase your caloric intake by 500 back up to your maintenance BMR level.

### The Fat Truth #11:

**If you are overweight right now, odds are you will be faced with 3 problems everyday for the rest of your life.**

1. Your body will always produce too much insulin when you eat too many carbohydrates (hence the need to count carbs)
2. Your metabolism will always run slow (hence the need for Power Up)
3. Your HGH levels will always be low (hence the need for HGH Youth Complex)

Yes, you can increase your carbohydrate grams by 50 per day and you can increase your calories by 500 per day once you reach your goal weight. However, you will always need to make sure that **ALL** 12 pieces of the puzzle are in place or you will soon find yourself in the same situation that you are in right now.

## The 5 Steps To Getting Started Today

Now we can finally kick off this complete diet, exercise, and supplement program that will transform the way you look and feel forever! The following is a list of things you need to do right now:

1. Make at least 90 copies of the Daily Fat Truth Log Sheets on page 26 of this eBook.
2. Make at least 12 copies of the Weekly Progress Report on page 27 of this eBook.
3. Purchase a 3 ring binder to store this eBook in along with all of your Daily and Weekly Sheets.
4. Make up a shopping list of all the foods you are going to need to be successful on this plan.
5. Contact the person who referred this eBook to you and order your needed supplements. DrinkA.C.T. has put together something called the "Game On" Pack which contains most of the products I have recommended in this eBook. You can, of course, order all of these products separately however, purchasing this pack is a more cost efficient way to get started.

### The "Game On" Pack Contains

- 1 Bottle of Power Up**
- 1 Bottle of Power Down**
- 1 Canister of Protein Powder**
- 1 Bottle of Invigorita**
- 1 Bottle of FormuLeen**
- 60 Body Trim Packets**
- 90 DropIT Drops**
- 1 Game On Shaker**



**Over \$300 Worth of Products  
For Only \$249! Save \$50!!**

The great thing about DrinkA.C.T. is that not only do they have the best products in the industry but they also have a fantastic referral program. With this referral program you can receive all of your products for free and make a **GREAT** part-time or full-time income by just referring this eBook to people you know!

For every person that you refer this eBook to and who purchases a "Game On" Pack, you will receive a \$40 referral check in the mail! Just refer 5 people and your entire "Game On" Pack will be free every month (\$200 in fast start bonuses and \$50 in cycle bonuses)! However, it doesn't stop there. You will also receive commissions on everyone that they refer to this program and everyone that they refer to this program to infinity!

If you are interested in making **REAL BIG MONEY**, just purchase 3 “Game On” packs upfront and you will instantly be qualified at the Gold Level in DrinkA.C.T. and eligible to receive all the commissions the company has to offer. This includes a share in the quarterly Global Bonus Pool. If you initially purchase a Gold Pack (which is 3 “Game On” Packs) you will receive a \$120 fast start bonus on everyone you refer who purchases a Gold Pack. You will also receive a \$60 Fast Start Bonus on everyone they refer to a Gold Pack! You can actually make up to \$50,000 per week by just referring this eBook and Gold “Game On” Pack to other people and having them do the same! Visit <http://TheACTAdvantage.com> for more details then be sure to contact the person who referred you to this eBook to get started!

It will most likely take you at least 90 days to reach your goal weight, so investing in a Gold “Game On” Pack just makes sense. When you start losing weight and looking fantastic, other people will ask you what you are doing and just by sending them to <http://TheFatTruthBook.com> you can change your whole financial future around too! Be sure to contact the person who referred you to this eBook **as soon as possible** and order your Gold “Game On” Pack **TODAY!**

## **Products You May Want To Purchase That Are Not In The “Game On” Pack**

1. **HGH Youth Complex**- The HGH Youth Complex that I refer to in this eBook is not included in the Ignite pack, but I **HIGHLY** recommend purchasing it. The person who referred you to this eBook can help you with ordering this very important product today.
2. **A.C.T. Energy Drink**- I admit it, I was a coffee addict. I would drink about a pot of coffee a day for almost 15 years and yet I still would feel tired and never felt that great. Then, three years ago I was given a can of this Healthy Energy Drink called A.C.T. and I was amazed at how fantastic I felt even after just 10 short minutes. I am no longer a coffee addict, but I certainly can’t live without my A.C.T.

### **What is A.C.T.?**

- **The World’s First Healthy Energy Drink**
- **The “Feel Good Drink” – 100% All Natural**
- **NO Added Caffeine**
- **NO Artificial Sweeteners**
- **NO Artificial Flavors or Colors**
- **NO Artificial Preservatives**
- **NO Jittery Effects**
- **NO Crashing Afterwards**
- **Burns 100 Calories Per Serving**
- **Increases Mental Focus and Alertness**
- **Tastes Absolutely Incredible**
- **Very Low Cost**
- **Only 24 Calories Per Serving**
- **Only 6 Grams of Carbs Per Serving**
- **Works In Minutes and Lasts For 5-6 Hours**
- **Available In 12oz Cans or On- The-Go Packets**



This Healthy Energy Drink is great to have in the morning, before you workout, or anytime throughout the day when you need a “pick-me-up!” Please ask the person who referred you to this eBook for a sample of this amazing Healthy Energy Drink. For more information please visit <http://moreACTinfo.com>

## And Finally...

I would like to end this eBook by letting you know that achieving the body you have always wanted is a **J.O.B.**

**J**ournal- You want to make this the **LAST TIME** that you have to lose weight. **The ONLY way you are going to be able to accomplish that is by learning the calorie, carbohydrate, protein, and fat content of the foods that you are eating on a daily basis.** Look at journaling the same way you look at brushing your teeth. It's just something you have to do every single day. There is **NO WAY** you will succeed long term without keeping a food, exercise, and supplement journal. Again, I recommend using the journal found on page 26 of this eBook.

**O**vercome Obstacles- I promise you will encounter many obstacles along your weight loss journey.

There will be times you will dine out, there will be birthday parties, weddings, picnics, and many other special or social occasions where you will make mistakes in what you choose to eat. But remember this...**ITS OK!** This is a learning process. When you ride a bike and you fall off, as we all do occasionally, we just get back up, dust ourselves off and keep riding. "It is not how many times you fall down that matters, it is how many times you get up."

Another obstacle that you may run into is affording the healthy foods that you need, the gym membership that you need, and the supplements that you need. You may have to start cutting some of the "bad" things out of your life so you can start bringing more "good" things into your life. Again, for every person you refer this eBook to and who chooses to purchase the Ignite Pack, you will receive a \$50 check every month! If you find 5 people to do this program and use the Ignite Pack with you, that's \$250 that you can use to purchase your next Ignite Pack!

***The bottom line is that you can either follow The 12 Pieces of The Weight Loss Puzzle and achieve the body you have always wanted or you can sit back and make excuses. Which one are you going to choose?***

**B**e Patient- You did not put all this fat on your body overnight and you will not be able to take it off overnight either. This is a process, a journey. It is going to take you at least 90 days to get to where you want to be, maybe even longer. That is why I **HIGHLY** recommend that you make a 90 day commitment right now to yourself to follow this plan perfectly starting with investing in a Gold Ignite Pack. This will provide you with a 90 day supply of products that you are going to need in order to be successful. As I mentioned earlier, **YOUR HEALTH** is **FAR** more important than money. Make **YOUR** decision right now to make **YOUR** health **YOUR** #1 priority so that you don't land up 6 feet underground anytime soon.

There is no tomorrow. There is only one moment that matters in your life and that moment is right here, right now. ***Incorporate these 12 puzzle pieces into your life today and I promise you that you will reach optimal health and achieve the body you have always wanted.*** Order your Gold Ignite Pack **RIGHT NOW** and get 5 of your closest friends on the program with you so you can hold each other accountable and have fun together achieving your dreams!

*The Information contained in this eBook is for educational purposes only. It is not intended as a substitute for medical advice. It is not intended to diagnose or treat any health conditions, disease and illnesses. Always consult your physician before starting any diet or exercise program.*

# Circuit Training Workout Log

	Workout #1		Workout #2		Workout #3		Workout #4		Workout #5		Workout #6	
Date												
Exercise	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Leg Press												
Leg Extend												
Leg Curl												
Chest Press												
Chest Flys												
Shoulder Press												
Upright Rows												
Tricep Pushdowns												
Bench Dips												
Front Pulldowns												
Low Row												
Bar Curls												
Dumbbell Curls												
Pushups												
Crunches												

Do this circuit 3 times per week. Do 1 set per exercise. Try to do 20 reps. If you can do 20 reps increase the weight for your next workout 5-10 lbs.  
Move from exercise to exercise as quickly as you can. The whole workout should take you between 20-30 minutes.



# Weekly Weight Loss Progress Report

1. Your Starting Date of The Program: \_\_\_\_\_
2. Total Weeks That You Have Been On The Program: \_\_\_\_\_
3. Your Starting Weight: \_\_\_\_\_
4. Your Final Goal Weight: \_\_\_\_\_
5. What Are The 2 Main Reasons Why You Want To Reach This Goal Weight?
  1. \_\_\_\_\_
  2. \_\_\_\_\_
6. Your Current Weight: \_\_\_\_\_
7. Your Overall Total Weight Loss So Far: \_\_\_\_\_
8. The Amount of Weight You Lost In The Past 7 Days: \_\_\_\_\_
9. The Total Amount of Calories You Had In The Past 7 Days: \_\_\_\_\_  
(a good range for men is between 10,000-12,000 and between 8,000- 10,000 for women)
10. How Many Meals Over The Past 7 Days Were Over 500 Calories? \_\_\_\_\_
11. The Total Amount of Carbohydrates You Had In The Past 7 Days: \_\_\_\_\_  
(more than 700 is too much to lose weight)
12. The Total Amount of Calories You Burned Doing Cardio In The Past 7 Days: \_\_\_\_\_  
(less than 2,000 is not enough)
13. Did You Have 1oz of Invigorita Every Day? YES or NO
14. Did You Have At Least 1 Body Trim Every Day? YES or NO
15. Did You Use Formuleen Twice Per Day On Your Meals? YES or NO
16. Did You Drink 128oz of Water Every Day? YES or NO
17. Did You Take 2 Power Up Every Morning and Every Afternoon? YES or NO
18. Did You Take 2 Power Down Every Night? YES or NO
19. Did You Take 6 HGH Youth Complex Every Night? YES or NO
20. Did You Do Circuit Training 3 Times In The Past 7 Days? YES or NO
21. Did You Eat 4-6 Times Every Day? YES or NO