



How Do I Lose Weight Now: The Quick Start Guide I Used To Drop Sixty Pounds and Ten Pant Sizes Fast!

Victoria Johnson

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HOW DO I LOSE WEIGHT NOW? The power is in the question! When you ask a question, you are in the energy of the answer. Balance Your Chemistry and Balance Your Life This is what happened when these former overweight and unhealthy individuals asked that question. 1. Started Victoria's program ten days ago and I have already dropped 7 pounds! I am eating all the time and I have almost as much ENERGY as my two year old - J. Brown 2. Lost 15 pounds the first month on your program I can't believe my sugar cravings are gone - Greg J 3. Since starting your program I am more stable and I dropped two pant sizes in 30 days - Margarite V 4. Even at 58 years old, I still worried about my weight. I dropped 12 pounds in the first 45 days on your program. I am done dieting forever - Claire M

ARE YOU TIRED OF TUGGING ON YOUR CLOTHES AND PUTTING OFF LIFE UNTIL YOU FEEL AND LOOK BETTER? So was I when I finally got fed up and went looking for scientific answers to my Overfat producing problems. I found the answer and so much more that I couldn't keep quiet. I had to share it with the world. I couldn't sleep at night knowing that someone like me, who use to cry themselves to sleep with a box of ice cream is looking for a permanent solution to their emotional eating addiction. Losing weight permanently requires a three-prong solution. 1. Biochemical 2. Emotional 3. Physical

Suicide Hotline to Fitness Icon This book gives you the solution to each of those and also includes extraordinarily time tested and usable tools to help you finally lose weight and keep it off permanently. Most notably from someone who was so close to mentally giving up that she called a suicide hotline. She survived her ordeal and not only turned her life and her health around, she is one of the most celebrated Fitness Icons of the decade and went on to become an endorsed Athlete, TV Star and Professional Trainer. She's been there, done it and is professionally still doing it. She can help you do it too. Is this program healthy? Is it like other than food specific diets that cut out whole food groups? Yes, this program is definitely different than other weight loss programs because it is based on healthy eating. It is based on eating the right combination of high quality protein, complex carbohydrates, hydrating with optimum fluids and staying youthful with proper fats. Here are some other important life changing benefits: Consistent weight loss Never feel hungry Less mood swings Less PMS- less bloating Stabilize blood sugars and banish cravings Clarity of thinking – less mental stress Lower risk of diabetes and heart disease Cheaper - save money on expensive snack foods and pharmaceuticals The diet is based on established scientific fact that different carbohydrates get broken down by the body at different rates. It is based on the idea that eating foods that have a low Glycemic index. Since GI is a measurement that ranks how quickly or slowly foods are broken down by the body and used as energy, Low GI foods will release energy more slowly, helping to keep blood sugar levels stable and keeping you fuller for longer, your energy is higher longer, you store less fat and your mood is elevated longer. Your new-found mental clarity helps your success. By changing my diet and getting bio-chemically balanced, I was able to write out my career and business plan. I was able to become the star of my own television show, write books, train professional athletes and entertainers and create some of the Top Selling Dance/Fitness Videos and DVD's in the world! My entire life changed, I went from a neurotic kid to a mature and successful Business Person, International Trainer and Professional Performance Speaker and Television Fitness Celebrity. I have been blessed to work with some of the most intriguing people alive at this time. There is no way I could have accomplished so much if I had not found my Quick Start energy Program. And I have only just begun!

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