

Don't Let Fat and Flab Rule Another Day of Your Life!

Unravel the Mystery of Your Metabolism and Turn Your Body into a Fat-Burning, Muscle-Firming Powerhouse of Energy

SPECIAL BONUS:

Secrets of a Turbocharged Metabolism: Firm Up, Slim Down and Put Your Body on FULL POWER for Life! comes with four free bonus products to help people with special health and fitness issues:

- 1—Taming the Cholesterol Beast: Your 4-Week Plan to Getting Cholesterol Levels Under Control and Keeping them There**
- 2—Lowering Blood Glucose: Your Essential Guide to a Healthier Life**
- 3—Fitting Exercise into a Busy Schedule**
- 4—Lose Your Love Handles**

Losing weight is frustrating.

On average every American has tried more than 10 different ways to lose weight. Yet as much as 95% of people either fail to lose weight or put it right back on. Chances are likely that you've experienced this yourself. How many of the following have you tried in your efforts to lose weight?

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| <input type="checkbox"/> Atkins Diet | <input type="checkbox"/> Cutting carbs | <input type="checkbox"/> Running or walking |
| <input type="checkbox"/> South Beach Diet | <input type="checkbox"/> Eating more protein | <input type="checkbox"/> Diet pills |
| <input type="checkbox"/> Cabbage Soup Diet | <input type="checkbox"/> Cutting calories | <input type="checkbox"/> Weight Watchers |
| <input type="checkbox"/> Balanced pH diet | <input type="checkbox"/> Cutting out certain types of food | <input type="checkbox"/> Jenny Craig |
| <input type="checkbox"/> Diet shakes | <input type="checkbox"/> Cutting Fat | <input type="checkbox"/> Workout plan you found in a magazine |
| <input type="checkbox"/> Supplements | <input type="checkbox"/> Ab exercises | <input type="checkbox"/> Diet plan you found in a magazine |
| <input type="checkbox"/> Deal-A-Meal | <input type="checkbox"/> Special equipment | |

How many of these helped you lose weight and keep it off? Well, if you're at this web site still looking for a way to lose weight, then none of the things you've tried have succeeded—or they didn't do as good a job as you wanted them to.

So why do you and all these other people fail to lose weight?

Because all these diets programs, meal plans and workouts focus only on one or two limited parts of the complete weight loss formula:

- Low-carb diets forget that carbs fuel most of the body's functions—including brain functions—and that the body cannibalizes muscle to make carbs when you don't get enough in your diet.
- Low-fat diets forget that essential body functions, especially those related to the brain and nervous systems, need fat to work properly and forget that the body turns all extra calories into fat
- High-protein diets diminish the importance of carbohydrates and forget that too much protein can potentially damage the kidneys.
- Low-calorie diets forget that the body goes into starvation mode when it doesn't get enough calories. Starvation mode actually inhibits fat loss and increases the likelihood of putting the weight back on.
- Exercise-based programs are often too strenuous for beginners, are unnecessarily dangerous, or aren't effective at burning fat.

What is it that all these plans are missing?

They Don't Understand the Whole Picture of How Your Metabolism Works!

Your metabolism consists of all the chemical processes in your body. Some build tissues, like fat or muscle. Some create antibodies, hormones and other components of a healthy body. Some create energy, while others consume energy.

Your metabolism is extremely complex and most people don't understand it — including the so-called experts! If you don't get it right, you can jeopardize your health. For example, the authors of many popular low-carb diets understand that fat has to be bonded with a certain kind of sugar in order to be stored as body fat. But what they miss is that the body can manufacture that sugar by chemically converting proteins. So eating too much fat and protein still results in body fat even if you cut out all the carbs. On top of that, cutting back too far on carbs can cause serious health problems.

Although your metabolism is incredibly complex, it is possible to program your metabolism so that your body will burn off all that ugly fat you've been trying to get rid of for so long. Through the right combination of exercise, you can set your metabolic systems to burn fat, build muscle and supply you with a nearly limitless supply of energy. To teach you how to do that, we've developed a new digital book for you:

***Secrets of a Turbocharged Metabolism:
Slim Down, Firm Up and Put Your Body on***

FULL POWER for Life!

This book contains a weight loss and functional fitness program that accounts for all the needs of the body, from complete nutrition and fat-burning metabolic processes to stimulation for muscle growth and the need for rest and recuperation.

In this 85-page downloadable book, gives you all the information you need to make diet and exercise decisions that make fat disappear and keep it off for good

Secrets of a Turbocharged Metabolism even supplies you with three specialized step-by-step exercise programs to ease you off your sofa and into a life-long habit of exercise and activity:

- ❑ **Turbocharged Boot Camp Program** — This is the foundation program that gets you moving and gradually gets your body used to exercising regularly. If you've done nothing but sit on your but for the last five years, you can't go out and run a mile today without injuring yourself. This program gently guides you into making exercise a habit without risking injury.
- ❑ **Turbocharged Accelerated Fat Loss Program** — Once your body is accustomed to exercise, you'll enter into a new program that is specially designed to melt fat and keep it off. We've selected exercises that speed up the fat-burning process and created a schedule that maximizes the amount of time you spend burning fat while minimizing your risk for injury and overtraining.
- ❑ **Turbocharged Program for Continual Maintenance** — Once you've achieved your weight-loss goals, this program keeps you in a cycle of fitness maintenance with gradual progressions in heart health and functional strength.

Secrets of a Turbocharged Metabolism is **based on solid research and science**, pulling from the works of world-renown nutrition experts and exercise physiologists and their recommendations. But instead of having to read through thousands of scientific reports, studies and textbooks/ you get the information you need in a concise, succinct product that tells you what you need to know about your metabolism in order to burn off that excess fat and trim up your body.

Don't be fooled by another ridiculous diet fad or exercise gimmick. *Secrets of a Turbocharged Metabolism* helps you understand your metabolism so that you can uncover the flaws of any ineffective program. It's all written in language that is easy to understand. Strategies and plans are laid out in simple step-by-step format.

Click here to order your copy of *Secrets of a Turbocharged Metabolism* right now!

Take a look at all that ***Secrets of a Turbocharged Metabolism*** has to offer:

- Over 85 pages of densely-packed information on losing weight, getting in shape and staying healthy
- 16 Metabolism facts you must know in order to lose weight
- In-depth explanation of how your metabolism works, including what your body does with carbohydrates, fat and protein and why it needs these major nutrients
- 5 Ways Muscle and Protein affect your ability to lose fat
- 5 Benefits that strength training has on losing weight.
- 48 detailed exercise descriptions along with information on how to choose the right exercises for you, when to do them and how much weight or intensity to use
- Over 75 photos and illustrations to help you understand each exercise and how to perform it correctly
- Hand-picked exercises with the greatest potential for burning fat and building strength
- Functional exercises that make daily activities easier and safer
- 16 principles of healthy eating
- 19 steps to adopting healthy eating habits
- 13 tips to surviving in a fast food world

Plus, we're giving away FIVE BONUS PRODUCTS worth more than \$95 to everyone who purchases *Secrets of a Turbocharged Metabolism* today. These products address special health and fitness needs frequently associated with excess body fat. You can read more about these special bonuses in just a minute.

Click here to order your copy of *Secrets of a Turbocharged Metabolism* right now!

It's Time to Bury Your Fatty Problem Before it Buries You!

Those extra pounds are ruining your life. You know it. You've experienced the symptoms: lack of energy, shortness of breath, feeling weak and tired, not being able to do all the things you used to do. You've been laughed at, called "fatso" and "blubber butt" and all the other demeaning names. You buy new clothes every year—just so you don't have to squeeze into last year's clothes. And you hate the way you look when you look in the mirror.

But it's even worse than that. All those extra pounds around your hips, thighs and other parts of your body are endangering your life. Almost a million Americans die every year due to cardiovascular disease and diabetes. And what's the symptom that's common to almost everyone that dies from these diseases: They're Fat!

You may have already felt the life-threatening effects of your bloated body. Did you recently suffer a heart attack or stroke? Did your doctor diagnose you as having diabetes or issue an ultimatum that you will die within a few years if you don't lose 50 pounds or cut your cholesterol in half?

If not, continue putting on extra pounds year after year, and sooner or later you will have one or more of these frightening and potentially life-ending experiences.

Secrets of a Turbocharged Metabolism will help you stop fat gain in its tracks and shed those unsightly and unhealthy extra pounds. Precise directions lead you to gradually add exercise to your routine and make the switch to a healthy diet until your metabolism is geared for fat loss instead of fat gain.

Click here to order your copy of *Secrets of a Turbocharged Metabolism* right now!

Losing Weight Shouldn't Cost Thousands of Dollars

Nearly every other weight-loss plan is highly commercialized and designed to get you to buy special diet products, specialized food, exercise videos and equipment or the authors' books. The weight-loss industry is all about getting you to open your wallet and buy more and more stuff.

Over \$30 billion is spent on weight loss products and programs every year!

But really you don't need all that stuff. God above has already given you everything you need to lose all that ugly fat and keep it off for the rest of your life:

- Metabolic systems designed to keep you strong and energetic
- An immune system designed tight disease and infection
- Muscle, bone and ligaments capable of great strength
- Heart and lungs capable of great endurance
- Food that grows naturally from the Earth
- Water, which makes up 60% of your body

But how do you use all these factors to achieve the body and health that you desire? *Secrets of a Turbocharged Metabolism* is your manual to using these natural resources to melt off that fat and strengthen your body's natural functions.

There's nothing more to buy—ever! Our main concern is that you get started immediately on the road to a trimmer, healthier you. We don't want you to become an obesity casualty. Some of the exercises do require the use of weights, but it doesn't matter if they're a \$50 set of dumbbells or a \$150 barbell set. And we don't care where you buy them or whether you pay for them at all—exercise descriptions even show you how to use bags of canned food, sand, rocks or any other weighted object instead of barbells and dumbbells.

Secrets to a Turbocharged Metabolism is an ALL-NATURAL program:

- There's NO diet food to buy!
- There're NO pills to pop!
- There're NO drugs to take!
- There're NO shakes, powders or mixes to buy!
- There's NO starvation!
- There're NO foods that are off limits!

Secrets of a Turbocharged Metabolism helps you lose weight and develop the body of your dreams without the use of manufactured foods and supplements—who knows what kinds of chemicals they put in those things and what effect they'll have on your health!

Cutting out certain foods or groups of food altogether puts your diet out of balance and makes it much more likely that you'll miss out on important nutrients. *Secrets of a Turbocharged Metabolism* takes a rounded approach to nutrition and diet so that you never have to cut out any food completely.

And even though this program does help you cut back on the calories you consume, we show you how to do it without feeling hungry all the time.

[Click here to order your copy of *Secrets of a Turbocharged Metabolism* right now!](#)

Secrets of a Turbocharged Metabolism Helps You Dispel the Myths of the Weight-loss and Diet Industry

THE 'CARBS ARE BAD' MYTH

Sugar does not cause diabetes and cutting too many carbs can starve your brain. *Secrets of a Turbocharged Metabolism* tells you why carbohydrates are not the bad guy that Dr. Atkins and other low-carb apostles have made them out to be.

THE DIETING MYTH

Diets cannibalize your body. A pound of fat contains about 3,500 calories. If you're losing 5 pounds a week, that's 17,500 calories per week or 2,500 calories per day that you have to cut. That's starvation. And when your body starves, it starts consuming its own muscle as well as fat. It also turns on mechanisms that make it increasingly difficult to burn fat and easier to put it back on. Find out why this happens in chapter two of *Secrets of a Turbocharged Metabolism*.

THE 'EXERCISE TILL YOU PUKE' MYTH '

The wrong kind of exercise or too much exercise can throw your metabolism into starvation mode. *Secrets of a Turbocharged Metabolism* shows you how to get the right amount of exercise and the right kind of exercise to target fat loss without risking overtraining, injuries or metabolic starvation.

THE LOW-INTENSITY CARDIO MYTH

Did you know that, for years, doctors have been prescribing the wrong kind of exercise for heart health? They've been trying to make people's hearts more efficient by prescribing lots of low-intensity, long-duration exercise (like walking, jogging or hiking mile after mile). But heart attacks occur when the heart can't pump fast enough or strong enough—not because it isn't efficient. *Secrets of a Turbocharged Metabolism* shows you exactly what kind of exercise you need to build a powerhouse heart that can withstand the sudden need to pump faster and stronger.

THE 'LOWER YOUR CHOLESTEROL' MYTH Is there really such a thing as "Bad Cholesterol"? What happens if you lower your cholesterol too far? *Secrets of a Turbocharged Metabolism* gives you the facts about cholesterol and identifies which "facts" about cholesterol

are really just speculation.

Click here to order your copy of *Secrets of a Turbocharged Metabolism* right now!

How to Save Yourself Over \$5,654 a Year in Medical Bills

According to the American Heart Association, heart disease racks up annual medical costs of \$403.1 billion per year. **That's \$5,654 per person** for the 71.3 million people that suffer from some sort of heart disease. Either now or in the future, that's likely to be you if you are carrying around extra body fat and not staying in shape.

By comparison, *Secrets of a Turbocharged Metabolism: Firm Up, Slim Down and Put Your Body on FULL POWER for Life!*, which will put you on the road to a souped-up metabolism that will melt the fat off your hide and get you in condition to live a long, full life is **available for only \$39.95**.

In addition to all the great metabolism-boosting information and exercise programs that you get with *Secrets of a Turbocharged Metabolism: Firm Up, Slim Down and Put Your Body on FULL POWER for Life!*, you'll also get four incredible bonus products to help you overcome unique health conditions that you may be dealing with.

On top of that, you get a FIFTH BONUS PRODUCT that introduces you to a powerful way to track your weight-loss and fitness progress.

Four Incredible Bonus Products to Overcome Unique Health & Fitness Issues:

Special Bonus No. 1—Taming the Cholesterol Beast: Your 4-Week Plan to Getting Cholesterol Levels Under Control and Keeping Them There

Nearly one out of every 5 people has high cholesterol — a serious risk indicator for deadly cardiovascular diseases. Are you one of them?

Fortunately there are simple things you can do to lower your cholesterol and reduce your risk for heart disease, heart attack and stroke. Lowering your cholesterol just 10 percent will lower your risk by up to 30 percent and *Taming the Cholesterol Beast* shows you exactly what you need to do to achieve that. Walk step by step into a healthier lifestyle that will not only lower your cholesterol 10 percent, but restore it to healthy levels.

- Understand the different types of cholesterol, how they affect your health and what your health risk really is
- Discover what to do and what not to do for a healthy cholesterol-lowering diet
- Learn strategies for sticking to your cholesterol-lowering plan
- Uncover natural remedies and supplements that will improve your cholesterol

- Get the facts on medications, drugs and medical procedures commonly prescribed for reducing cholesterol

This 40+ page downloadable book is has a retail value of \$22.95, but it's yours free when you purchase *Secrets of a Turbocharged Metabolism*.

Special Bonus No. 2—Lowering Blood Glucose: Your Essential Guide to a Healthier Life

This is a hands-on guide for people who need practical, easy ways to keep blood sugar under control, while still enjoying a normal and satisfying life. It highlights essential strategies for the successful management of diabetes, and provides guidelines for effective lifestyle interventions. You'll also find information on current medications used to treat diabetes and how to make the best of them when prescribed by your doctor.

If you or someone you love is a diabetic, this book is a must-have reference on how to monitor and regulate diabetes. Following the recommendations in this research-based information source can significantly reduce your risk of heart disease, stroke and other deadly diabetes-related complications.

- Discover how simple changes to your diet will help you manage your diabetes
- Learn how exercise is necessary for controlling blood sugar levels and what exercises work best for diabetics
- Understand different treatment options available for diabetes and which ones are right for you
- Become informed about the modern medications available for controlling blood sugar levels and some natural treatments that have proven effective

Lowering Blood Glucose: Your Essential Guide to a Healthier Life! Normally sells for \$24.95 but comes FREE with your paid order for *Secrets of a Turbocharged Metabolism*.

Special Bonus No. 3—Fitting Exercise into a Busy Schedule downloadable book

If your schedule is too busy to fit in exercise, this downloadable book was written just for you. Over 57 pages are filled with ideas on how to incorporate exercise into your life no matter how busy you are. Did you know that exercise can actually make you more productive? This book explains how and helps you find all the nooks and crannies of your schedule into which you can fit a little exercise every day.

Busy people of all kinds will find the following useful information in this special downloadable book:

- Workout plans for people with minimal space in their planners
- Instructions on how to ease into exercise so that it becomes a habit
- Time management tricks to make room for exercise

- Suggestions for exercising at work
- Suggestions for exercising with your family
- Suggestions for exercising around the house

Busy people who travel frequently will also find:

- Strategies for squeezing in exercise while traveling or staying in hotels
- Strategies for getting exercise when you don't have access to a gym
- Reviews of equipment that is useful for exercising on the road

This unique downloadable books comes absolutely FREE when you purchase *Secrets of a Turbocharged Metabolism*—despite its retail value of \$19.95.

Special Bonus No. 4—Lose Your Love Handles downloadable book

Do you suffer from those obnoxious deposits of blubber on your waist known as love handles? Do you struggle to get rid of those so that you can look your absolute best?

Lose Your Love Handles gives you the details on what it takes to melt off those last few stubborn pounds of fat. Fine tune your eating habits and exercise routine and balance your calorie consumption in order quickly rid yourself of these stubborn fat deposits. This book also shows you how stress may be impacting your ability to lose those love handles and what to do to bring stress under your control.

Here's a peak at what you'll find in this special bonus that comes free when you purchase *Secrets of a Turbocharged Metabolism*:

- Details on exactly how your abdominal muscles work and the role they play in getting rid of your love handles
- Learn which exercises you need to effectively firm up those abdominal muscles so they look great
- Understand the origins of your love handles so you know how to reverse the process that put them there in the first place
- Find out how even a healthy diet can increase body fat instead of decreasing it
- Step-by-step instructions on the exercises that are most effective at blasting away those ugly love handles
- Learn how stress contributes to keeping those love handles around and specific strategies for reducing stress.

Although this digital format book has a retail value of \$27.95, you get it as a FREE bonus when you purchase *Secrets of a Turbocharged Metabolism*.

That's over **\$95 worth of bonus material that you get for FREE** when you order *Secrets of a Turbocharged Metabolism: Firm Up, Slim Down and Put Your Body on FULL POWER for Life!* today!

But that's not everything! We haven't yet told you about . . .

Your Ultimate Bonus to Ensure Your Weight-Loss and Fitness Success:

Special Bonus No. 5—Free 30-day trial of the Fatsense.com Fitness Calculator

One of the most difficult parts of losing weight is tracking all those calories—calories you eat and calories you burn. Fatsense.com has made this process simple with its new web-based Fitness Calculator.

With the Fatsense.com Fitness Calculator you can design your workout program to burn the calories—you need to burn and design your own meal plan so that you get the right number of food calories every day. No more guessing about how many calories you burn and consume each day.

Get predictable weight-loss results because you know exactly how many calories of body fat you are shedding each week. Print out your weekly activity plan and meal plan, which show you by the numbers what you need to do to achieve your weight-loss goals. Track your progress week by week.

The Fatsense.com Fitness Calculator is based on the internationally recognized Compendium of Physical Activities and the USDA National Nutrient Database for Standard Reference. Over 600 forms of exercise, including housework and job-related activities, are catalogued and included in computations to tell you how many calories you are burning. Calorie and nutritional contents of more than 900 kinds of food are included for you to choose from. Or, enter your own meals and calorie values from food labels or the downloadable Standard Reference Tool.

You get 30 days of FREE access to the Fatsense.com Fitness Calculator when you purchase *Secrets of a Turbocharged Metabolism*.

Plus, you get a \$5 discount off the monthly fee FOR LIFE when you continue to use the Fatsense.com Fitness Calculator beyond the first 30 days! The Fatsense.com Fitness Calculator normally costs \$14.95 per month, but you get a special lifetime rate of \$9.95 per month when you buy *Secrets of a Turbocharged Metabolism*.

**You get *Secrets of a Turbocharged Metabolism*
PLUS five incredible bonuses all for only \$39.95!**

You can get started on the path to a trim, firm, healthy body today simply by downloading your copy of *Secrets of a Turbocharged Metabolism* right now. Just click on the link below ...

Oh, Wait! There's One More Thing You Need to Know!

We absolutely, positively guarantee that you'll be satisfied with *Secrets of a Turbocharged Metabolism: Firm Up, Slim Down and Put Your Body on FULL POWER for Life!*

In fact, we give you 120 days to make sure you're satisfied with this product. If you're not, then we'll refund 100% of your money!

This is a no-risk offer: you get 120 days (That's long enough to complete the first phase of the program!) to confirm that *Secrets of a Turbocharged Metabolism: Firm Up, Slim Down and Put Your Body on FULL POWER for Life!* is everything we say it is or you get your money back—and you get to keep the free bonus products!

Purchasing your copy of *Secrets of a Turbocharged Metabolism* is easy. Just click below and go to our secure server . . .

I want to order *Secrets of a Turbocharged Metabolism* right now!

YES, I want to purchase *Secrets of a Turbocharged Metabolism, Firm Up, Slim Down and Put Your Body on FULL POWER for Life!* right now. I understand that I have 120 days to review this eBook and determine that it is everything you say it is and that I get to keep the FIVE INCREDIBLE BONUSES even if I return *Secrets of a Turbocharged Metabolism*.