

15 FOODS
THAT

**KILL
BELLY FAT**



FAST!

By Josh Beyoni

15 Foods That Kill Belly Fat FAST

Sneaky Tricks to **Drop up to 11 Pounds** of Belly Fat, Excess Water, and “Toxic Waste” **Over the Next 7 Days!**

By Nutritionist Josh Bezoni

FREE REPORT Compliments of:

<http://www.7DayBellyBlastDiet.com>

The **7-Day Belly Blast Diet** will be “secretly” unveiled on **Tuesday, September 28th, 2010**... at a BIG 3-day introductory discount.

As you will see in this report, men and women from all over the country have lost up to 11 pounds of excess water, belly fat, and “toxic weight” from their bodies in the first 7 days of using the complete program along with the “Wacky Tips” from this report. (And many have gone on to lose 20, 40, 60 and 110+ pounds in record time.)

If you are receiving emails from “Coach Josh” you are already on the VIP early notice list so you can have instant access to the entire program, at a big discount, before everyone else.

In these emails, you will also get more **FREE** belly-fat-burning videos and info along with a chance to win the complete **7-Day Belly Blast Diet** program. Be sure to watch for emails from “Coach Josh” for details (check your bulk mail folder).

If you aren't getting these special emails,
sign up at <http://7DayBellyBlastDiet.com/invite4>

And now...let's blast some belly fat...

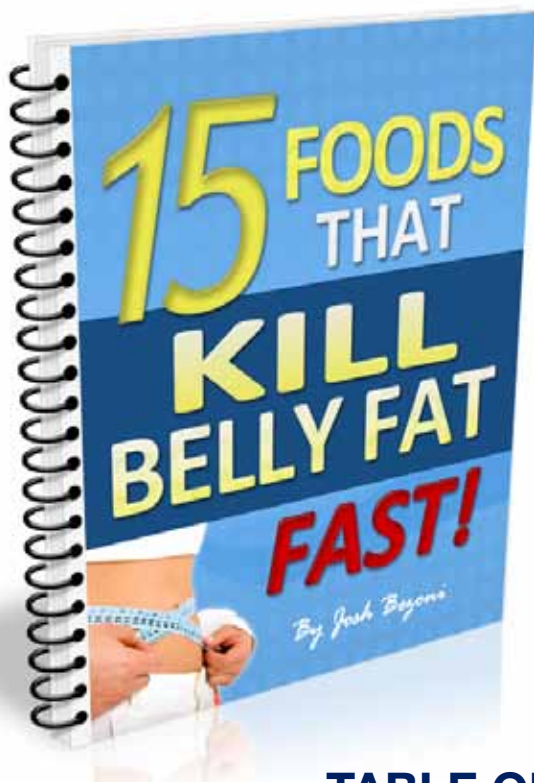


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I'm joking, right?

Can you really drop up to 11 pounds from your body (and belly) in just 7 days (and keep losing it at a record pace for weeks to come)?

Believe it or not...the answer is a shocking YES! (And you don't have to starve yourself or do endless exercise...and you can still eat your favorite foods. In fact, it's an important part of the program...YIPPEEE!)

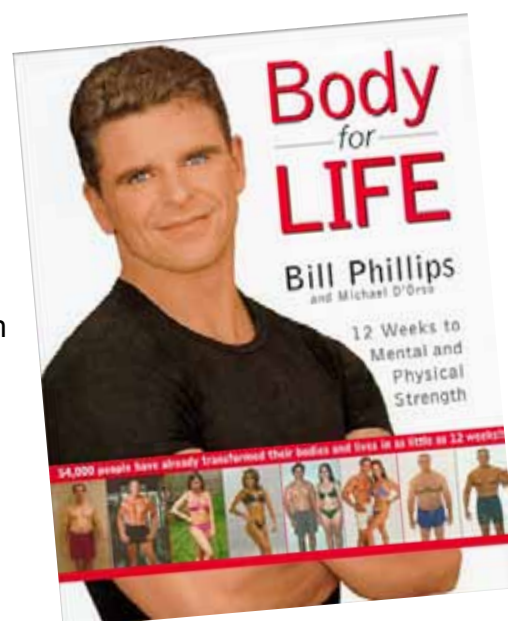
You see, I've discovered **3 BIG PROBLEMS** that keep most people from ever getting a flat belly and losing weight for life. This is what I share with my clients, who come to me after nothing else has worked for them:

- 1. Your metabolism is mangled.** Years of bad eating and dieting have literally broken your calorie-burning furnace so your body holds on to fat with a death grip. (By the way, dieting slows your metabolism down even more as your body tries to conserve energy (calories). So, cutting calories on top of an already messed-up metabolism is the LAST thing you want to do.)
- 2. You are eating the wrong foods.** Yep. You see that bulging belly or "pooch" area on most people? Well, it's not all fat. I'm talking about pounds of "toxic waste" caused by poor food choices and addictive chemicals (I call "Obesity Additives") that food manufacturers sneak into most processed grocery store products. All that "junk" is poisoning your system, addicting you to certain foods, causing your fat-storing hormones to skyrocket, and making your belly bulge. Not to mention that when your system is clogged up your body can't efficiently absorb the nutrients you do eat, which leads to the next problem...
- 3. You are overfed yet under-nourished.** Your body needs specific nutrients to run properly or you will get mentally and physically sick. I'm talking about illnesses such as heart disease, some cancers, diabetes and depression, for starters. So, if you're not eating the right foods—or your "toxic waste" is inhibiting nutrient absorption—your mind will constantly "scream" at your stomach to eat more. It does this in the form of cravings and hunger. Problem is, most people just eat more "nutrient-dead food" and your body continues to starve and cravings spiral out of control. (Do you ever feel hungry all the time?)

But how do I know all of this? Well, as a leading nutritionist for the past 15 years, I've helped tens of thousands of people completely transform their bodies in record time.

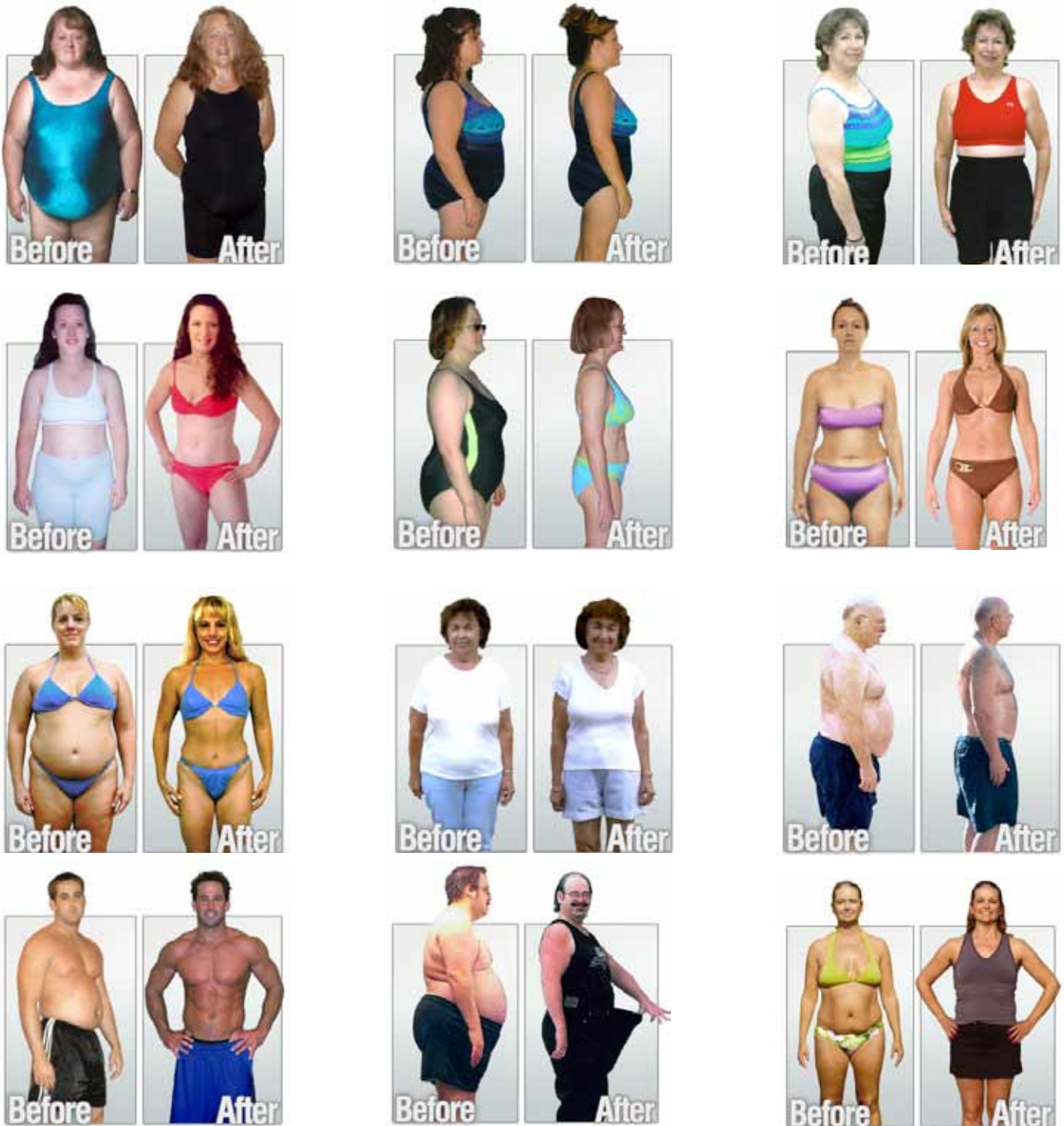
In fact, while working for my mentor, Bill Phillips (formerly of EAS, *Muscle Media Magazine*, Body-for-LIFE, and now author of *Transformation*), I had the privilege of learning body transformation strategies from the best of the best.

Not only that, while I was at Body-for-LIFE, we had the opportunity to work with top athletes such as John Elway, Karl Malone, Terrell Davis and Shannon Sharpe. We also got to work with A-list celebrities such as Brad Pitt and Demi Moore.



Boy oh boy, was that an education for a small-town Iowa boy who was just out of college and straight off the farm. (Me.)

But that was 15 years ago. Since then, I've worked hard and been fortunate enough to run my own nutrition company, authored two best-selling weight loss books, and I've had the HONOR of coming up with real **SOLUTIONS** to help tens of thousands of good folks (like YOU) lose their belly fat fast...and for life. Here are just a few of them...



What's my secret solution to helping others? First off, I know what it feels like to be overweight. In fact, even with all of my "nutritional ninja knowledge," I'm not immune to the stresses and strains of life that can quickly add pounds of unattractive belly fat.

The truth is, I'm not one of those fitness experts who has "skinny genetics." You know, the type of people who can eat whatever they want and never gain a pound.

Nope.

In fact, at one time or another, *everyone* in my immediate and extended family has been overweight, obese or morbidly obese. I'm talking about my mother, father, sisters, grandparents, aunts and uncles...everyone. We even had fat pets (let's blame it on the fattening table scraps).

Let's just say that when it comes to "skinny genetics" I got dealt a very *crappy* hand. (But, I've found a way to "trick" my body into staying lean and I'll share these secrets with you in a minute.)

Believe me, I understand what it's like not to want to see old friends (or even meet new friends) because I was ashamed of my weight and embarrassed about what I looked like.

I know what it feels like to:

- NOT want to be seen in a swimsuit (with my shirt off)
- DREAD shopping for new clothes
- NOT want to have pictures and videos taken
- Be SCARED to death about health issues—like when my cholesterol used to be 250 and my blood pressure was sky high. I thought I was going to die young of a heart attack.
- Know I was setting a BAD example for loved ones

But being overweight wasn't all negative. From it, I learned exactly what it's like to "walk a marathon" in my students' shoes, and I uncovered some powerful (and sometimes weird) ways to help good folks battle the bulge FAST.

What's more, I realized first-hand that no matter how *embarrassing and painful* extra body blubber is...there are still certain things the average dieter (including me) is NEVER going to put up with, NO MATTER WHAT.



Here I am before losing 32 lbs of belly blubber. Even though I was a nutrition expert I still didn't have the energy and willpower to lose the weight.

Here I am after finally learning my "Sneaky Tricks" to Kill Belly Fat Fast. I stumbled upon a way to get results without a lot of time or willpower. Now I have abs and endless energy at age 37!

For example, I know you're not going to put up with...

- Slow results
- Boring foods
- Confusing diet programs
- Not being able to eat out
- Not being able to eat your favorite foods
- Tracking calories all day long
- Or exercising non-stop like it's your job

BORRRINNNGGGG....

Truth is, I've never had the *time, energy or willpower* needed to put up with a diet that didn't get me fast and lasting results. I'm a little *impatient* (okay, a LOT).

That's why, after working with thousands of clients, and having gone through my own physical transformation, I've come up with some rather unusual tips and secrets that I'm **POSITIVE** will help you achieve maximum weight loss in minimum time (and without tons of willpower).

15 Foods That Kill Belly Fat Fast

First off, I've got a surprise. What you're about to learn is **MUCH** more than a few foods that will help "tighten your tummy." (I always like to give **MORE** than I promise.)

The following is a formula for even faster results, but it isn't for everyone. This blueprint isn't for "muscle-bound meatheads" who have the willpower and mindset needed to exercise at crazy intensity levels every day and starve themselves by eating nothing but egg whites, tuna and rice. (Yuck!)

These tips are also **NOT** for women who already eat like birds, only have a few vanity pounds to lose, or who already have the time and energy to go to endless exercise classes day after day. (I really dislike step aerobics, by the way.)

Those types of "dedicated" people don't need these tips and they probably don't need my help. They're fine on their own.

Instead, these tips are for those of you out there who struggle to find enough time in your day for exercise and "eating right."

These "Sneaky Tricks" are also for those of you who want super-fast results (as much as 11 pounds in as little as 7 days, for starters), but aren't willing to starve yourself or give up all your favorite foods in the process.

If this sounds like you, then let's dive into my 7 Sneaky Tricks to Kill Belly Fat Fast (along with the 15 best foods to eat)...

Sneaky Trick #1: Confuse Your Calories

Here's the problem... when most people want to lose weight, they begin to severely cut calories. Sure, they might start losing some weight temporarily, but this calorie restriction method will soon backfire and mangle their metabolism for two reasons:



1. As you're probably aware, cutting calories leads to uncontrollable hunger and cravings because your body isn't getting the nutrients it needs to function and be healthy. This causes severe hunger and cravings, and eventually breaks most people mentally...and causes them to lose control, overeat, rebound, and gain even MORE weight than where they started.
2. After about a week of dieting, the hormone levels in your body that are responsible for keeping your metabolism humming along (like the master weight-controlling hormone leptin and the thyroid hormones) start adapting to your new calorie intake, and they plummet like a piano off the Empire State Building. This causes your body to conserve calories. At the same time, the fat-storing hormone insulin goes berserk as does a hormone called cortisol that is responsible for storing fat skyrockets. As a result, your weight loss will come to a screeching halt. At this point, you'll need to reduce your calories even lower to keep losing weight, or you'll need to do MORE exercise to burn even MORE calories. (Not fun...I've been there.)

But there is an odd-ball little trick you can do instead of constantly lowering your calories and practically starving yourself in the process. It's to change the number of calories you're eating every 7 days just before your body "catches on" to what you're doing.

Now, I'm not talking about indulging in a "cheat day" or having a few "cheat meals" at the end of the week (although these are part of the equation, too). I'm talking about actually changing the number of calories you eat every week for 7 days in a row.

BINGO!

This is my **Calorie Confusion Method**™ in a nutshell. If you do it the *right* way (and there is a *wrong* way to do this), you will fix your metabolism and trick your body into continuously burning more and more calories and unattractive body fat, without hitting a plateau or igniting a tidal wave of hunger and cravings in the process.

You do this by changing the calories you're eating before your body is able to lower the hormones responsible for controlling your calorie-burning metabolism.

Now that you've learned a little about my **Calorie Confusion Method**, I've got to give you a little warning. You can't just randomly change your calories up and expect to notice results. There are certain belly-fat-burning foods you need to be eating (all calories are not created equal), and there are certain "cycles" that you need to follow.

But here's the kicker... you don't have to actually count calories to enjoy the benefits of **Calorie Confusion**. Counting calories is way too difficult and takes too much time. (I'll show you this cool alternative in my soon-to-be-released **7-Day Belly Blast Diet** program.)

While we're on the topic of calories, here's my next way to "kill belly fat fast"...

Sneaky Trick #2: Eat These 15 Belly-Killing Foods

Yep. There are certain foods that KILL belly fat and others that CAUSE belly fat (and belly bulge). Here are 15 that will flatten that bulge:



1. **Avocados:** These little suckers are loaded with two nutrients that are KEY to killing belly fat: hunger-crushing fiber (11 to 17 grams per avocado!), and monounsaturated fats, which studies have shown to actually "spot reduce" belly fat. Zowie!
2. **Peanut Butter:** Okay, not just peanut butter, but mostly any seeds and nuts (these are the best): pistachios, walnuts, almonds (or almond butter), pumpkin seeds, sunflower seeds, and flax seeds. Why? They keep you full and satisfied for long periods of time, and they're stuffed with healthy, belly-burning fats and minerals.
3. **Crisco:** KIDDING! Just seeing if you were paying attention. That stuff is deadly. Healthy oils like olive oil, coconut oil and brand names like Udo's Oil and Barlean's Oil (I like the swirl flavors) actually help you burn fat by supplying healthy oils your body needs to burn body blubber.
4. **These Veggies:** I've got to thank my buddy Mike Geary for this one. Turns out certain vegetables such as broccoli, cauliflower, brussel sprouts, kale, and cabbage contain special phytonutrients, such as indole-3-carbinol (I3C), which help to fight against environmental estrogens that can add belly fat. Mom was right...eat your veggies!
5. **Omelets:** Eggs aren't bad, they're nutrient-dense and loaded with belly-burning protein, vitamins B6, B12, A, D, E, and K, folate, choline, lutein, calcium, iron, phosphorus, zinc, and omega-3 fatty acids. Plus, they keep you full for long periods of time. Choose eggs that come from free-range chickens. You'll get more healthy nutrients.
6. **Dark Chocolate:** That is not a typo. Dark chocolate is loaded with antioxidants (nearly eight times the number found in strawberries) and it contains stimulants that can have a positive effect on fat burning, including theobromine and caffeine. It also contains a nice dose of oleic acid, which is a monounsaturated fat. Make sure to choose the 78% or higher cocoa levels for best results.
7. **Oatmeal:** Packed with fiber and whole-grain goodness, you can't go wrong. Just be sure to avoid the processed, high-sugar junk out there and stick to slow-cook oats. Add a dash of cinnamon, some walnuts, berries, and a natural sweetener to taste. BAM! Good stuff.

8. **Green Tea:** Not only does it contain a potent antioxidant, many scientific studies have linked green tea to increased fat burning, including a report in the American Journal of Clinical Nutrition that found green tea extract boosted the daytime metabolism of test subjects by 35- 43%.
9. **Beans:** Black beans, navy beans, refried beans, and lima beans all have 6 or more grams of fiber per ½ cup. Fiber can clean your system of pounds of “toxic waste” and reduce your belly bulge in a big way. (See “Sneaky Trick #5” for details.)
10. **Berries:** Strawberries, raspberries and blackberries are loaded with fiber (which slows sugar absorption), and they’re packed with vitamins that can fight cravings (cravings can come from vitamin deficiencies).
11. **Cinnamon:** Researchers have found that cinnamon contains a type of antioxidant that increases insulin sensitivity and effectively helps to stabilize blood sugar. Bottom line... you’ll store less belly fat.
12. **Chili Peppers:** Studies have shown that the active ingredient in chili peppers and powder, something called capsaicin, increases calorie-burning, stabilizes blood sugar levels (which decreases fat storage), and is a potent antioxidant. Add some of this “spice” to your life.
13. **Yogurt:** Most regular yogurt is bad for your belly. It’s loaded with belly-bulging sugar (real or artificial) that you want to avoid it. However, Greek yogurts like Stoneyfield Farms Oikos Greek Yogurt (plain) are loaded with probiotics that fight belly bulge. (See “Sneaky Trick #6.”)
14. **Wild Salmon:** Hands-down one of the best belly-blasting foods because of its protein and high omega-3 fatty acid content. This is like a “double shotgun approach” to killing belly fat. Many people are deficient in omega-3s and when they add them to their diet the fat can really start coming off.
15. **Giant Turkey Legs:** You got me. I’m pulling your leg. (Get it?) I’m not just talking about turkey meat (white preferred), but any lean protein source is a good belly-blasting food. This includes wild salmon, free-range chicken, whey protein powders, and most especially grass-fed beef because it contains natural CLA—a fat that studies have actually shown to burn fat. The interesting thing about protein is your body will burn off as much as 30% of its calories after you eat it. Read the next trick for details...

Sneaky Trick #3: Set Your Food on Fire

Make no mistake, some foods will fix a “mangled metabolism” by increasing your calorie-burning furnace BIG TIME, while others can actually hurt your metabolism and stop it dead in its tracks.

This is precisely why some of those “diet point systems” that claim you can eat whatever you want, as long as you don’t exceed your daily allotted points, are seriously flawed. (So, let’s say a wheel-barrow-sized banana split is 7000 points...if that’s all you eat for a week and don’t surpass your point total, you’re golden, right? WRONG-OLA.)

This is what I refer to as **The Calorie Myth™**. Believe me, all calories aren’t created equal.

The truth is, calories from different types of food act very differently once inside your body. Some of them ignite what I call “Thermal Burn” and others are plain “Thermal Duds.” (For some reason, now I’m thinking of the little “Milk Duds” chocolate candies. As Homer Simpson would say, “Mmm duds...”)

Here’s an example: your metabolic rate will increase by approximately 5% in response to eating fats. This means that for every 1,000 calories of fat you eat, your body will burn 50 of its own calories to digest and process the fat you just ate. (Note: Keep in mind that some healthy fats can help you burn fat in other ways, so don’t discount them.)

When you eat carbohydrates, your metabolic rate will increase by up to 10% (less for refined carbs like sugar that are easily digested, more for high-fiber choices). This means your body uses 100 calories to digest and use 1,000 calories of carbs.

Now, PROTEIN has the highest Thermal-Burn of all foods, increasing your metabolism by up to a whopping 30%. ZOWIE!

Why? Because protein is a very complex nutrient... for every 1,000 calories of protein you eat, your body will use about 300 calories to digest and process this macro-nutrient.

This means you’re only netting about 700 calories for every 1,000 calories you eat of protein.

So, you’re getting 300 “free calories.”

Pretty cool, huh?



Heck, the “Thermal Burn” of some natural foods is so high that they don’t even register on the calorie scale. They’re “FREE Foods” that you can practically eat non-stop without gaining an ounce.

Now, to backtrack a bit, I’m not suggesting that you eat ONLY protein in an attempt to fix your broken metabolism. (Cluck, cluck...another chicken breast anyone?) No, not at all.

What I *am* saying is that I’ll show you how to eat specific Thermal-Burn MEALS throughout the day that include precise amounts of protein, slow-absorbing carbs, and a dollop of good fat (love that word...dollop). This way, you can wage WAR against your metabolism and WIN.

The funny thing is that some of the foods I’m going to show you are not what you’d typically think of as diet foods. It’s all in how you prepare them. An example? Okay, how about a thick, juicy cheeseburger and sweet potato fries.

Or mouth-watering pizza. Or melt-in-your mouth lasagna.

What I’m trying to say is that you’ll be able to eat MORE delicious food but with a lower calorie impact. More bang for your buck. And I don’t know about you, but I LOVE eating, so this is a very exciting way to kill more belly fat.



Now here’s the super-duper cool part...when you combine my **Thermal-Burn Technique** (Sneaky Trick #3) with my **Calorie Confusion Method** (Sneaky Trick #1), it’s like dumping gasoline onto a smoldering fire. As chef Emeril would say... BAM! Now you’ve got a highly metabolic, calorie-burning explosion going on.

This is *part* of the reason why the clients following my new **7-Day Belly Blast Diet** are experiencing weight loss of up to 11 pounds in as little as 7 days. But there’s more...

Sneaky Trick #4: Exorcise Your Demons

Did you know that most of the tens of thousands of food items which line our grocery store shelves are made and controlled by only four or five GIANT multinational food corporations who only have one goal in mind—to make more and more money? It’s true.

What’s more, the food chemists that work for these food kingpins are paid big bucks to create “Frankenstein foods” that are manufactured within huge, robotic, assembly-lined factories.

Here, they dump all kinds of (mostly) man-made preservatives, additives, and chemicals into the recipes for our favorite meals and snacks—in just the right amounts—so these “fake foods” can sit on grocery store shelves for months, years, and even decades, without going bad. (YUMMO!!)



Out of these toxic food chemicals, I have identified 7 that I not-so-lovingly refer to as “Obesity Additives.” I call them this because research shows they have a big, negative impact on our health and waistlines.

And, all you need to do to experience some SERIOUS weight loss fast is to **exorcise these “DEMONS”** out of your kitchen.

How Do These 7 Obesity Additives Make You Fat?

Good question. Studies show...

- **Two interfere with a hormone called leptin which sends a signal from our stomachs to our brains to tell us we’re full.** Here’s an example: when you eat a meal, your stomach is supposed to stretch as it fills with food, and send a signal to your brain that tells you to stop eating. But, these Obesity Additives shut down this signal from your stomach to your brain, so you keep eating and eating and never feel satisfied. (Maybe you have a food that you can’t stop eating?)
- **Some Obesity Additives create weight gain by causing a fat-storing hormone called insulin to skyrocket in your body.** When this happens, instead of storing the calories we eat as energy in our muscles, our bodies “lock away” the calories in fat reserves in the trouble areas—these include the areas under the chin and arms, on the belly, and on the hips and thighs (for women especially).
- **And yet other Obesity Additives actually addict us** and cause us to eat uncontrollably by altering brain chemicals called neurotransmitters—just like the street drugs cocaine, morphine, and nicotine do. This way, you crave them uncontrollably and obsess about food all the time.

With these Obesity Additives working against you, it’s no wonder you haven’t been able to win the belly bulge battle in the past. Failing to lose weight isn’t all your fault.

Where Obesity Additives Are Found

These dangerous Obesity Additives are secretly hiding in dozens of foods within your kitchen. These are foods that you’re eating—and feeding to your family—each and every day.

- Salad dressings—including many low-fat and fat-free versions
- Cereals (even those advertised as healthy for children), crackers, breads, chips, pretzels, and pastas—even good ol’ macaroni and cheese
- Condiments like ketchup, jelly, jams, syrups, gravies, and sauces
- Dried, canned, and cured meats
- Canned and frozen fruits and vegetables (no kidding)
- Soft drinks, fruit juices, energy drinks, and teas
- Many pre-packaged diet foods and drinks
- Hundreds of foods labeled low-fat, fat-free, and “diet”
- And, of course, most junk foods, desserts, and fast foods

Public Enemy #1

As I mentioned, there are 7 Obesity Additives. Unfortunately, I don't have room in this report to go over all of them like I do in my program, but one of them deserves a big shout out.

It's crazy, really. Man takes sugar cane, or vegetables like corn or beets (which are full of fiber and various vitamins and minerals in their natural state), and completely strips them of all health-promoting properties. What's left is a fast-digesting, highly addictive, nutritionally *dead* food (with a low "Thermal-Burn") which causes sickness and even premature death when consumed in excess.

Let's NOT hear it for sugar or, in the case of wheat, white flour.

Boo!!

Contrary to popular belief, these "stripped carbohydrates" as I call them (in all their various forms like sugar [sucrose], flour, enriched white flour, white flour, enriched bleached flour, enriched wheat flour, wheat flour, semolina flour, white rice, maltodextrin, glucose, fructose, malt syrup, corn starch, dextrose, and levulose) are really the world's most FATTENING and dangerous Obesity Additives. Ironically, most processed "fat-free" foods are loaded to the gills with them.

On average, my calculations show that the typical American eats **140 pounds of sugar per year—about 173 grams per day**. That's one tragic sugar addiction. (And we wonder why our "Ritalin-infused" kids are running around like they're on crack these days...in a way they are.)

It's important to know that sugar induces hunger and cravings because it wreaks havoc on your blood sugar levels, causing them to rise, then fall. When you eat sugar, a surge of a fat-storing hormone called insulin is released into your digestive tract.

Insulin grabs hold of this sugar and stores it as energy, and then the excess is stuffed into your fat cells in all of those dreaded trouble spots—like your belly.

As a result, your blood sugar levels drop, causing more hunger and cravings. Then, the vicious cycle repeats. (It's important to note that in the presence of insulin, the hormone glucagon—which is responsible for burning body fat—is "shut off." That's why chronic, high insulin levels will make it impossible for you to release belly fat.)

And, if that's not enough to scare you off the stuff, recent studies have shown that sugar causes inflammation in your body—inflammation is the root of most disease. What's more, sugar weakens the immune system and can cause depression. According to a study published in the *British Journal of Dermatology*, it also accelerates aging and causes wrinkles.

Now, consider this. A 12-ounce soft drink (the same goes for energy drinks and fruit juices) has around 140 calories—all of which come from sugar—and the typical American has at least three of these drinks a day (and yes, Starbucks® drinks are loaded with fat and sugar too). Do you



know how many pounds of blubbery fat this adds up to in a year if these calories exceed what you need in a day?

It adds up to roughly 44 pounds of fat that is stored on your belly, thighs, hips, face, arms, and all those other trouble spots.



It's no surprise that a recent study published in the *Journal of Clinical Investigation* concluded that ingesting fructose-sweetened soft drinks increases belly fat in overweight subjects. Other studies show a direct correlation between an increase in sugary soft drink consumption and type 2 diabetes and cardiovascular risk factors.

Terrifying, isn't it? Are you starting to see why these sugar-filled "Demons" may not be a good choice? Are you starting to realize that maybe those extra pounds on your belly are there not only because of what you've been eating... but also because of what you've been *drinking*? Are you starting to see why soft drinks, energy drinks, and fruit juices may not be the best choice for children? Hmm... (Believe me...there are much better choices that I'll show you.)

How much sugar is okay? The American Heart Association recommends that men, women, and children get no more than 30 grams of sugar a day (this includes natural sources from milk, fruits, and vegetables, too).

Some of you may be saying, "30 grams of sugar is fine by me. I'll just use all of the artificial sweeteners out there instead." Think again. New studies are showing that many artificial sweeteners have their own set of "belly bulging problems."

As you're well aware, 30 grams of sugar *ain't* much...especially when you consider that the average soft drink, all by itself, contains a whopping 40 grams of the stuff. One soft drink has more sugar than the amount one person should have in an entire day.

Now, before your sugar addiction causes you to slam this report down, run for the nearest Dairy Queen, and drench yourself in warm, hot fudge from head to toe (mmm... hot fudge), I've got a "Loophole" for you...

The Sugar Loophole™

There are *secret* times during the day when your body is naturally “programmed” to store sugar as energy in your muscles, instead of storing it as fat (on your belly).

Armed with your “Sugar Loophole” secret, at two very specific times during the day, you can (and in some cases, should) indulge in some of your favorite sugar-bomb snacks and beverages in precise amounts. My **7-Day Belly Blast Diet** program gives you the complete scoop on the Sugar Loophole and how you can use it to your belly-blasting advantage.

In the meantime, make no mistake: I’ve witnessed people losing pounds of pure body fat in just a week by reducing the amount of sugar they are consuming. And, when you harness the power of my “Sugar Loophole” secret, you can expect even faster results while enjoying more sugar.

But remember, sugar is just 1 of the 7 Obesity Additives lurking in your family’s kitchen. I expose ALL of them in the complete program so you can “Exorcise These Demons” and avoid these belly-bulging chemicals by simply choosing different brands of your favorite foods. Soon, you’ll be on the fast track to an 11-pound weight loss...lickety-split!

Sneaky Trick #5: Be the King of Your Throne

Brace yourself...things are about to get a little *weird*.

Okay, the real name for this Wacky Tip is The **7-Day Belly Bulge Cleanse**, but I just couldn’t resist the toilet bowl reference.

As I keep repeating (like a mantra), my goal is to help you drop up to 11 pounds of belly fat, excess water, and “toxic waste” from your body over the next 7 days.

Well, we’ve come to the part of the program where I talk about ridding your body of pounds of “toxic waste.” And what I mean by “toxic waste” is, well... poop that has built up on your digestive tract. (Not a pleasant dinner conversation, I know.)

If you think your bulging belly or “pooch” is all fat...think again.

What’s more, when your digestive system is clogged and polluted, you can’t efficiently absorb the healthy proteins, carbs, essential fats, water, vitamins, minerals and phytonutrients your body needs to be healthy and to burn fat at an accelerated rate.

Also, when your body doesn’t get the nutrients it needs, it signals your mind to tell your stomach to EAT MORE by causing uncontrollable cravings. This is a big problem. You need to keep your system clean to fight hunger. You do this in 3 ways...the first is to eat more fiber, which “scrubs” your digestive track and keeps it clean.



But, that's not happening.

According to the American Heart Association, 50% of Americans aren't getting nearly enough fiber from their daily diet. This is an understatement, to say the least. Most folks are only getting about 20% of the recommended *minimum* of 30 grams.

This low fiber intake sets off a major digestive "backup" (gas, bloating, and not enough, well... pooping...and yes, I'm getting a kick out of using that word).

This also dramatically increases one's risk of heart disease, diabetes, and certain types of cancer (not to mention causing pounds of "toxic backup" in the belly).

Heck, back in the caveman days, our ancestors used to consume 60 to 70 grams of fiber each day to help keep their digestive tracts clean. (I guess these days we really are full of S@!t. And, no, that doesn't spell "salt," but I'll get to that in a minute too.)

Fiber-rich foods also make you feel fuller for longer, and they slow the digestion of carbs so that less insulin (a fat-storing hormone) is released into the digestive tract.

Plus, as I already stated, eating enough fiber (and drinking enough water) keeps your digestive system running smoothly and can clean out pounds of "toxic waste."

Forget about all of those unhealthy laxatives and expensive detox pills you see advertised...all you really need is an adequate amount of fiber, water, and probiotics, which I'll discuss next.

Some good sources of fiber-rich foods:

- Strawberries have 4 grams per cup and raspberries have more than 5; blackberries have more than 7 grams
- Barley has 12 grams per ½ cup
- Beans—black beans, navy beans, refried beans, and lima beans all have 6 or more grams per ½ cup
- Bran cereal has 13 grams per ½ cup
- Peas have more than 9 grams per ½ cup
- Corn on the cob has 5 grams per ear
- Potatoes with the skin—a medium-sized spud has 5 grams
- Broccoli has 7 grams per ¾ cooked cup
- Oatmeal has 7 grams per ¾ cup
- Apples have 4 grams of fiber in the form of pectin
- Dried fruits like figs and pears have more than 11 grams per ½ cup

It's a little *awkward* to talk about, but I've had clients who were so "backed up" with toxic waste that, as soon as they went through the complete Belly Bulge Cleanse (and it's more detailed than this), they dropped 5 pounds in just 7 days.

Good times...

Sneaky Trick #6: Eat Belly-Friendly Bugs

Did I really just say that?

YEP!

It's crazy but true...

Your body is *supposed* to be home to trillions of tiny bacteria...I affectionately call them “bugs,” And that’s a good thing. These beneficial microorganisms (flora) serve important functions within the body, mainly within the digestive tract.



They do things like ferment foods that we cannot digest (such as fiber), help with elimination, support the immune system, prevent growth of harmful bacteria, and help the body absorb vitamins and minerals (which is critical to long-term health).

This is why “eating bugs” is important if you want a flat belly.

But, here’s the rub: the toxins we consume, as well as medicines like oral antibiotics, can kill these helpful bugs.

Obviously, when the intestinal environment is screwed up, digestive side effects occur.

That’s why it’s critical for you to add precise amounts of probiotics and prebiotics to your diet each day in order to maintain the best intestinal environment—so you can release all of that “toxic sludge” that is making your belly bulge.

By the way, “probiotics” are foods that, either naturally or because they have been added, contain quantities of beneficial bacteria (or bugs). “Prebiotics” are foods that contain fiber, which provides nourishment so all those little bacteria can eat and thrive.

Here are some good probiotic yogurts to consume to get your daily dose of belly-friendly bugs. But remember, most brands of yogurt contain excess sugar and high-fructose corn syrup (HFCS). Avoid them! Here are some good ones:

- Stonyfield Farms Oikos Greek Yogurt (plain). Add a zero or low-calorie natural sweetener like Truvia™ or stevia. Add a high-fiber fruit like raspberries as a bonus.
- Lifeway Organic Kefir (plain). This is a drinkable yogurt. Add a splash of vanilla and cinnamon from your spice rack, plus a handful of your favorite high-fiber berries and natural sweetener, if desired. Blend. This makes a great smoothie!

We’ll get into more bug-friendly foods, as well as probiotic supplements that you can add to your diet, in future emails and in my complete program.

Sneaky Trick #7: Pee like a Race Horse

Okay, I'm just being obnoxious now...but here's what I'm talking about.

When I used to be overweight, I felt (and looked) like a giant, bloated watermelon walking around.

Ever feel like this?

Well, aside from the extra body fat and toxic waste buildup, many overweight folks are carrying around POUNDS of excess water weight too.

This is a result of poor hydration, and a mineral imbalance in the body that causes good ol' H₂O to be hoarded like water in a camel's hump.



Luckily, this imbalance can be fixed in a snap and your body will release excess fluid like water gushing through a broken dam. (HURRY...run for safety!)

Here's a common myth. Many people think drinking water will make them look bloated. But, I assure you, the exact opposite is true. Most men and women are actually in a constant state of mild dehydration, so their bodies hoard water like a squirrel stores acorns for winter.

If you begin drinking a specific amount of water for a few days, your body will naturally release excess sodium, which will bring water along with it. Soon, you'll be less bloated and lighter.

Another important thing to keep in mind is that water plays a key role in burning stored fat as fuel. So, you will not burn fat as easily if you aren't properly hydrated. (Get my drift?)

Also, if you want to have regular, proper elimination for a flat belly, you have to have the proper amounts of three ingredients: fiber, probiotics, and water.

The key is to drink water even when you're *not* thirsty, because by the time your body clues you in, you're already too low. So, put away those diet soft drinks, sugar-filled fruit juices, and energy drinks. Instead, replenish your body with lots of pure water. (Exact amounts depend on body weight, and I'll recommend alternatives later this week in emails for those of you who aren't big water-drinking fans.)

Sneaky Trick #8: Mosey Past the Salt Lick

In the good ol' days, if you were galloping through the hot desert on a horse and you ponied up to a watering hole, chances are you'd find a salt lick.

You know, a big cube of salt that your horse would lick to help him retain gobs of water, so he didn't dehydrate.

Well, in a weird way, that's what many folks are doing every day. You see, sodium is something that the body needs to function properly—it's important for water balance and nerve function, among many other physiological functions.

However, you only need a small amount each day—about 500 mg is plenty. You would eat this amount snacking on a serving of most chips, crackers, canned food items (especially soups and canned veggies), pickles, various cheeses, pretzels, or salted nuts. (Not to mention that condiments like ketchup and salad dressings are packed with sodium.)

The bottom line: Most people are eating WAY too much sodium (4,000 to 6,500 mg daily), and it's not only hurting their health, it's expanding their waistlines.

In fact, the American Medical Association (AMA) is pushing the FDA to withdraw its designation of salt being a "safe" food additive. (They want Americans to cut their intake by half to be slim and healthy.)

To me, this really is no surprise. After all, big food manufacturers know salt is a very addictive substance. All they need to do is stuff more of it into processed foods and people will eat more... while the food companies make more.

Case in point: clinical research has shown that salt shares characteristics with addictive substances (like morphine, cocaine, and heroin), by causing our bodies to release feel-good "brain chemicals" when we eat it.

This is why salt addictions are quite common and why some people who are told to reduce salt consumption have a difficult time doing so, and they often experience cravings and withdrawal symptoms.

In addition, a 2006 Finnish study published in *Progress in Cardiovascular Diseases* found a link between increased salt intake and obesity. They noticed that between the 1980s and mid-1990s, the salt intake in the U.S. increased by more than 50% as the population began eating more and more processed foods.

Now, keep in mind that when people eat more salt, they naturally have the desire to drink more fluids to maintain the water balance in their bodies.



Well, guess what? Between 1977 and 2001, U.S. caloric intake from sweetened beverages (like the “fruit” drinks, soft drinks, and energy drinks that are typically full of sugar and high-fructose corn syrup) increased by a whopping 135%.

Wow...it doesn't take a rocket scientist to see that as food companies make food that is saltier, people consume more of it, and then slug down more super-sized sugary drinks to wash it all down.

If that weren't bad enough, a diet that has too much sodium is a leading cause of high blood pressure (a reading over 140/85), which can lead to heart disease and stroke—diseases that also go hand-in-hand with obesity.

How much salt is okay? If you're choosing foods recommended in my soon-to-be released **7-Day Belly Blast Diet** program, you really don't need to worry about this. However, if you want to get technical, anything below 2,300 mg of sodium a day is excellent. If you are already at risk of high blood pressure, then you should limit your salt to less than 1,500 mg a day.

WARNING: Many fast food and quick-service restaurant meals will put you over this “daily allowance” very quickly. For example, a McDonald's® double cheeseburger and small fries contain 1,311 mg of sodium. A mesquite chicken salad from Chili's® (which might seem healthy, right?) has 2,711 mg of sodium, and that's more than a healthy adult needs in a full day. (Can you say “WATERLOGGED?”)

Now, there is a way you can still indulge with higher-sodium fast foods like the ones I just described, and still drain your body of excess water weight. I call it my **“Sneaky Salt Trick.”** But, shoot...I'm running out of time to get this report out to you by deadline, so I won't be able to go into detail.

Okay...you twisted my arm. It has to do with a mineral called potassium. You see, sodium causes your body to hold water, while potassium's job is to “pump it out.” Wanna drain your excess water-weight faster? I'll teach you later on what foods are stuffed with potassium, when to eat them, and how to combine them with other foods to flush your body fast.

BONUS! Sneaky Trick #9: Think Your Belly Thin

Okay. Time to bring it down for a second.

Every day, I get emails and see blog posts from hundreds of my friends who want to know, “How can I increase my self-esteem and self-confidence?”

I love this question because it's one of the best, most important questions anyone could ever ask. After all, the answer is the secret to transforming your body. Besides, who couldn't use more confidence in his or her life?

I've discovered that people can have the BEST fat-burning diet or exercise information ever created, but if they don't have enough confidence while following it...they'll end up sabotaging their efforts and



they won't be successful. (Has this ever happened to you?)

It's such a shame that millions of people are walking around with a "disease" called low self-confidence (or low self-esteem). And, truth be told, it may not be rock-bottom low, but it is low enough to keep them from their real potential and from achieving what they really want out of life.

And that *sucks*...

This is why helping you to build your confidence is a vitally important part of my soon-to-be-released **7-Day Belly Blast Diet**.

The fact is, your confidence needs nourishment every single day. It's just like your body. If you don't nourish your body, you get sick. If you don't nourish your confidence, you become uncertain, depressed, stressed, and frustrated. (Many people have been living in this state of mind for years—sometimes decades.)

I want you to know that confidence can be developed. You can grow it, just like a muscle. You can transform it, just like you can transform your body.

The question now becomes this: how can you increase your confidence and break through those mental barriers so you can transform your body fast? After all, to achieve an impressive weight loss and keep it off, you're going to need to turbo-charge your confidence levels...in a *flash*.

This is where my "**Think Your Belly Thin**" tactic comes into play. Here's the first rule: **You have to make your confidence a top priority**. You must protect it, nourish it, and celebrate it.

How? Well there are 7 steps to this process. I'll give you the Cliff Notes™ on the first step. Here goes:

1. I want you to write down (or think about) five things you REALLY like about yourself. I'm talking about things that make you special and define who you are. And you need to jot these things down fast. You have 30 seconds. Ready? Go!

1.

2.

3.

4.

5.

If you got all 5 in 30 seconds, GREAT! Your confidence may already be sky high and you're ready to take on the world!

Having a problem with this little exercise? Maybe it makes you feel a little *uneasy* or *weird* to

think about yourself in this positive light? Maybe you had a hard time coming up with 5 things you really like about yourself?

If so, you're not alone, and I want to help you in this area. I will show you, step-by-step, how to boost your confidence so you can then go on to transform your body.

It's not complicated at all. In fact, what I teach you will help you to change your thoughts and what you focus on in a snap. In a sense, it will *reprogram* you from the inside out so you don't need willpower to get the body you want. Plus, you'll be happier, healthier and more excited about life.

Believe me, I know. My confidence used to be *terrible*, as was the confidence of a lot of the success stories you see in this report.

In my upcoming program, **The 7-Day Belly Blast Diet**, I'm going to teach you exactly how to do this. I'm also going to give you the full scoop on all of my "Sneaky Tricks" and show you exactly how to do them all together, step-by-step, in a really easy-to-understand and complete program. (Because I like SIMPLE things that get FAST results, and don't like complex things that take forever...like my computer that keeps locking up while I'm trying to type this.)

My goal is to help you lose up to 11 pounds of excess water, belly fat, and "toxic waste" in just 7 days...and to keep losing even more weight at an accelerated rate for weeks to come, until you have a body you are PROUD of. I've helped thousands of other folks all around the world do this...now it's your turn.

Unfortunately, I'm completely out of time, and I have to get this report up on the Web site before the floodgates open up. (I am so grateful to all of my fitness friends who have invited hundreds of thousands of folks over to read this today.)

Here's What to Do Now...

I hope you enjoyed this FREE Report and got a LOT of valuable tips from it that you can start using today to make a difference in your life. I've been told that it has more valuable tips in it than many products you have to pay for these days.

But I'm not done giving out the goodies. Not by a long shot. Be sure to watch for emails this week from "Coach Josh" for even more free stuff and a chance to win my complete **7-Day Belly Blast Diet!** (Check your bulk mail folder for sure. Sometimes emails hide from you in there.)

With Energy,



Coach Josh

P.S. Want some extra motivation? Check out the **SUCCESS STORIES** on the following pages. These good folks lost the belly fat with my soon-to-be-released **7-Day Belly Blast Diet**, and you will, too!

P.P.S. I almost forgot... **I want to give you something else FREE...**

Special FREE Bonus!

Because you read this report, I want to give you a 2nd **FREE** report. It's called "**The 7 Deadly Sins of Diet SCAMS.**" In it, you'll discover:

- The **7 DEADLY SINS** of diet pills. (You're not going to believe these harmful scams!)
- How to spot a weight loss scam in 30 seconds or less (you'll save hundreds of dollars with this tip).
- How some diet foods will actually cause you to **GAIN** weight (this one makes me so mad).
- The sneaky little before and after picture trick. (Some companies are dirt bags for doing this.)
- And much, much more...

All you need to do to get this **FREE REPORT** (valued at \$19.95) is share this "15 Foods..." report with your friends like this:

1. Send an email like this to at least 3 of your friends or family members (more is better) that you care about. Here's what you can say:
"Hey, I just read this funny and informative FREE Report on "15 Foods to Kill Belly Fat Fast." What do you think of it? Check it out:
<http://7DayBellyBlastDiet.com/invite4>
2. If you have Facebook, post this to your wall:
"Hey I just read this funny and informative FREE Report on "15 Foods to Kill Belly Fat Fast." What do you think of it? Check it out: <http://7DayBellyBlastDiet.com/invite4>
3. Then, email me at 7s-report@7DayBellyBlastDiet.com and let me know you did Step #1 and #2, and I'll send you the Free Report.

It's all on the honor system. Thanks in advance for helping me help others! Please send that now while you're thinking about it. You're the BEST!

Success Stories

Tina: A Mother Fights for Her Children

Tina White, a 35-year-old mother of two, had tried so many different diets over the years, and she was wary of being let down yet again. The last thing she needed was another disappointment.

She also had a habit of procrastinating. So although she had heard about The 7-Day Belly Blast Diet™, she kept putting it off. It was easy to make excuses about why she couldn't do it right now: she told herself her weight wasn't really all that bad, that she didn't have the time, that she'd start later. She lied to herself over and over again.

Then one day, she looked at her 10-year-old son and 9-year-old daughter, and it hit her like a Mack truck. Her children were following in her footsteps and, from the looks of things, that meant they were on the road to becoming very unhappy with their bodies. They spent too much time sitting. Between schoolwork, reading, watching TV, and playing video games, there just wasn't much real activity. To compound the problem, they ate too many empty calories ... and it was starting to show. Scared, Tina knew she had to take action to prevent her children from falling victim to a fat lifestyle. It was time to stop procrastinating and to start getting her family on a healthier path.

Once Tina got fired up about her goal, there was no stopping her. Although her light bulb moment happened right before Thanksgiving, she didn't use that as an excuse to stall. Tina was done procrastinating.

It didn't take long to discover that The 7-Day Belly Blast Diet was different from all the diets Tina had tried in the past. She explains, "What I love about the program is that it's not overwhelming, it's not too strict, and it's very easy ... even with a busy schedule like mine. Literally, you start where you're at and then you evolve along the way. When you adopt the right mindset, you shed your old bad habits. It's so liberating. The ugly fat melts off, and people can't help but notice the wonderful changes."

Tina's friends can't get over how great she looks, and there's a good reason why. According to the scale Tina lost 35 pounds and her love handles vanished (not to mention those 30 inches that melted off). But the thing is, she actually lost more than 35 pounds of fat, because she also put on attractive, lean muscle at the same time—completely transforming her body in the process. Best of all, Tina knows that she's now setting a good example for her children.



It will come as no surprise that today Tina looks great in a swimsuit and can literally wear whatever she wants. Not only are Tina's friends noticing her new body, but even strangers come up and give her compliments. Not to mention that Tina's relationship with her husband Neil has never been stronger. Her message to each and every person struggling with weight issues is that they can change their bodies and their lives ... just as she did.

Mark: "I Finally Have A Life Again."

One of the most dramatic personal transformations I've ever witnessed is that of radio talk show host Mark Siffer. Mark began following The 7-Day Belly Blast Diet when he was at a dangerously obese 361 pounds.

Within 12 months, Mark had lost 110 pounds, without dangerous prescription drugs or risky weight loss reduction surgery, all thanks to the principles in this book.

For Mark, the last straw was "When I had to buy size 56 pants, and the belt to go with them. I was really depressed. I just made a mental picture in my mind that I was going to be in one of those photos where I put on the 'fat pants' and showed the progress!" (You can see those very fat pants in the picture of Mark.



Mark had an incredible role model throughout the process, his sister Marcia Regan, a former winner in The 7-Day Belly Blast Challenge. Mark saw how Marcia's life had changed—how much more pride, energy, and enthusiasm she had for life—and he wanted the same for himself. Mark knew that if Marcia could do it, he could too.

As a result, Mark was soon down from a size 56 pants to a size 42.

Looking back, Mark feels that he was absolutely "dying of fat" before he made the decision to change. He says, "I really felt like if I did not change, I would be dead very soon. I hated myself. I would wait until dark to take the garbage out because I was embarrassed to be seen."

Well, that's all changed. Now Mark finds staying at home boring, so you're more likely to find him hitting the open road (he put 7,000 miles on his Harley Davidson motorcycle this past year!), and he laughs about saving money on gasoline now that he's 110 pounds lighter. "Sometimes I think of so many things to do that I run out of time," Mark says. "I am not used to having all this energy. Life really is wonderful!"

Rita: Finally Free From Fat

Rita Pilger, a 55-year-old mom from Arvada, Colorado, was born with a congenital dislocated hip. From ages one to five, she underwent multiple surgeries that included bone grafts, wire stitches, and bone wedges that were placed in her hip sockets—all accompanied by excruciating pain.

Every surgery ended in disappointment, as each one was never as successful as Rita had hoped. Rita recalls living in constant panic. As a child, she never knew when she would be whisked away to another “surprise” surgery that left her isolated and trapped in a body cast for months on end.

Understandably, her self-esteem was demolished and she felt she had little control over her life, because she had little control over her body and what was happening to her.

As Rita grew up, she went on to get married and have children. Looking back, she remembers times when her husband and children had to push her in a wheelchair and do the physical tasks she wished she could have done for them.

Decades later, when Rita needed a double hip replacement, her doctor issued a warning: “Try to get as thin as you can, because your new hips are delicate, and losing weight will be important for maintaining them.” But the doctor didn’t have any real advice on how to achieve this weight loss. Rita tried to lose weight, but the fad diets she tried only left her hungry, confused, and depressed before the surgery. As a result, she ended up feeding her emotions and gained 25 pounds.

Later, Rita’s sister told her about The 7-Day Belly Blast Diet and showed her the Web site. Rita loved what she saw and knew it was for her. Rita’s perseverance paid off when she ended up shedding 64 pounds and more than 40 inches of baggage.

Rita likes to say she’s lost “a yard of fat.” She went from wearing size 18 jeans to size 6 petite. She used to dress only in dark “slimming” colors, but now she’s enjoying bright, vibrant shades that match her mood—and all of her friends are noticing.

Getting into smaller clothes and feeling great isn’t the only way Rita’s life has changed. As she got into better shape, she felt she needed a more challenging exercise than the recumbent bike she owned, so she joined her local gym. Now she’s employed there—something she wouldn’t have predicted in a million years—and she’s helping others lose belly fat just like she did.



Rita likes to challenge people with the question, “What’s your reason for wanting to change?” What was her reason? “I wanted to be physically free,” says Rita. “I spent so many years of my life trapped in body casts, and then I spent even more time trapped in a shell of body fat ... I just wanted to be physically free and in control of my body for once in my life. That’s what drove me and still drives me today.”

Rita says, “After you figure out why you want to change, then you need to make an irrevocable decision to succeed, with a deadline. The best way to do that is to follow The The 7-Day Belly Blast Diet. It doesn’t matter if you don’t lose as fast as someone else. Just try it. It will change your life.”

Gail: An Artist Sculpts a New Body

Gail Gosselin, a 40-year-old artist and waitress, lost 53 pounds in The 7-Day Belly Blast Diet Challenge. That in and of itself is impressive. But get this: Gail pulled this off while working at an Italian restaurant.

Gail had spent most of her life overweight. Fat. Miserable. Growing up, the kids in school were relentlessly mean. By the time she got into high school, a bout with acne made everything even worse. The other kids began to call her “Walking Ugly.”

Gail so badly wanted to date like everyone else. But think back to your high school and you can imagine that none of the boys wanted to be caught dead going out with Walking Ugly. So she never went out on dates, missing out on rites of passage like her high school prom along the way.

It’s not surprising that before long it got to the point where Gail suffered from low energy, very low self-esteem, even depression because of all the extra fat she was carrying around. So she started to abuse her body even more—she developed eating disorders. For decades Gail starved and binged, sometimes losing belly fat but always gaining it back in the end because she never learned how to lose weight correctly ... and keep it off for good. “Everything in my life felt like a struggle,” Gail remembers. “I had no energy.”

When she started The 7-Day Belly Blast Diet, Gail didn’t keep it a secret. In fact, she did quite the opposite. She told her friends and co-workers about it and asked them to lend their support. “There’s no way anyone I worked with would let me cheat,” she recalls, laughing. “They all wanted to see me win.”



According to Gail, after all those years of taunting and depression, sadness and pain, in the end losing the weight was surprisingly simple. “I focused my mind on my goals and then everything seemed to just fall into place.”

All told, Gail lost 53 pounds, 47 inches of fat, and dropped seven dress sizes. (Just look at how her belly disappeared!) But that’s not all. When she traded fat for lean muscle, Gail felt better too. “My energy levels have increased dramatically and the backaches and leg cramps I was suffering from due to the excess weight have disappeared, as well as a lot of unsightly cellulite. I feel healthy, I look healthy, and I am beyond happy.

“I don’t feel like I’m even the same person as I was before following The 7-Day Belly Blast Diet and starting the Challenge,” she enthuses. “I feel as though I’ve freed myself from the mental prison of going through the motions of life on autopilot. I am so much more outgoing now, and things don’t get me down as easily as they did before. I joke around a lot more too, because I’m not self-conscious about drawing attention to myself. I am so full of confidence and energy that I not only look different, but I act different too.”

“I’ve completely changed my way of thinking. I make workout dates instead of lunch dates and I organize gym ‘field trips’ with my co-workers and art studio mates. I feel as though I’ve climbed to the top of a mountain and, as I stood on the highest peak and looked down, I realized that I had virtually the whole world at my feet. I can accomplish anything I set my mind to. I feel stronger inside and out, and my newfound confidence has helped me believe in myself again. Now I can help others work at achieving their weight loss goals as well, and that feels really good.”

Marcia: Defying Time With a Slimmer, Stronger, Healthier Body

Marcia needed a new outfit to wear to a celebratory dinner for her daughter’s high school graduation. But her anticipated joy soon turned to frustration and sadness. She was looking for a nice pair of black slacks. Not too difficult, right? One wouldn’t think so, but when Marcia tried on several pairs in her usual size 14, she couldn’t zip them up. Not even when she held in her breath.

Finally, after foraging through racks and racks of clothes, Marcia managed to find one tight size 16 she could squeeze into—in white. As she sucked in her stomach and zipped up the slacks she said to herself, “Well, I guess I won’t be eating much tonight.”



The graduation itself was magnificent and all the families snapped photographs of the event. Marcia remembers, “When I looked at our photograph, I saw our daughter wearing her cap and gown and her father and I standing beside her.

I was there smiling for the picture, but inside I was so embarrassed and so ashamed of the way I looked. I could have cried.” That was Marcia’s defining moment, the moment when she knew she could no longer go on as she was. She had to do something about her weight.

There were also other important reasons for Marcia to transform her body. Her doctor had been after her to drop some weight, saying it would help lessen the migraine headaches Marcia had been suffering from for years. She was on prescription medication and thought it would be great to get rid of the expensive bill. High cholesterol was also an issue. Each time she went to the doctor, her cholesterol was up a little more. Because both her mom and dad suffered from high cholesterol, Marcia was concerned about heart disease.

Although Marcia knew she had to lose weight, the timing was daunting. “My biggest beef is that losing weight is harder for women like me who are going through menopause. We’ve got issues related to our hormones. I started studying and I learned that our hormones affect so much of what goes on in our bodies. So, yes, my body was fighting me. But I decided to fight back.”

Changing hormones were not Marcia’s only battle. One day while she was gardening, dark, jagged lines shot into her vision. Then a couple days later, a black patch obstructed some of her view. The retina in Marcia’s right eye detached, and she was rushed into surgery.

“At first, I was feeling pretty darn sorry for myself. Mostly, I was angry with myself for letting all that weight pile up. Now with the eye surgery, I had yet another excuse not to exercise. But then I said to myself, ‘Well, I’m still here. What can I do?’ I chose to focus on transforming my body.”

Marcia took the leap and started the program. She got a high-tech scale that measures fitness level or metabolic age. Although Marcia’s real age was 48, her metabolic age was more than 50. That was not good.

Marcia says her biggest key to success was implementing the entire program. She realized she couldn’t expect the program to work for her if she didn’t do it all. Well, Marcia’s hard work paid off. Despite the many obstacles she faced, Marcia lost 52 pounds, 37 inches, and brought her BMI down from 31.8 (obese) to a healthy 23.2. As if all that wasn’t enough, Marcia’s cholesterol went down from 248 to 182, her migraines are fewer and further between, and her metabolic age now has this 48-year-old registering at 32 years of age.

“What’s most important is that I’m confident I’m going to live longer, with a high quality of life, and that works just fine for me and my family,” Marcia says. And what about those tight size 16 white slacks—the ones she bought for her daughter’s high school graduation? She now slides into a size eight with no problem.

Kyle: A New Lease on Life Personally and Professionally

At age 35, Kyle Bonnstetter was your average desk-job junkie, slowly watching his youth (and his stomach muscles) disappear. Kyle hadn't been in good shape since college, and he wasn't living up to his potential. Not even close. Kyle says, "When I think about it, my lifestyle was destroying every area of my life."

Kyle had tried every workout. He'd bought every pill and tried every fad workout and diet that came along for five years before successfully changing his body ... and his life. Before he found The 7-Day Belly Blast Diet, Kyle would manage to lose some weight every once in a while. But the minute he started eating "normally," he'd gain it all back ... and then some. Then he'd get angry at himself and live on nothing but beer and pizza until he had no more pants to wear and was forced to do it all over again. Kyle always ended up tired, fat, and frustrated.



Finally, Kyle learned how to lose weight the right way. After just seven days, people at work noticed Kyle was losing weight. He noticed his abs starting to re-emerge, and after 28 days he had lost more weight than in the past five years combined! Changes trickled into other parts of Kyle's life as well, as he became more productive at work. These fast results really boosted his confidence and kept him motivated.

Ultimately Kyle lost 37 pounds in just 12 weeks. Now, he can finally walk into a room with his chin up. Kyle's results go way beyond just weight loss, though. He says, "People respect me and I respect myself. With my newfound confidence, I finally found success at work and in my personal life. I just took a VP position at my firm, I'm driving a new car, and just moved into a brand new house. Plus, I found my dream girl and married her. Life has never been sweeter!"

Tom: Father of Seven Slims Down and Discovers Inner Rock Star

Before 55-year-old photographer Tom Potsko made a commitment to The 7-Day Belly Blast Diet, he gave the entire program a thorough checkup and took it to his doctor for a second opinion. Not only did his doctor approve the program, he loved it. “This is exactly the way weight loss should be done,” Tom’s physician told him.

Tom also looked into a calorie-counting weight loss program, but he wondered, “Why do all the work of counting and adding up calories when The 7-Day Belly Blast Diet Cup Plan™ is so much easier and accomplishes the same thing?”



So Tom dove in, following the eating plan. However, the exercise program presented a challenge. In 1996, Tom had hip replacement surgery and he had also suffered from rheumatoid arthritis for more than 20 years. In the past, the pain inhibited his exercise plans and, in fact, had put the kibosh on his previous weight loss attempts. But with the support of the “Belly Blast” community and the chance to win cash and a Caribbean cruise on the line, Tom worked his way through every single difficulty that arose along the way.

“After the first six weeks, I lost 44 pounds and I decided I wanted to add upper-body exercises,” he explains. “But having a left wrist nearly fused by arthritis and tendonitis, my options were limited. I chose lightweight barbells and some static exercises and hoped for the best. By week eight, the tendonitis pain started to fade, and I’ve had no pain since week nine. Now I’ve joined a gym so I can continue my muscle toning.”

Tom’s persistence paid off. After just 12 weeks he dropped 65 pounds of fat, trimmed 21 ½ inches from his body, and is down eight pant sizes. His cholesterol went down from 238 to 172, and his triglycerides dropped from 111 to 64. Those are the numbers. But the real story is how Tom’s life changed right along with his weight.

With his newfound energy, Tom no longer nods off during the afternoon. At night, he quickly falls into a peaceful sleep. No longer embarrassed about his weight, he is looking forward to a summer family reunion and a wedding. He walks the hills by his home with his grandchildren, no longer slowed down by an oversized belly.

And speaking of getting out and pursuing new interests, Tom hooked up with some friends and he now sings in a rock and roll band. How cool is that?

Marie: Grandma Loses Weight After 40 Years of Struggling

Once upon a time, Marie Seibel was overweight, out of shape, and all the way up to a size 18. Today she sports a fantastic new body and fits into a size four. At long last, she's happy, healthy, and living her ideal life.

This 64-year-old grandmother of five says, "I know the importance of good health. In August of 2000, just three weeks after his diagnosis, I lost my husband to a cancerous brain tumor. I was devastated. My husband was gone, and I was alone."

After giving herself time to grieve, Marie began her journey. She knew that in order to be successful, she had to focus on what she could control ... not what she couldn't. She made a conscious decision to reclaim her health by first taking control of her thoughts and her body.



"Ask and you shall receive," Marie says, smiling. As soon as she decided she was going to transform her body, she learned about The 7-Day Belly Blast Diet Challenge from her sister. Marie remembers, "I read everything, and I was hooked. I was ready to win. The Challenge was just what I needed at that time in my life."

Choosing to make changes in life is rarely easy. Marie recalls, "For years and years I was addicted to beer. When I got thirsty, I drank beer. I knew it was bad for me, but I couldn't stop. Once I accepted the Challenge and read The 7-Day Belly Blast Diet, it helped me eliminate my unhealthy addiction to beer. It was no longer going to have power over me."

Within the first week of beginning her program, Marie stopped drinking. "Now I keep ice-cold water in the refrigerator. Almost instantly I began feeling better. You know, before I learned about the importance of water, I used to think beer quenched my thirst. Now I know better. Alcohol only left me dehydrated and tired."

"In the past, I used drastic measures to lose weight. Nothing worked." Marie knew all the dieting, starving, and prescription diet drugs had to end. All it was accomplishing was making her unhealthy. Even more disappointing, the weight always came back. But this time, Marie was determined to succeed.

Furthermore, Marie had met someone special. She opened her heart again, found love, and soon after, she and Gary were married. "Gary is 23 years younger [than me], and that's one reason why it's important to look and feel good about myself. One day I got to thinking, 'I better get this weight off and trim down, so I look as good as—or even better than—all these young girls.'"

Marie's results were amazing. She wanted to lose about 15 pounds and have more energy, but not only did she meet her goal—she far exceeded it. Marie lost an incredible 30 pounds and 27 ¾ inches. And she lost 7 pounds the very first week—all this without ever setting foot in a health club!

The pounds melted away and, almost daily, the scale moved downward. The more fat and inches Marie lost, the more self-esteem she gained. “Right away I could see and feel the results. I noticed an increase in energy. I knew I'd discovered something special.”

Marie admits, “I keep that awful ‘before’ photo as my constant reminder of how far I have come. I have rebuilt my body, added years to my life, and greatly improved the quality of my life. I'm never going back.” Marie also continues to coach and inspire other men and women. She says, “For 40 years I tried to lose the weight. Now that I finally learned how, it's my goal to help others avoid a lifetime of poor health and low self-esteem. I did it and I want to show them how, too.”

Deborah: Busy Bee Loses the Belly

Deborah Wellard is an inspiration for those of us who struggle with balancing wellness with stress and a packed schedule. This 37-year-old mother of two runs a day care center and a natural skin care beauty business out of her home. Not only that, but during the 12-week Challenge, Deborah had to deal with her daughter's injury, her niece's death, and her mother's cancer diagnosis. Talk about stress.

Deborah took a few minutes out of every night to plan out the next day; she knew if she didn't do this, each and every day would get away from her.

Positive self-talk is a secret that many achievers use, and Deborah is no different. She tells herself, “Others have done this before me, so I know I can do it too!”

Mental strategies such as these helped Deborah get the best of her sugar cravings, and after about two weeks they disappeared altogether. Now she can have a bite of a candy bar for a splurge and say, “Okay, I'm done. I don't need to eat the whole candy bar anymore.”

Deborah set two-week goals for herself, and found it extremely helpful to avoid weighing herself every day, thus averting discouragement. She realized she was embarking on a new way of living, not a temporary quick fix. As full as her days are, Deborah dedicates five minutes of each and every day to prayer and meditation, concentrating on her body makeover success in the process.



Deborah's mental strength, pre-planning, and regular workouts paid off big. She lost 49 pounds, 40 ½ inches, and dropped four dress sizes. Her body mass index (BMI) went from obese at 32.1 to normal at 24.4. And she accomplished all of these extraordinary, life-changing goals by focusing on two-week blocks of time. "One day I noticed my stomach stopped squeezing out of my pants. And then after a while I found I could slip on my red bikini. Now it's fun to look at myself in photographs. I feel good!" she laughs.

Deborah is living proof that what you think affects the way you look.

Angela: My Kids Don't Even Recognize Me In Old Pictures

At 37 years old, Angela Silva was sick and tired of her size prohibiting her from getting out and having fun with her family and friends. Even worse, Angela's doctor told her she was headed toward hypertension, diabetes, and even heart disease if she didn't do something about her weight soon.

So Angela decided to follow The 7-Day Belly Blast Diet, and began to transform her daily routine.

Soon the pounds and inches began to disappear, and by the end of the first 12 weeks she had lost an amazing 56 pounds and 33 inches, making her the clear winner of that BDD Challenge round. Her success is amazing, especially considering her hands are full as the mother of seven kids.



But there's more. Angela's success fueled her and, as she explains it, "I had set a goal to lose 124 pounds, and after the first 12 weeks I knew I'd be able to make it all the way."

Sure enough, she kept on going. Today she's lost another 24 pounds, bringing her two-thirds of the way to her ultimate goal. That's a total of 80 pounds of fat lost. And knowing Angela, she'll make it all the way to the finish line.

For her, the effort is worth it. Today Angela is uninhibited and enjoys every second she gets to spend being active, having fun with her family. "I have so much more energy, and I just feel happier all the time. Now I go to the park with my kids and I chase them all around the playground. At first when I started doing that, the kids were like, 'Mom, is that you?' My oldest son keeps finding old pictures of me. There weren't many, because I would avoid being in pictures, but when he does find one, he'll say, 'Mom, that doesn't look like you at all!'"

Linn: Overcoming Physical Limitations to Win the Challenge

Linn Ash, a 44-year-old licensed massage therapist and mother of two, had several health issues that went hand in hand with her weight problem. Fearful of exercising because of her arthritis, she had chosen a path that involved no exercise, which caused her to gain weight and made other health issues even worse.

Linn read *The 7-Day Belly Blast Diet*, and newly determined, she developed an activity plan that she could do even when she was limited by joint pain. She also became a very active member of the online forums. Long before she was selected as Round Winner in the Challenge, Linn was coaching, encouraging, and cheering her online friends along.

By the end of her Challenge, Linn lost 40 pounds and 42 ½ inches. She was able to trade in her size 18 jeans for a petite six. Even better, she noticed improvements in her health as well. All of her hard work paid off in other ways too; as a Round Winner in the BBD Challenge Linn won thousands in cash and a Caribbean cruise getaway for two.

“I want to be an inspiration for everyone to make the decision to start losing weight today. There really is no reason to continue feeling miserable and fat when this program provides all the tools you need to become healthier and learn a better way of feeding both your body and your family.”



Jonni: A Mother of Two Rediscovered Her Voice

Jonni Isaac was tired of being ashamed of the 30 extra pounds she was carrying around. As she put it, she felt “sluggish, ugly, and old.” She certainly didn’t feel like the outgoing, confident person her husband had married. Plus, she missed wearing fun, stylish clothes. This mother of two active teenage daughters decided it was time to make a change.



Jonni always had a hard time when it came to her relationship with food. “Chubby” as a girl, she first developed emotional issues with eating in the fourth grade. Jonni says, “Because I was heavy, my mother had to put me in a training bra by the age of eight or nine. The boys did not let me forget that I was so fat I had to wear a bra. When I was 10 or so, I decided I shouldn’t climb on top of the fridge to get the peanut butter jar down every day after school. Of course I did it all wrong.”

She simply quit eating altogether, enjoying the attention she got from the popular girls who said, “Look at her, she is so skinny!” Jonni soon decided not to eat lunch at all, living mainly on diet soda and apples throughout high school. Her unhealthy behavior continued into college when she would eat a huge breakfast, a salad for lunch, and nothing else for the rest of the day, all the while going to eight or nine aerobics classes per week.

Jonni says that when she resumed eating as an adult, she went right back to the peanut butter jar, spoon in hand. “For me, it was always all or nothing,” she explains. It’s no surprise, that’s how Jonni found herself 30 pounds overweight.

So, armed with the information in *The 7-Day Belly Blast Diet*, Jonni began her journey toward transformation. She committed to doing fat-burning aerobic activity every day because, as she puts it, “Women know that those last pounds can be the hardest to lose.” She also did resistance training, which helped to boost her metabolism even more and replaced her fat with lean, attractive muscle.

How did the plan work for Jonni? She lost 17 pounds, but the most impressive statistic is the 28 ½ inches she lost. She started out wearing a tight size 13, and now she can wear a comfortable size three or four, depending on the style of clothing. That’s five pant sizes!

Not only has her shape completely changed, but so has her mental outlook. Jonni says, “I am much more confident in myself now. I have become a singer in the worship team at church. That wouldn’t be so scary if there were 30 or even 20 people singing in front of the congregation with me. But there are only five of us singing, and sometimes only three! Plus, my husband says I walk with more confidence. I don’t have to fidget with my clothes when I walk or when I get up and down from sitting. And I know I look good in these jeans. They fit!”

Jonni credits her success to the awesome tools and forums on Josh’s blog, which provided her with the motivation and support she needed through her challenge. “The community here is what kept me going. They spurred me on. The coaches are personable and helpful, and several of them I count as true friends.”

*Required Legal Disclaimer: Due to recent laws from the FTC, it is required that all companies identify what a “typical” result is. The truth is that most people never do anything with the products they buy, so most of the time, they don’t get any results. In other words, if you want results you need to take action. The people you see on this web site are examples of our best results and are not typical. They followed a healthy lifestyle program including diet, exercise and proper supplementation. In other words, they took action. If you want results, you should do this, too.

Coach Josh: Who is This Wacky Guy?

Josh Bezoni is a nutritionist, fitness expert, public speaker, best-selling author and philanthropist.

He has appeared on virtually every major TV network promoting his “Belly Fat Free” lifestyle and wacky weight loss tips including ABC, NBC, FOX, CBS, The Travel Channel and many more.

Bezoni also has the distinction of being known as the “King of fast weight loss” because of the speed in which he’s able to help his clients get stunning weight loss results—as much as 11 pounds of excess water, belly fat and “toxic waste” in the first 7 days.

Bezoni graduated with dual majors in Biology and Nutrition while fulfilling his pre-med requirements. Josh quickly decided that he wanted to help people before getting sick as opposed to after and began his career as a Nutritionist for his health and fitness mentor, Bill Phillips, at his companies including EAS, Muscle Media Magazine and Body-for-LIFE. (Bill now owns *Transformation*.)

There, he had the opportunity to assist Bill in designing workout and nutrition programs for thousands of men and women around the world including some of the top athletes of the time including John Elway, Terrell Davis, Shannon Sharpe and A-list actors like Brad Pitt and Demi Moore.

Since then, now 11 years later, Bezoni has authored two best-selling fitness books and helped tens of thousands of men and women to transform their bodies in record time. Now he wants to help you with his latest program, “**The 7-Day Belly Blast Diet**”.

Josh is an active philanthropist that believes in helping others who are in need. His charitable work includes:

- Being on the board of directors for the Agape Ranch, a unique healing facility for cancer patients to be located on the Big Island of Hawaii.
- Raising \$55,000.00 for Hurricane Katrina relief, and personally delivered supplies and aid to the New Orleans area.
- Providing ongoing support to the Oprah Winfrey’s Leadership Academy For Girls in South Africa. The academy, which opened in 2007, provides the finest education for approximately 175 young women.
- Providing ongoing support to the Richard Branson’s Virgin Unite Charity to tackle tough social and environmental challenges with a entrepreneurial approach.
- Recently Josh had the privilege of granting his first Wish for The Make a Wish Foundation for children with life-threatening medical conditions. Antonio, age 11, who has Muscular Dystrophy, will be traveling with his family to Maui, Hawaii to swim with dolphins in December, 2010.



The **7-Day Belly Blast Diet** will “secretly” be unveiled on **Tuesday, September 28th, 2010**... at a BIG 3-day introductory discount.

As you will see in this report, men and women from all over the country have lost up to 11 pounds of excess water, belly fat, and “toxic weight” from their bodies in the first 7 days using the complete program along with the “Wacky Tips” from this report. (And many have gone on to lose 20, 40, 60 and 110+ pounds in record time.)

If you are receiving emails from “Coach Josh” you are already on the VIP early notice list so you can get instant access to the entire program, at a big discount, before everyone else.

In these emails you will also get more **FREE** belly-fat-burning videos and info along with a chance to win the complete **7-Day Belly Blast Diet** program. Be sure to watch for emails from “Coach Josh” for details (check your bulk mail folder).

If you aren't getting these special emails,
sign up at <http://7DayBellyBlastDiet.com/invite4>