



**FAT BURNING
SWITCH**

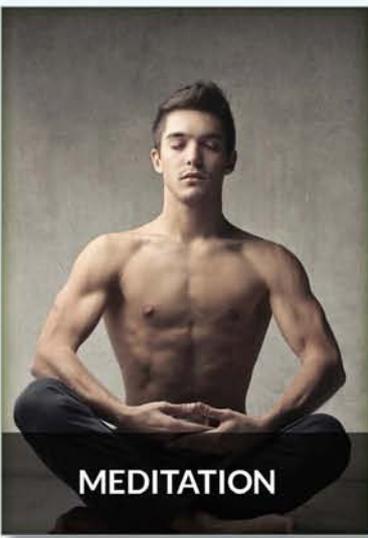
The Fat Burning Switch



**INSTANT
IGNITION
PLAN**



BY BOB BAKER



MEDITATION



WEIGHT LOSS



NUTRITON



EXERCISE

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Introduction by Sally Baker

Why is losing weight so hard?

It seems like this constant battle that nobody is REALLY winning.

Every week, I see a new “miracle pill” or exercise machine that promises to make us effortlessly skinny. They ALWAYS had “Before & After” pictures that blew my mind. They take huge women and turn them into slimmed-down goddesses!

I used to see all of that, and all I could think about was how much I wanted it. I would have given ANYTHING to look like the women in the “After” pictures. I want my husband to worship me the way I worship those bodies on the television screen. I admit it. I was so desperate.

I was on the brink of getting major surgery when my husband Jordan literally saved my life. I was about to let a surgeon cut open my belly to wrap a device around my digestive tract. To control how much food my body could process.

I was ready to risk my life to change my life. But that’s the thing, isn’t it? Weight loss is that serious. Being overweight cost my mother her life. She died at just 52 years old. That’s way too young!

I didn’t want to die that young. I want to live to be 80, 90, 100...as long as possible! Well, it was a combination of desperation, and my loving husband showing me a different path, that set me on the path to losing weight in a much smarter and safer way.

The morning of my scheduled surgery, my husband told me to cancel it. I couldn’t believe it. I wanted to be sexy for him but also for me. But he’d found another solution.

You see, “lap band” surgery really is an act of desperation. It’s not even that effective. It fails between one and two times out of three, depending on which study you follow. That means BEST case scenario, I had a two out of three chance of losing the weight.

I don’t really like those odds. Actually, they terrify me.



So anyway, my husband woke me up and told me about this new way he'd discovered to lose the weight. How I could turn my body from my enemy into my ally in the war on fat.

It sounded too good to be true. I was immediately skeptical. **If this "new way" was so effective, why had I never heard of it?**

As my husband showed me this new method and had me read about it, I remembered watching an episode of the TV show "**Shark Tank**" a few nights earlier. Yet another wanna-be inventor was pitching a weight loss machine that promised magic and miracles. They started talking about how much money people in that "**weight loss promise**" industry make.

That's when it hit me...if everyone was skinny, all those billion-dollar companies that sell miracle pills and home-workout machines would go out of business.

This also applies to the companies that sell us "diet" soft drinks and "**low-calorie**" frozen foods, which are marketed to us as if they're designed to help us lose weight - but they're actually loaded with chemicals that have all kinds of negative effects on our health and well-being. And if you think these "**diet**" and "**low calorie**" foods and beverages are going to help you lose weight, and keep it off, think again.

The weight loss industry, in all of its different forms, is sucking the blood of the overweight and the suffering. They aren't out there to help us. They are monsters that are slowly killing us. If nobody in America were fat, then those businesses would cease to exist. And then who would pay for their sports cars and mansions? They need us to STAY fat.us. If nobody in America were fat, then those businesses would cease to exist. And then who would pay for their sports cars and mansions? They need us to STAY fat.

They aren't selling the cure. They are just selling false hope.

There is a story that I heard once. It said that someone invented a cream that allowed a man to never have to shave again. Think about it. You rub this cream on your face and your beard stops growing forever.

It would have been a miracle solution for the common man, but a nightmare to the corporations that make billions from selling razors and shaving cream.

There are different versions of this story going around. In one version they buy the guy's invention and bury it in the deepest vault they can find. In the other version, they kill the inventor and throw his body into that same vault.

Whether any of that is actually true, I know this: big companies are in the business of treating our problems, not solving them. They know the real solutions, but if they actually offered these solutions, their customers would soon no longer need them.

My mother needed a solution - not phony pills or "diet ice cream" or "low-calorie microwave pizza" or any of the other junk they peddle to unsuspecting consumers.

Fortunately, my husband Bob actually did discover a solution. He is here to share with you the very secret that turned my life around.

I never have to be ashamed of my body again, and that is an amazing gift.

In this guide he's going to share with you the secrets that changed my life, and the lives of many people we care about.

First, you will learn how your metabolism works and why most modern foods and diets are ruining your body. Your metabolism is the process that controls how your body processes food. It decides whether to burn fat and shed pounds, or store it as fat in the areas of your body where you want it the least.

You will learn how to remove much of the aches and pains that plague your life when you are overweight. Just carrying extra weight on your body wears everything down. It wears down your skeleton and your circulatory system. When you're fat, everything has to work that much harder to keep the whole machine running.

When all your systems are messed up by bad diets and bad exercise regimens it hurts your hormone system. Your body gets filled with the wrong hormones. Most diets and exercise routines convince your body that it is in trouble. Your body believes that there is an emergency and goes into starvation survival mode. That means storing as much fat as possible.

When you follow the routine that changed my life, I can guarantee that your energy will go through the roof. I always thought that I just needed to eat more food, drink more caffeine and shovel more sugar down my gullet to have enough energy to get through the day.

But I was dead wrong. That stuff was just confusing my body and convincing it to store everything as fat, instead of burning it as fuel.

Now that I understand how this all works, I can't believe most of what we put into our bodies these days. **How much of what we eat is actually doing us any good (if not outright harming us)?**

Have you ever noticed that there is some stuff you can put on the floor and even a dog won't eat it? What do they know that we don't? There are so many poisons and toxins that get put into our food chain. If you just separate yourself from that nightmare, you will notice your life starting to change.

These weird 'food' ingredients are actually harming your body. Those strange food dyes, preservatives, pesticides and additives all confuse your thyroid. They slow down your metabolism by as much as 70%. That causes your body to turn everything into fat. Your body thinks that someone is trying to poison you and it reacts accordingly.



You aren't getting the right nutrients because all these weird chemicals are confusing your body. Even fruit isn't that good for you. Fruit is mostly made of sugar, that's why it tastes so sweet. When combined with all the other horrible things we are putting into our bodies that fruit ends up right on our hips and thighs.

I made the mistake of over-exercising. I pushed my body to the limit every day. But my body stayed the same. I couldn't understand it. **Was there no way to burn off the fat?** But that's the problem right there. I was making my body go into survival mode. When you work out too hard your body thinks that something is wrong and burns muscle instead of fat.

Exactly the opposite of what we want!

When you put that much stress on your body, cortisol gets released into the bloodstream. My husband is going to tell you everything you need to know about that hormone later on, but for now just realize that this little hormone tells our bodies to burn up muscle instead of fat.

When you follow the right path. When you heal your endocrine system and stop putting toxins into your body, your metabolism will fire right up. Suddenly you will start burning fat instead of muscle. That simple process. That little switch is what changed my life.

When I started melting off the pounds a few amazing things happened. The best was that people starting asking how old I was. **They thought I had a case of 'Benjamin Button!'** It looked like I was aging backwards. When you are heavy, people just think you are so much older.

Now people think I look younger than I did ten years ago. It's a miracle. It is all thanks to my wonderful husband. I am so glad he is the one reaping the rewards of my wonderful new body!

I'm so excited about this program that my husband, Jordan has put together. Besides this amazing guide he has recruited the help of two wonderful and amazing fitness instructors.

In the videos that come with the Metabolism Miracle course, you'll meet an amazing fitness and weight loss expert named Claire T. She changed my life. Following her guidance and her nutrition tips, I changed my life. I'm slimmer than I ever thought possible, and I feel like I might live forever.

My husband also found the amazing Marin G. She's a professional fitness instructor, wife and the mother of two wonderful children. As she'll explain in her videos, she faced a very long and frustrating struggle before she figured out for herself how to transform her body and her life.

Marin is an expert on "home workouts" that you can do in your house, or in your yard, without ever having to go to a gym or lift weights. I'm a busy mom just like her, so my time is just too valuable. I can't afford to spend hours every day in the gym. This is why Marin filmed a series of videos for you, demonstrating and explaining home-based exercise routines that you can easily do in five minutes per day.

Marin's program is mainly built around the idea of HIIT (High Intensity Interval Training.) All this means is that you do a short "burst" of exercise, then you take a break, and then you do it again. It's been proven to be much more effective than just exercising straight through until you can't go any more.

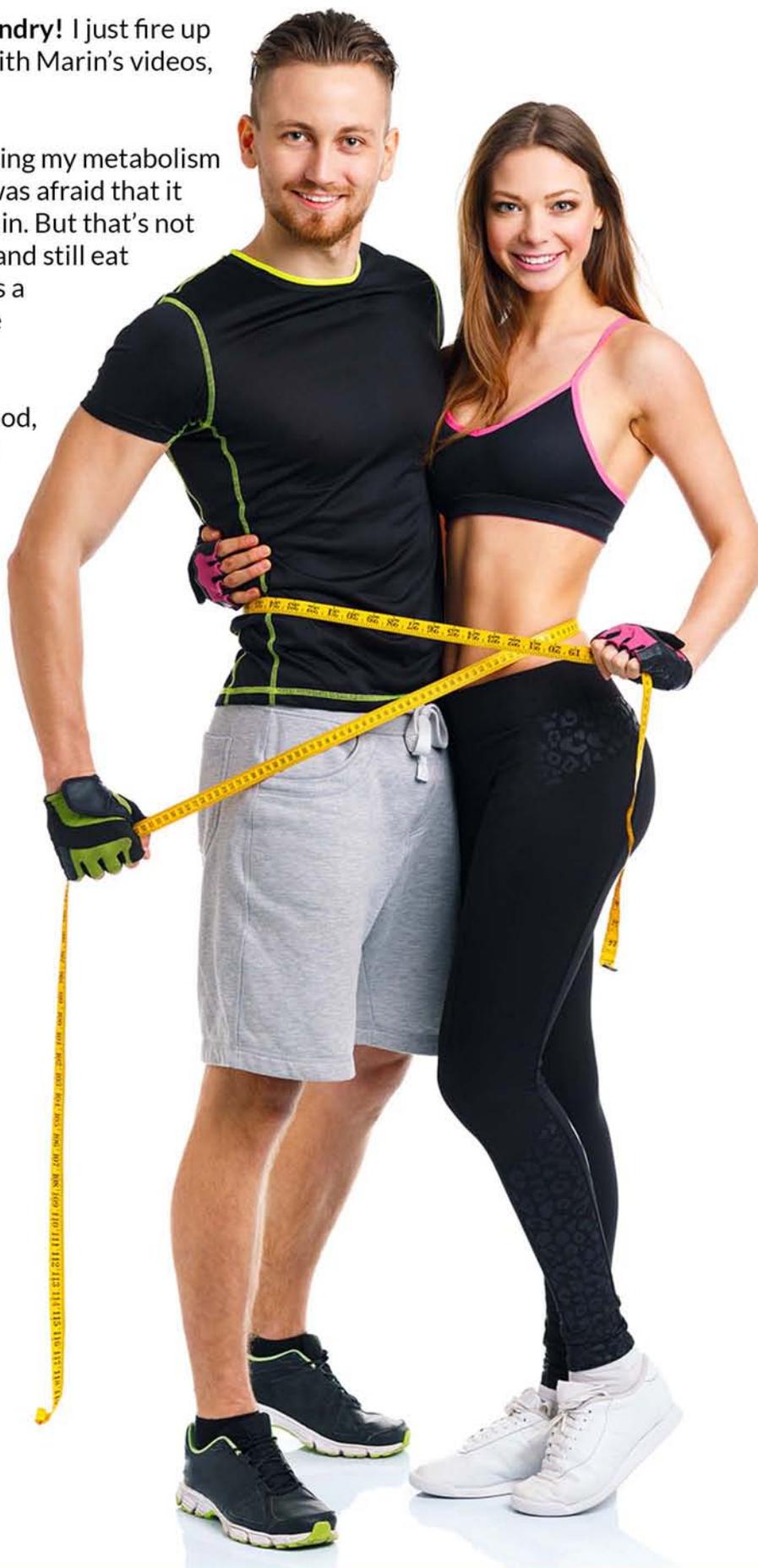
Again, you don't have to go to a gym to do any of these workouts. You don't have to lift weights. You don't have to leave your house.

I get my workout in while I'm doing the laundry! I just fire up the laptop in my living room, follow along with Marin's videos, and I'm good to go. It's that simple.

When I first heard about this idea of activating my metabolism and turning on my **"fat burning furnace,"** I was afraid that it meant I couldn't ever eat anything good again. But that's not the case at all. You can follow this program and still eat all the foods that you love. This program has a done-for-you meal plan that includes all the delicious foods that we both love.

Now, you won't be able to pig out on junk food, but after trying this plan, we guarantee you won't have the same urge to eat junk food as you did before, because your body will LOVE how you are treating it...you'll love the way your body is looking...and you'll want to keep giving it the fuel it needs to become a "fat burning machine."

So let me turn this over to my husband Bob, and let's get started!





Why Metabolism is Important

Hi, Bob Baker here.

I want to begin by explaining to you that metabolism is not a “thing.” It’s not a place or an organ in your body. It is a process. And when it comes to controlling your weight, it is the most important process in your body. It determines how hot to run your body’s engines; How much fuel your body turns into energy each day and how much of that fuel gets stored.

Your body has many fuel sources. Just like a train can be powered by coal, wood or gasoline, your body can choose whether to burn muscle, sugars or fats to keep your body going. During the course of this guide you are going to learn how to guide your metabolism.

You can tell your body what to do by following the correct course of actions. Metabolism is not a mystical process. It is something that modern science has a full and complete understanding of.

You know those people who have a “high metabolism?” The ones who can eat basically anything and never put on a pound? That’s what we are going to turn you into.





How We Slow Down Our Metabolism

Our body is composed of many organs. They are the pieces of your metabolism. These organs are the liver, adrenals, thyroid and pituitary gland. They are all a part of the endocrine system. That system of hormones.

Hormones are the chemicals in your body that tell different organs what to do.

They are the messenger system that goes between the head office and the workers out in the field. If that messaging system is disrupted, then the workers don't know what to do. So they start burning the wrong fuels.

Hormones tell your body how to respond to the food that you eat. If you alter the way that you eat you can take control of your hormones and your weight. That's the power of understanding what to put into your body.

One of the biggest factors in weight gain and retention is stress. Women's bodies were evolved and designed for a system that existed thousands of years ago. When rearing and taking care of children was hard and dangerous. Food supplies were never guaranteed.

So your body is trained to respond to the stresses of the world by going into a hibernation mode. That means slowing down your metabolism. Your body burns cooler and tries to save and store every single drop of energy it can. This process begins by storing all fuel as fat. That is your body's long-term energy storage solution.

Have you ever really looked at a bear's body? Bears are so fat. They spend all summer eating in preparation of a winter of hibernating.

If your body thinks you are going to face a harsh winter, it starts to store fat just like a bear. It is a genetic survival strategy.

After stockpiling fat your body will start to store insulin. When this happens you are in danger of heart disease, diabetes, or even dementia.

That's why keeping your metabolism fast is so important.

Later on I will show you how each of the key hormones for metabolism works as a part of this system. These hormones are estrogen, insulin, leptin, cortisol, thyroid, testosterone, and growth hormone. They are very important and will come up again and again in this guide.



Sabotaging Our Bodies

There are certain things that we put into our bodies that are terrible for us. When you continually poison your body, you're sabotaging anything else you might be doing to keep healthy or lose weights.

Our bodies react to toxins and poisons in different ways. Sometimes your body slows down your metabolism to give itself more time to fight the poison, sometimes it converts the poison to fat to lock it away from the rest of your body, and sometimes the food has so many hormones in it that your body is simply overwhelmed.

In each case, your body responds to these toxins by slowing down the metabolism. Let's run down some of the most common ones.





Alcohol

I can't express how important it is to cut all alcohol intake from your life right now, or at least cut way down on your consumption. Alcohol is one of the most popular drugs in the world. It's so popular that most of us forget that it's a drug. In fact, most people forget that alcohol was illegal, by a constitutional amendment, just one hundred years ago.

Sure, having a few drinks out with the girls is a blast. But alcohol is simply terrible for you. It's all empty calories and chemicals that mess up your hormone system. I'll go into more details in a moment, but for now just plant this seed in your mind...

Alcohol is a poison. If you drink too much alcohol you overwhelm your body's ability to process and fight the poison. That's when you can actually die of alcohol poisoning, or a failed liver, when your liver just can't process the toxins and get rid of them anymore.

For now, please seriously consider removing alcohol from your diet. You will notice that without alcohol messing things up, it is far easier for your body to start losing weight.





Caffeine

Caffeine is the most popular drug on earth.

Most people drink coffee every morning. We get into this cycle of life. We wake up and we are still groggy. We feel like we don't have enough energy. How can I face the day before I have had my first cup of coffee?

We turn into zombies, dependent on this powerful narcotic, and we completely ignore the side effects. It wreaks havoc on your endocrine system.

Remember a little earlier when I talked about cortisol? That's the key hormone that tells your body what fuel to burn. Caffeine is basically the arch nemesis of healthy cortisol levels. So when your body has caffeine in it, cortisol gets the signals messed up and tells your body to burn muscle and to store fat.

You don't need caffeine to give you energy or pep. I'll show you how you can be fully energized without depending on a drug that is hurting your body.





Soy

Not all soy is created equal. Soy is touted as the perfect replacement for meat, which is why it's beloved by vegans around the world. But you need to be very conscious of your soy consumption.

Small amounts of whole soy are fine. This means things like organic or fermented soy. These can be found in miso or tempeh.

The soy you want to avoid is anything that has been genetically modified or has a name like soy protein isolate.

I will explain more of the danger of soy and why it is called a nightshade food in the section on leptin. For now just know that you don't want to eat too much soy and that it can cause inflammation if you do.





Grains

Most of our food these days are grains. And they are not good for you. This is why you must try to remove bread, white rice, potatoes and donuts from your diet.

Grains are like fluff. We stuff them into our bellies so that we feel full. And that's the problem. They create a short-lived artificial feeling. You feel full for a little while, but then you are hungry again just a few hours later.

Millions of women in the United States have problems with their thyroid glands. They have low thyroid function. The thyroid is one of the key hormone-producing glands in the body. When it is not functioning correctly, you can have symptoms such as weight gain, bloating and fatigue. All of your health problems may be caused by your grain intake.

There are a host of reasons why grains are bad for your body. Shortly after eating grains, you just feel hungry again, which makes you want to pig out again. They also increase fat deposits within your body and increase the risk of heart disease, diabetes and metabolic syndrome. Metabolic syndrome is the precursor to heart disease and type-2 diabetes.

Grains also lower your fertility levels and contain harmful toxins. These toxins make you fat, cause depression, and affect your ability to absorb vitamins and minerals.

You may have heard people talking about gluten lately. **A lot of people are talking about "gluten allergies."** This is also called celiac disease. In America, one out of every one hundred and thirteen (1/113) people have celiac disease. They have trouble digesting the grains that include gluten, such as wheat, barley, and rye, because it requires certain enzymes that their bodies lack.



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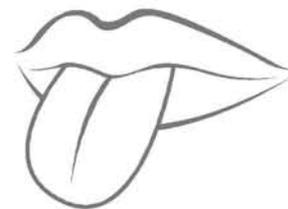
Gluten is hard to digest even if you have these enzymes. It can damage your immune system and make you susceptible to other infections and diseases. This happens in the small intestine and can make you sick. If you have stomach aches after eating bread, it's very likely that gluten and your body do not get along. You can be sensitive to gluten without actually having celiac disease.

To put it simply, you want to avoid white carbohydrates. That means things like grains, bread, white rice and potatoes. You want to avoid even the gluten-free carbohydrates. So avoid cereal, corn, and barley as well.

There are a lot of foods that contain gluten derivatives or thickeners. Sometimes it's quite surprising, the places you can find gluten hiding. Hot dogs, lunch meats, beer, salad dressings, soy sauce and even some candies all have gluten hiding under the surface.

You can replace those bad white carbs with healthy alternatives including sweet potatoes and plantains. These are a much better alternative, and are not nearly as harsh on your endocrine system.





Taste Buds

You might be thinking right now that everything delicious will need to disappear from your diet, that now you are sentenced to a life of foods that taste terrible. That's not the case!

Your sense of taste is not absolute. It's relative. That means that your taste buds reset every two weeks or so. If you remove all really sweet sugars and corn syrups from your diet, a few weeks later other natural foods will taste **TOO** sweet to you. **You will still find foods just as delicious and sweet, only now they will be healthy for you as well!**



How Your Metabolism Really Works



I want to clearly define metabolism and exactly how it works. A deep understanding of this process is key to firing up your internal “fat-burning furnace.” Once you understand how the system works, you can then modify your foods, following our diet/nutrition plan, to speed up your metabolism and stop the storage of fat.

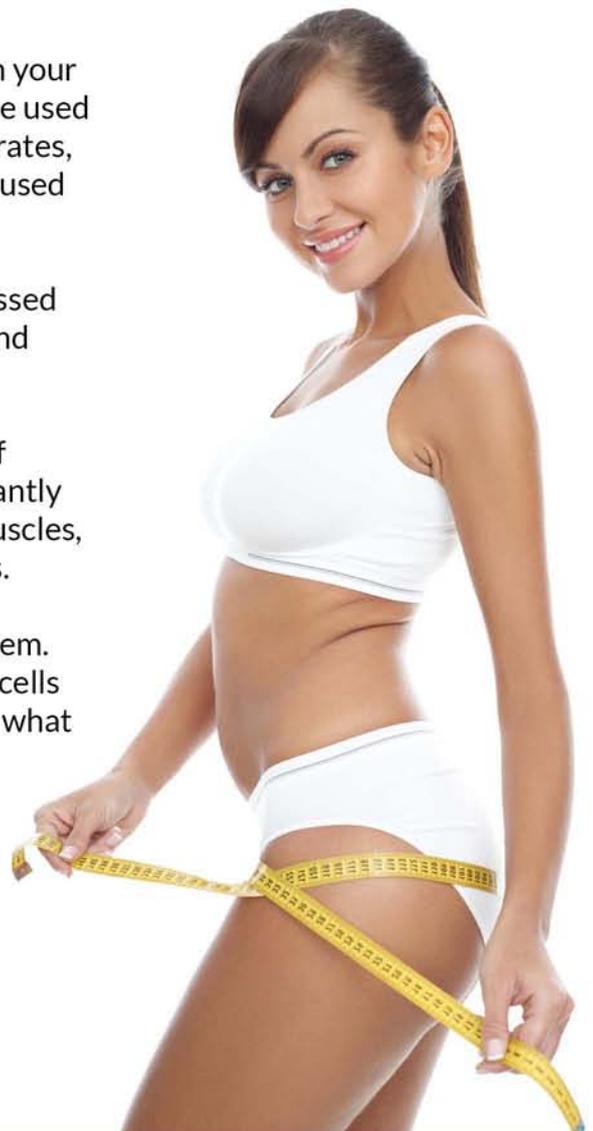
Your metabolism takes place within your body’s cells. It is a series of chemical reactions that convert fuel into power. Different chemical reactions convert different fuels into power. The totality of all of these reactions is called your metabolism. There are tens of thousands of metabolic reactions happening in your body simultaneously. This is a continual process. It is how we keep our bodies healthy and operating.

There are two types of chemical processes that make up metabolism: catabolism and anabolism. Catabolism is when your body breaks down foods into simpler forms that can then be used by your body for energy. Your body breaks down carbohydrates, fats and proteins into usable forms of fuel. This fuel is then used in anabolism.

This process does release waste products where are processed and removed from your body by your skin, lungs, kidneys and intestines.

Anabolism is where your body uses these building blocks of energy for the multitude of actions that your body is constantly performing to stay alive. Growing new cells, contracting muscles, and storing energy for future use are all anabolic processes.

These two processes are controlled by your endocrine system. The hormones you release into your bloodstream tell your cells which process to focus on. They tell every cell in your body what kind of fuel to burn and what kind of fuel to stockpile.



Your metabolism is a constant process. Your body is perpetually burning energy. When you take control of this process you can determine how many calories a day you burn and which fuel your body melts away.

There are three main factors that determine how much fuel you burn up during the day. These three key factors are your basal metabolic rate (BMR), energy burned during physical activity and the thermic effect of food. Let's break down how important each of these processes is and the overall influence it has over your metabolism.

Fifty to eighty percent of the energy you burn every day is just from being alive. Just the act of living burns far more energy and calories than any workout. The amount of energy you burn daily is mostly controlled by your lean muscle mass, so anything you do that lowers the amount of muscle you have will start a downward spiral. That is why diet is so crucial. If you put things into your body that cause it to start burning off muscle instead of fat, it starts a downward trend.

About twenty percent of the energy you burn on a daily basis comes from moving around and exercise. That's why doing massive amounts of exercise only has a small effect. If your BMR is incorrect or there is a hormone imbalance, exercise simply doesn't have enough influence to correct that.

The final element of your metabolic process is the thermic effect of food. Anything you put into your body, you have to digest and break down into usable elements. Eating food burns calories.

That's why diets that involve starving yourself don't work. You burn fewer calories when you don't eat because digestion isn't happening.

Different foods take different amounts of energy to break them down. Fats can raise your BMR by as much as four percent.

Carbohydrates are a little better at six percent. The big winner is protein. **Breaking down proteins can raise your BMR by as much as thirty percent!** That's why a diet low in carbs and high in proteins is so great for melting away excess fat.

When you take control of your metabolism you can turn it from your greatest enemy into your staunchest ally. Understanding this process is the first step toward melting the fat away.





Too Much Sitting

One of the big causes of estrogen and insulin problems is sitting too much. Just sitting down all day without moving makes your body think that it's winter. If you aren't moving then that means there must not be much energy available. Your body reacts to this information by slowing down your metabolism.

Even if you rush off after work every day for an hour of super intense exercise, your body still thinks that it's winter. That you are trying to survive through a challenging winter. The way to alleviate this problem is to walk throughout the day. The less time you spend sitting the better.

One of my big secrets is to drink a LOT of water every day. This is great for flushing out toxins and keeping your body running at optimal efficiency. It also means that you have to take a lot of bathroom breaks. Those trips walking to the bathroom break up those long sessions in your chair. It's a way of making sure you don't sit still for too long.



My “Secret” Exercise Breaks



This is my super secret amazing technique for curing “office butt.”

When you’re sitting in your chair at work, your body just starts to melt into your chair. You can feel gravity pulling you down. Through your chair and into the floor.

It pulls your butt into the chair and then it starts to spread out. Even if you had a great butt when you got to work. But the end of the day it is total smushed. I know some people are motivated enough to spend their lunch break at the gym. In a spin class. Or hitting the weights.

But that’s really hard to maintain.

What you really just need to do is get out of the chair on a set schedule.

What I do is follow Phil. Phil sits near me in the office and he’s a smoker. He takes a smoke break every ninety minutes or so. He’s not allowed to smoke in the building anymore. Not even in the stairwell. So he has to go out in front of the building and walk away from the entrance to the special smoking area.

Phil is my motivation and my hero. Only he doesn’t know it. For a few days I started timing his smoke breaks. His breaks always last twelve to fifteen minutes. So now when he gets up to leave I follow him out. I walk down the stairs to the front of the building. Do one lap around the building and walk back up the stairs to my office.

It’s a health break instead of a smoke break! This gives my whole body a workout and counters most of the causes of cellulite. It keeps my fat from pooling in my bum and my metabolism from slowing down.

People at work take smoke breaks all the time. There is no way an office can stop it anymore.

So when my boss asked me about my breaks I pointed out that I was taking a health break while he took his smoke breaks. I need my walking as much as Phil needs his smoking. I need to walk for my circulation so that I don’t get sick and have to miss more workdays. If Phil gets a break I want equal treatment. I shouldn’t be punished for making my life longer just because Phil is making his shorter.

My boss instantly saw that I was being reasonable and now I get to take breaks whenever Phil does. My butt is looking toned and my metabolism is firing on all cylinders. Thank you Phil!

These little walking breaks throughout the day are the perfect solution to the sedentary lifestyle. It helps to keep me from sitting in a chair for eight hours straight.



Mantras

Developing a mantra will give you something to hold on to mentally while you are going through this process. I find that a good mantra is the key to overcoming adversity.

For a long time it has felt like your weight has held you back. Maybe you feel like it is this unstoppable force that just keeps weighing you down. It's time to push that feeling away. It's not real and it has no power over you. Speeding up your metabolism is going to change your whole life.

We want to start changing your mental state now so that you are ready when success comes your way. I have several different mantras that I will share with you. I recommend creating your own custom mantra that perfectly fits your personality.

I have a mantra for whenever I am feeling afraid or limited. Like if I feel that I can't handle a stressful situation and I need to overcome

some adversity. **"I am a rock in the ocean, the fear washes over me and around me but it does not pass through me."**

When I say this one I imagine that I am an island in the ocean and there is a big storm. The waves, the wind and the rain come but in the morning when the sun rises the island is still there. This gives me a feeling of strength. You can customize this into something like.



“I am a slim woman, the calories wash over me and around me but they do not stick to my bones.” Something like that will really help you to keep your mind on the correct path. Beginning to believe in this process will remove a lot of stress from your life. **Which in turn will make melting the pounds even easier!**

Another type of mantra is the confidence booster:

“May I be filled with the love and wonder of the universe. May I be filled with joy and the spirit of a child. May I be filled with kindness and health. May I live a peaceful life.”

This mantra is laser targeted at removing pesky stress from your life. You can modify it and add phrases about being skinny or the fat melting off of your body. You want to give yourself an inner sense of peace, as stress is a major cause of hormone disruption. And we don't want that.

Sometimes a shorter mantra can be more effective. This makes it easier to repeat over and over again. A great mantra that is short is, **“think, then act.”** This mantra is great

because it reminds you to make each decision an active one. Before you reach for that delicious donut think about what you are doing. **Is it worth the consequences?** When we think first, we are much more likely to make the better long-term decisions.

I can't tell you how much having a great mantra that you believe in can help. Each of these works for different people. Feel free to try a few different options out until you find the one that suits you.

Another short one is, “stay frosty.” This works for dealing with nervousness, becoming emotional or making decisions too quickly. It can help you to envision a glacier moving slowly across the landscape. Quick decisions are often poor decisions and this will help you remember to be sure of each action before you do it. Find and create the mantra that fits your personality type and desires.





What is Mindfulness?

In the past few years or so, “mindfulness” has become a bit of a buzzword in the self-help world. Chances are good you’ve heard of the term. But do you know what the term really means? Do you know everything that it does and can encompass? How can it help you deal with your weight struggles?

Mindfulness can be described in a number of different ways. To put it simply, mindfulness is the practice of experiencing your life wholly in the present moment. This means refusing to dwell on or live in the past or the future.

To be mindful, you must allow yourself to be aware of and enjoy every second of the simplest aspects of your existence, such as breathing and eating. It means taking a non-judgmental, observer’s attitude to your own emotions. Understand that they won’t last forever. Witness them passing through and exiting your mind, and you’re still being the same centered, joyful person afterwards.

You might be thinking that achieving this is easier said than done. But taking steps to improve and enhance your mindfulness are simple, and are well worth the effort. There are many things you can do to improve your level of mindfulness. These things can range from more formal methods of meditation, to simple methods of meditation, to simple everyday actions and approaches to life.

One quite well known method of improving your level of mindfulness is using the RAIN formula to deal with difficult emotions. **RAIN stands for:**

1. Recognize

2. Accept

3. Investigate

4. Non-identification

What does this mean?

Recognize :

In the Recognize step, you need to simply recognize the reality of the emotion that you are experiencing. Give that emotion a name.

Accept :

In the Accept step, you accept that you are experiencing this emotion.

Investigate :

In the Investigate step, you need to look objectively at the questions of where in your body you are feeling the emotion, and what your thoughts are.

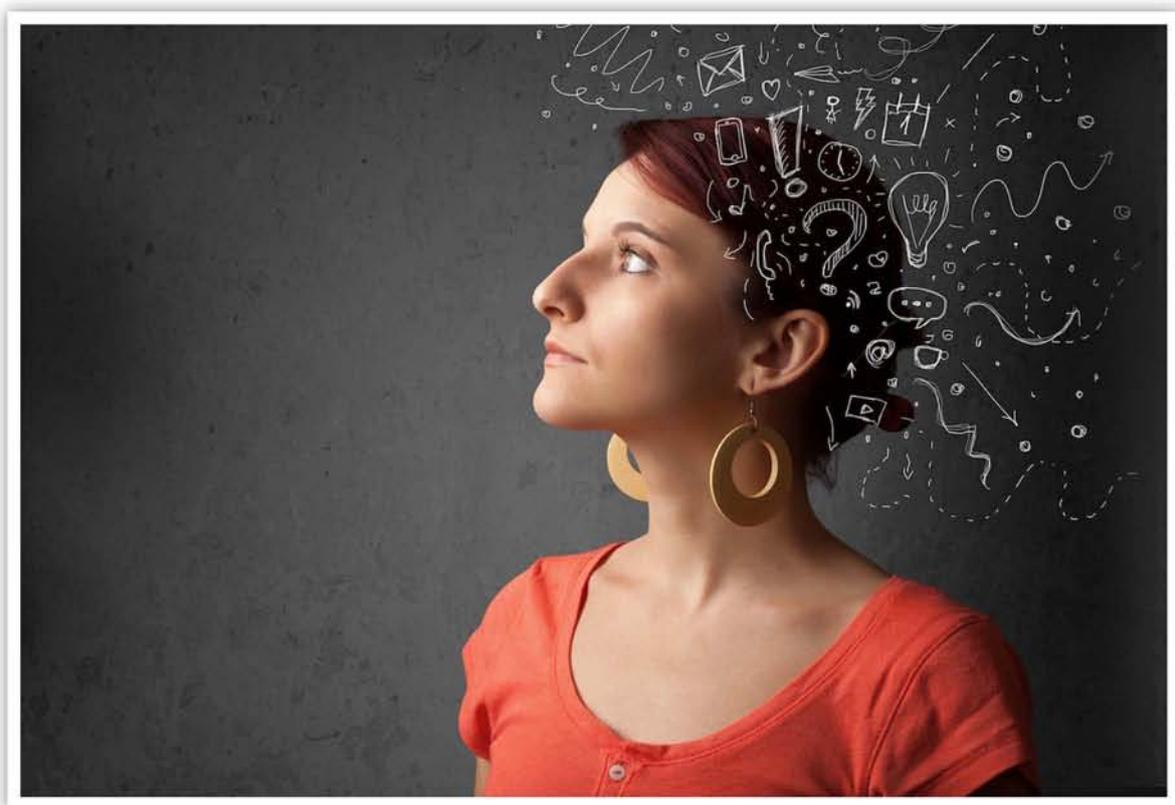
Non - identification

In the Non-Identification step, you need to make sure you do not identify the emotion with your own personal identity. The emotion is simply an experience that you are having. Like all experiences, it will pass.

This RAIN approach to dealing with emotions is quite illustrative of the concept of mindfulness generally. At its core, mindfulness requires you to be kind to yourself, and to take an approach of non-harm to yourself.

If you feel that you currently have a very low level of mindfulness at this point, you may feel a bit overwhelmed when thinking about where you should start. One of the challenges you will probably face is the mindset you might have lived with your entire life until this point. Below are some ideas that might be new to you, but that you will have to remember in order to start on the path to mindfulness.

- Mindfulness and reflection will give you meaningful control over your own thoughts and emotions.
- While we are often not able to control elements of our lives outside of us, we are indeed able to control our responses to these circumstances. Our responses are in our thoughts and emotions.
- While we cannot always control the emotions that might arise in us, we can use mindfulness to allow these emotions to flow through us with minimal effect upon us.



How Mindfulness Keeps The Weight Off



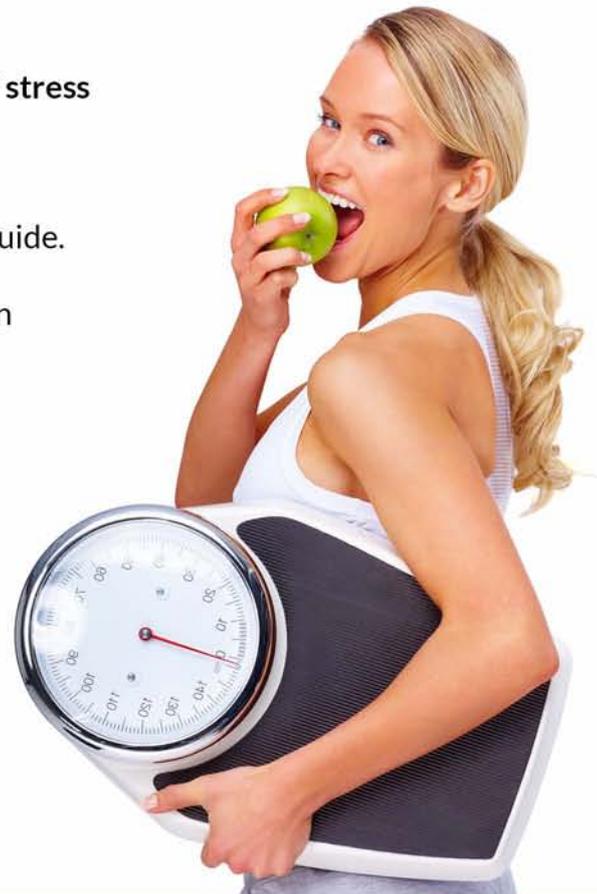
Not that you've learned the basics about the concept of mindfulness, you might be wondering in what ways mindfulness is important in your life. How can it actually improve your life?

The answer to this is that it is important in pretty much every way you can imagine! Let's take a look at some of them here:

- Mindfulness will help you feel a greater sense of balance and peace.
- Mindfulness will help you in your journey to strengthened self-esteem and self-confidence.
- Mindfulness will help you move on from the past. It will help you understand that while you cannot change the past, you always have control of the present moment.
- Mindfulness will aid you in dealing with unavoidable emotions.
- Mindfulness will help to reduce your stress levels. This will be greatly beneficial to your health.

As this list makes clear, mindfulness is instrumental to improving the level of happiness and reducing the level of stress in your life!

We will talk about stress again and again throughout this guide. There is a clear correlation between stress and obesity. By focusing on living in the moment and being mindful, you can reduce those dangerous stress levels.





Attitudes That Aid Mindfulness

There are certain attitudes and mindsets that will help you to feel more peaceful and relaxed day-to-day. This feeling will help you stay with your diet plan. It will also lower your stress levels, which often cause us to eat more. Overeating is a very common response to stress in women. We want to replace that bad response with something much more powerful.

- 1.** Trust in yourself and in the importance of mindfulness. Be confident and trust in your abilities and in your practice of mindfulness.
- 2.** Practice non-judgment. Do not judge your feelings, thoughts, or experiences as good or bad. Simply observe whatever it is that you are experiencing, and let it pass through you. Remember it will not last forever. Do not identify with it.
- 3.** Practice non-striving. Enjoy your current experience and get as much from it as you can. Don't waste your mindful appreciation of the current moment by overshadowed by ideas of things you think you might do in the future.
- 4.** Accept your feelings. This does not mean that you have to give up your mental well being to distressing feelings. Rather, it means that you need to accept things before you can change them.
- 5.** Maintain the curiosity of an observer. Objectively observe your thoughts, feelings, and experiences. Seek to maintain the perspective of a curious, neutral observer.
- 6.** Foster your sense of compassion and kindness. Ensure that you have a caring and warm attitude as part of your approach to every moment.
- 7.** Keep an open mind. Believe in the probability of many different possibilities.
- 8.** Be patient with yourself, and with life in general. Remember that change is rarely an overnight process.
- 9.** Learn how to let go. Accept the fact that the past cannot be changed. Taking time to regret and worry about the past is an absolute waste of time. All you can do is learn lessons from mistakes, and fully move on.

The Power Of Meditation



When you think of meditation, a picture of someone practicing yoga might come to mind. You might think that this is the only form of meditation there is. However, yoga is only one of several approaches to meditation. You don't have to do intense exercise to get to a place of mediation. It's a very powerful relaxation technique and can work great with your mantra.

As a beginner, it will probably be best for you to start with a very basic and easy meditation technique. **Here is an example of such a technique below:**

Begin by making sure you are in a comfortable position, either sitting or lying down. Then, close your eyes, and let yourself relax. Take notice of the reality of your breathing. Observe the reality of each part of the process of a breath. Take note of everything that happens, such as with regard to your belly, rib cage, chest, and shoulders.

If you find that your mind wanders away from the task of concentration on your breath, simply and gently redirect your concentration back to your breath.

The first time you do this meditation; sustain it for about 2 to 3 minutes. As you get more and more practiced in meditation, you can extend it to longer durations. This technique is especially useful for beginners, as it is usually difficult for beginners to achieve a completely "quiet mind" without having the focus of breath.

This basic beginner's meditation is an example of a concentration meditation technique. Concentration is one of the main meditation types.

I have listed the main meditation types below:

Concentration (Or Focus-Based) Meditation

Concentration types of meditation techniques require concentration or focus on one specific thing. Examples of objects of focus that are often used include your own breath, a mantra, or a visualized image.



Mindfulness Meditation

Mindfulness meditation requires you to simply observe your thoughts as they appear and move through your mind. You must take a non-judgmental and non-attaching stance to the thoughts. Simply allow them to flow through your mind and then disappear, to be replaced by another thought that will then follow the same process.



Combining These Two Forms Of Meditation

It is also possible to combine concentration and mindfulness. This is done in some meditation traditions. However, for a beginner this might be a bit too challenging. It is probably advisable to start off with choosing either a concentration or a mindfulness technique to do at one time.



Activity-Oriented Meditation

Activity-oriented meditation is meditation where you carry out a repetitive and predictable activity, and use that activity as a way to center and quiet your mind. People who use an activity in this way often describe the way they feel as “in the zone”. A very important and more formal example of activity-oriented meditation is yoga. Other less formal possibilities include activities such as painting or drawing, gardening, and knitting.



Moving Meditation

Moving meditation is a specific kind of activity-oriented meditation approach. Moving meditation involves the use of moving as a vehicle for meditation. Examples of moving meditation techniques include walking meditation and Tai chi. Moving meditation can involve either concentration or mindfulness meditation approaches, or both.

Concentration meditation is most often the focus of moving meditation. In walking meditation, for example, you will focus on the feeling of the full process of taking each step. Other focuses can include the process of breathing and your outdoor surroundings.



Spiritual Meditation

Many people who meditate feel it allows them to access their source of “inner wisdom.” People who do meditation for this purpose can generally be said to be engaging in spiritual

meditation. There are also more formal methods of spiritual meditation, as well. Many of these are linked to specific religions.

You may be wondering what you should expect when meditating, and what it is that you should be striving for. In meditation, you should be striving to achieve a “quiet” or “empty” mind, a mindset that exists completely in the present moment rather than the past or the future, and an altered state of consciousness that is somewhere between a common state of wakefulness and sleep.



Working to achieve this altered state of consciousness through meditation is very important, as there is evidence that it helps to boost activity in a part of the brain that is crucial to positive thoughts, **positive emotions, and happiness generally!**

This is one of the most powerful cures for stress, and it will take your mind off any cravings, as your body readjusts to healthy levels of hormones.

Basic Meditation Techniques



How easily can you imagine yourself meditating? Are you able to quiet your mind quite easily, or do you tend to have a racing, overactive mind that is difficult to control? If you are like many of us in today's stressful world, the latter is probably your answer to this question.

If that is the case and you do have trouble quieting, calming, and “emptying” your mind, it is best to start with very basic techniques. It is also advisable to start off with only very limited meditation time periods (such as just a few minutes), and work your way up from there. As you begin practicing your meditation, you will get a good sense of what works best for you. You will also possibly slowly but steadily build up your meditation times.

Try to make certain to meditate on a daily basis. Meditation is something that requires practice. Your mind needs to get more and more accustomed to the discipline and patterns of meditation. **If you have trouble in the beginning, don't let yourself feel discouraged!**

Let's start with some easy-to-try meditation styles.

Visualization

Visualization is quite a simple method of meditation. It only requires you to picture a beautiful and ideal setting or other image in your mind. You then need to put all of your focus on this image. As you do so, you should use your creativity to effortlessly add to the picture. Visualization as used in this exercises is a concentration (focus-based) mediation technique.

Guided Meditation

A guided meditation is a meditation you do in accordance with a guided meditation recording. **These recordings can be found in many places online!** Guided meditations are especially good for beginners. There is a guided meditation I created for you near the end of this guide to help you melt the stress away.

Using Your Mantras

As you might already know, a mantra is a word or a phrase that you say repeatedly as a method of meditation. Your focus is on the mantra. You can choose a conventional mantra, or you can make up one of your own invention that you feel is particularly relevant for you based on the templates I provided earlier. If you are interested in a conventional mantra, you can find a lot of information on Sanskrit mantras online. Mantra use in this exercise is an example of a concentration (focus-based) meditation technique.

Daily Exercise

In the videos that come with the Metabolism Miracle program, you'll be able to follow along with demonstrations of the exercises that form our exercise plan. In addition to what you'll learn in the videos, there are some other basic things you can do with exercise to improve your muscle tone and lower your body fat. Find exercises that you enjoy doing. The reason we often stop working out or sweating is because we shift to lives that are about work and entertainment.

We spend so much time in front of the television, when we could be living. The secret is to find a physical activity that you have fun doing. There are thousands of options, from hiking to kayaking to playing Frisbee at the park. Maybe you would enjoy salsa or ballroom dancing.

The reason we aren't active is because we really just don't try anymore. Many of us stopped working out the day we finished high school. We left PE class and never looked back.

Did you know that if you watch television for two hours a night, more than thirty minutes of that is commercials? We all say we are too busy and that we need to wind down. If you just stop watching commercials you have an extra thirty minutes every day to try a new activity. You don't even have to give up the good part of television.

You can just give up the garbage. If you want really take action then exercise is crucial. It's the best way to lose fat overall. It will help you with circulation. There are some really great programs out there that are all about improving your life and getting fit. This program comes with some amazing workouts, but over time any routine can become boring or too repetitive. After you have kick started your metabolism, finding an exercise that is more hobby than chore will make it so much easier to keep the pounds off for good.

Metabolic Organs

There are really four main organs that play a role in metabolism. Each of them is very important and achieving the correct balance with all four will cause the pounds to literally melt away. Just following our prebuilt diet will cause this to happen. Understanding how each of these organs functions as part of the metabolic system will make sticking to healthy foods a lot easier.

If you are anything like me or my wife, you want to know WHY things work. **Why did so many diets fail us before we discovered metabolic reactivation?** That's what gets me really excited. The science is very clear. The more you understand the foundation of this powerful fat burning system, **the easier it will be for you to stay the course and change your life!**

The Liver

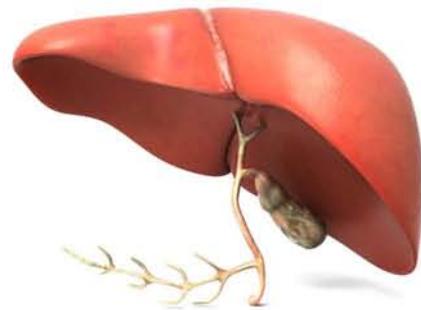
The liver is one of the most important organs in your body. It breaks down many toxins and is responsible for breaking down fats, carbohydrates and proteins and then turning them into energy.

The liver can only do so many things at once, and if it is busy breaking down alcohol then it can't provide this crucial metabolic function. This is one of many reasons to remove alcohol from your diet completely.

Your liver plays a major role in the fluid balance in your body. It is in charge of making sure there is enough water in your system. If you are suffering from dehydration, your liver is the front line of defense trying to tackle this problem. If you are feeling bloated, or have parts of your body that are swollen or inflamed, then the liver is where you need to start looking.

All of the blood that goes through the digestive tracts is filtered in the liver.

The most important metabolic element of the liver is its relationship with mitochondria. The liver manufactures carnitine. This hormone is the deliveryman of your body. It takes fat and brings it to the furnaces in the mitochondria. There it is burned up for fuel. The more carnitine you have the more fat you burn up rather than store.



This simple but crucial relationship is responsible for as much as **NINETY PERCENT** of the fat your body burns every single day. The more carnitine you create, the more fat your body burns away. This is one of the most important steps in the metabolic process. The more carnitine you produce the faster your fat will melt away.

Adrenals

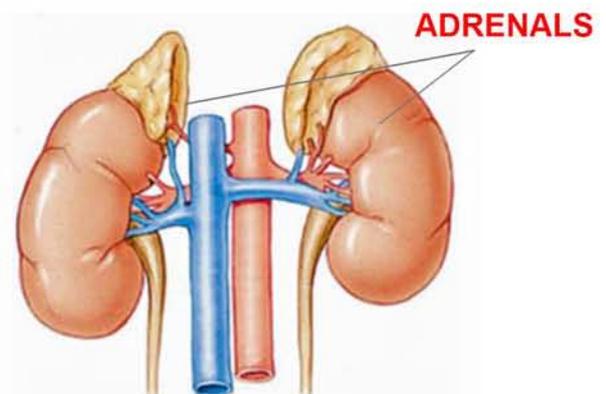
You've probably heard people talk about adrenalin about a million times in your life. It's part of the "**fight or flight reflex.**" When there is an emergency, your adrenal glands dump a bunch of adrenaline into your system. This puts you into survival mode.

Unfortunately, most people think that this is all that your adrenal glands do. But that is just not true. They do so much more. They are a key part of your metabolism.

They are quite small glands that can be found just above your kidneys in the lower part of your back. These glands release hormones into your bloodstream. These different chemicals tell your body how to react to different types of stress.

There are four main types of stress that we face in our lives: physical, emotional, mental and environmental.

When you are faced with any of these different types of stresses, your adrenal glands pump out the appropriate hormones to help you deal with that situation. The problem arises when your adrenals are reacting to wrong information. This causes them to pump out the wrong hormones and your metabolic efficiency starts to break down.



Your body is filled with different types of fuel that are perfect for different types of emergencies. Your adrenals tell your body which fuel to burn and when. There is a time when you need to flee from danger and your adrenals tell your body to burn the best fuel and as much as possible. This gives your body the quick energy you need to run as fast as you can and to escape that danger.

When you consume food your adrenals decide whether to store or burn off different fuels. This is based upon how much stress your body and mind are under at any given moment.

The hormones that your adrenals release include cortisol, adrenaline, adosterone, and epinephrine. These are released based upon pleasure and stress. These can be released when riding a roller coaster or if you skip a meal. Your adrenals are constantly trying to react perfectly to your current environment.

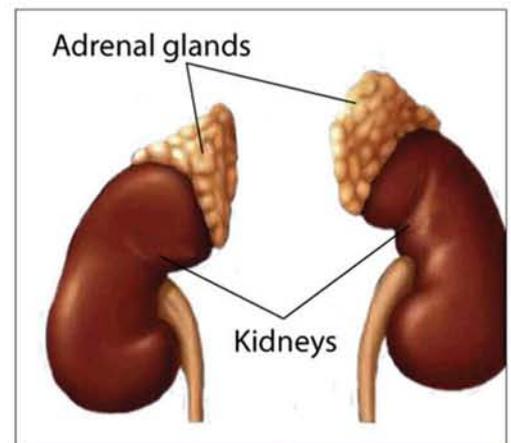
These hormones released from your adrenal gland send important messages to your muscles and liver. These messages regulate how much sugar or glucose is released from cells in your muscles and liver. This is how your metabolism can speed up or slow down.

This process is controlled by the foods that you put into your body. Your adrenal glands respond to outside stresses and they also take into account what you have just eaten. The available fuel limits your adrenal glands' options. The food you eat directly controls your metabolism.

If you only eat the right foods and avoid putting garbage and toxins into your body, then the entire system runs more efficiently. Your body will burn more fat instead of storing it. This is why diet is so much more important than exercise when it comes to melting off the pounds.

When your body experiences stress it pulls fuel from places where you don't want to lose it, such as muscle, but if you eat the right foods, like those we show you in our diet plan, then you don't have to worry about this happening.

If you don't eat enough of the correct food, however, your body moves in the opposite direction. Your metabolism will respond to external stresses by slowing down. This is really quite a complicated series of chemical reactions, but I have tried to explain it in the simplest way possible.



If you give your adrenals the fuel they crave, then they never have to resort to slowing down your metabolism. You can turn these glands from your enemies into your staunchest allies in the war against fat.

Your Thyroid

The thyroid gland is in your throat. I'm sure you have heard people talk about different medical problems related to the thyroid. It is often the culprit when people are extremely obese.

It produces three key hormones that we want to understand. They are called T3, T4 and RT3.

These three hormones are very important. They all play a crucial role in metabolism and in how your body responds to different stresses. Your thyroid converts iodine into these three hormones. Don't worry, iodine is in a lot of foods and it is good for you.

T4 tells your body how fast to burn fuel. It's like the message to all your cells telling them to maintain your normal metabolism. T3 is the stronger version of this signal. So T4 and T3 are both signals to burn fat.

RT3 is the brakes. If your body makes too much T3, then it makes RT3 to slow down all the fires. It's basically your body's way of stopping any forest fires.



When everything in the body is functioning normally T4 is constantly turning into T3 and RT3. That majority of that production is T3. That's a good thing. This process occurs in the liver, muscles and kidneys. This is where your body temperature is controlled.

Think about when you have a fever. This is the furnace burning at maximum to fight the infection. **The "soldiers" fighting that infection need all the fuel they can get!**

There are certain times when your body wants to cool down those fires. The main reasons are starvation and disease. If your thinks that the food supply is limited, then it tells your body to slow down. To burn as little fuel as possible and try to make each calorie last a little longer. This is the normal role of RT3. It is the anti-starvation hormone.

The problem with most diets is that they trigger the production of this hormone. Any type of fasting or starvation diet can trigger your body to go into survival mode. Your thyroid starts pumping RT3 into your blood stream and all that extra energy gets stored as unsightly fat.

Your Pituitary Gland

The pituitary gland is the central processor for the entire metabolic system. This tiny gland tells all the other parts of the metabolic system what to do. It is the command and control for all the other organs we have just discussed.

This tiny little gland is in charge of body temperature regulation. When your body is not under stress it tells your organs how hot to keep your body.

This organ also regulates sex hormone production. This includes estrogen, progesterone, testosterone, and DHEA. These hormones work in conjunction with the adrenal glands to keep you healthy and control the speed of your metabolism. One of the key hormones that the pituitary gland secretes is called Thyroid Stimulating Hormone, or TSH. This does just like it sounds. It tells the thyroid to kick it up into high gear. This is head of the company telling an office manager what to have the team working on. This is how the pituitary gland delegates assignments. This hormone controls weight, where the fat is distributed on your body and your sense of hunger.

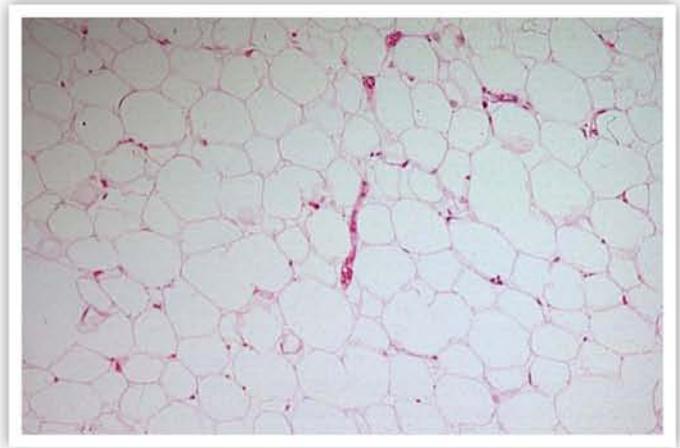
When something goes wrong with this production, the risk of diabetes, heart problems and obesity go up. We want to be sure we give this gland the right fuel to take care of our bodies. The pituitary is heavily affected by your diet. It needs minerals such as manganese and magnesium, as well as Vitamin E. It also needs plenty of iodine. To make sure you get enough foods for your pituitary you need to have lots of leafy greens, nuts and legumes. This provides the fuel this little command center needs to tell the rest of your body to burn off the fat.

Iron in the system has the opposite effect. Eating foods with too much iron slow down the entire system and cause the opposite effect. The pituitary can't operate correctly and more fat is stored.

White Fat

There are two kinds of fat. Until recently researchers thought that only Olympic-level athletes had brown fat. So the fat that you have always heard about. The fat that you are looking at right now with hate in your eyes, that is white fat. This is common, everyday fat.

When your metabolism is slowed down this is how energy is stored. That's what fat really is. It is your body's way of saving energy for the tough times ahead.



Remember earlier when we were talking about bears? They are really fat. They just eat and eat and eat all summer and fall. But that's on purpose. They have a plan. They know that they are going to be sleeping all winter and need that steady supply of energy to live on. If they burned off all their fat, they wouldn't be able to survive the harsh winter.

In the spring, when the bears wake up they are so skinny. All that fat slowly melted away. That is when metabolism is doing everything correctly. So there is a time when storing fat is a good thing. It's your body's way of dealing with the idea that there is food now but in the future there might not be.

White fat is your body's long-term fuel reserve. It is your body's rainy day fund and your body does not want to give up this resource without a fight. White fat is stored either directly under your skin or it wraps itself like a cocoon around your organs. **You know those guys with a big belly but you can still see their abs?** That means the fat is behind those abs and wrapped around their organs.

Fat serves many important purposes. We already know that it's designed to store energy. But fat is also used to store heat and keep your body warm. That's why whales and seals have so much fat on their bodies. This is another winter-survival use for white fat. Fat helps to maintain your body temperature. That's why fat people are often hotter than skinny people in the same room.

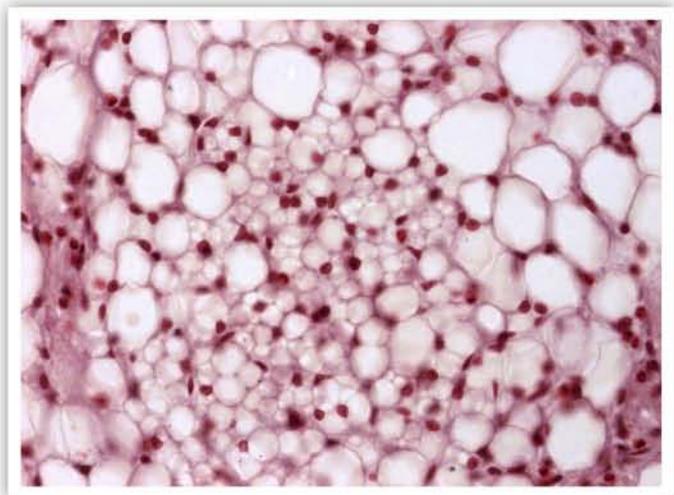
White fat also releases hormones of its own. That is how it communicates with the other organs in the metabolic system. The main thing about fat is that whenever your metabolism slows down, your body stores as much fat as possible. When your metabolism speeds up this fat gets thrown into the furnace.

Brown Fat

Brown fat is often called the “**good**” fat. It’s brown because it has so much more mitochondria than white fat. That’s the part of the cell that does all the energy burning. This is a super high-energy version of white fat. It burns fuel up to NINE times faster than white fat. That’s why we love brown fat so much.

Brown fat helps your body to regulate the sugars in your blood and your metabolism. When your body needs lots of active energy it creates more brown fat. This allows you to convert more and more energy into fuel quickly. That’s why athletes have such high levels of brown fat. They need a ton of energy when they are running and competing.

The bigger you get the more your ratio tips in favor of white fat. Your metabolism is in lock down mode so it’s focused on energy storage rather than burning. When you flip the switch and activate your metabolism, your body starts to make more and more brown fat. This is a good thing.



This means that as you start to experience success, correct your diet and repair your hormone imbalances, your body will start to make more brown fat. So your successes will continue to get better and better. As you start to lose weight, you will start to lose weight faster and faster the skinnier you get.

Brown fat is simply a fat burning furnace. It hates storing energy and instead prefers to burn it as hot as possible. It burns through energy nine times faster than white fat, melting off those unsightly pounds. Brown fat also actively speeds up your metabolism by increasing your body temperature, speeding up blood flow, and streamlining the process to deliver nutrients directly to its enemy, white fat.

Brown fat actually helps to lower your cholesterol levels, cleaning up the bloodstream. There are so many positive things that brown fat does. We want to do everything we can to stimulate the growth and activity of our brown fat cells. Research shows that most adults only have brown fat around the neck and around the circle of our collarbones. It is usually only in this region.

When you feel stressed out where do you feel it in your body? Most people feel like the weight of the world is in their shoulders and that stress is pulling them down. All of that feeling is focused right where we store our brown fat. Stress actively blocks and slows down the work of brown fat. Stress hormones impede the work of brown fat.

Brown fat releases a ton of energy and we want to do everything we can to stimulate brown fat activity within our bodies. It is one of the best furnaces we can use to melt the fat right off your bones. Don't worry, we have some powerful techniques to help you eliminate stress and allow your brown fat to do its job.

Your Muscles

Your muscle tissue is the final part of your body that we want to discuss. It's always moving. It's contacting, flexing, stretching, pushing and pulling against the world. It uses up a lot of fuel just by existing.

We always want to maintain muscle mass. That is what burns all those calories throughout the course of the day. Just having muscle burns fat when you aren't in the gym. It takes a lot of energy just to maintain your muscle.

Have you ever seen someone who isn't getting enough calories? Their muscles start to wither away.

If there isn't enough energy to maintain muscle mass, then the body starts to burn that muscle for energy. That's the problem with many diets. They convince your metabolism to slow down by putting too much stress on the system.

Then your overall muscle mass drops. This means that your body burns less and less calories ever day. Now you are worse off than before the diet. This happened to my wife over and over again. Each diet made her situation worse, not better. Those crash diets and extreme exercise plans can cause your body to start burning the very muscle that you need and replace it with stockpiles of unsightly, jiggly fat.

Diet Basics

This is not a "**fad diet**" book. The last thing I want to do is spark another fad diet cycle. I hate those, and I hate that mindset.

We have a perfect diet plan that you can follow right now to light your fat on fire. To reactivate your metabolism and help start melting away those pounds. What so many other books and guides about diets fail to do is address what to do **AFTER**. So I want to give you some solid guidance on how to maintain. How to keep your body healthy.

What I want to do is keep things really simple here. Let's be honest with each other, you know what foods are good for you and what foods are bad for you. You don't need a big list from that tells you what is good and what is bad. There is a lot of garbage that we put into our bodies and we no better than to do it.



There is nobody that thinks fast food is healthy anymore. Nobody thinks soda is good for you. Nobody goes to a movie and thinks that anything behind the counter is good for their body. It's like trying to find someone who thinks smoking is good for you. And yet people do all of those things every single day. We do things that we know are terrible for our bodies because they taste good and in the short term they might even make us feel good. At this stage we all have a decent understanding of what is healthy and what isn't.

What I want to just cover is a few foods that increase fat and the foods that decrease it.

Obviously we don't want to eat the ones that increase it! If we keep our diet really simple then it is really easy to follow. You don't need a bunch of complicated rules or point systems. Just some basic guidelines will do.

The first thing. And I know you are probably going to hate me for saying it. But caffeine is really bad for you. It's like that opposite of water. Like most people you probably drink coffee every day. It helps keep you awake and alert for work and life. I know that.

We have talked about coffee already, but it needs to be brought up again. Because you might be tempted to start drinking it again after your 21-day diet program.

Coffee causes dehydration. The caffeine part of a cup of coffee undoes all the benefits of the water it come with. It causes you to retain water. That's where your body thinks it isn't getting enough water. So it stores extra water in those fat cells and they puff up and make you look even heavier. **It makes the problem much worse.**

The problem with being dehydrated is that you don't clear out the toxins in your skin and body. I'm not talking about the imaginary toxins that most detoxes and cleanses claim to remove. I mean your body gets rid of garbage all the time. Your lymphatic system and your kidneys. If you don't have enough water it takes longer for those systems to remove the waste.

There are a couple of things that are just really good for you. Things like pineapple, green leafy foods and fiber. You know these goods are great for you so try to eat more of them. I personally love spinach. Done right it is the easiest food to add to your diet. Whenever I am cooking when there is about one minute left I put in one or two handfuls of spinach. Just at the last moment. Spinach cooks really quickly. All of the key vitamins and nutrients are still in there. And you will barely taste it with your food.

As a child I hated spinach but once I started using this technique I realized I love it!

I have created a special guide with 21 wonder foods that you can add to your diet just like spinach. You can still eat things that are delicious and enjoy your meals while the fat melts away.

If you just focus on avoiding bad foods and you'll see a difference in your body. You don't need to make massive changes. Just avoid things like salt, bad fats, and white carbohydrates.

White carbohydrates are things like bread, potatoes and white rice. You know those things are bad for you. I'm not sharing anything groundbreaking.

One thing you might not know, but you probably do. Is that six small meals throughout the day is way better for your body than three big ones. If you can make that happen it will smooth out your digestion. Just make your entire system run smoother.

Eating six smaller meals a day means that you won't be hungry anymore. And you will have a steady amount of energy for your body.

It might not be easy with work but it's something that can really help if you feel like you have low energy during the day or have trouble with digestion.

Metabolic Foods

There are foods that speed up your metabolism and foods that slow it down. Starting off your eating plan by making the decision not to put things into your body that are terrible is great. That's a wonderful foundation and will make it easier for you to succeed with our 21-day diet plan.

I want to be sure you understand how each of the fuels we put into our bodies interact with our metabolisms. There are things that speed it up and things that slow it down. Let's look at how these different fuels interact with the organs in our metabolic system.



Carbohydrates

Carbohydrates are good for you. There is a lot of confusion and awkwardness because so many diets are low-carb and no-carb diets. Those names sound really great but they are confusing.

There are good and bad carbs. The way to tell them apart is that all bad carbs are white. That makes it easy to know which ones to avoid.

White carbs slow down your metabolism. All the other ones speed it up. White carbs are things like white bread, white rice, and potatoes. Anything that has been through a big factory has had all the nutritional value stripped out and replaced with garbage carbs. White bread is run through a big mechanical factory and everything healthy is gone by the time it gets stuffed into that plastic bag with the twist tie.



To get a little deeper it is the white flour that is the culprit. That base ingredient which is used in the majority of baking in our country is filled with empty carbohydrates. White flour is used in donuts, cupcakes, pastries, bread, English muffins, pizza dough, pretzels and millions of other food products. It's hard to try and remember all the things we want to avoid if we look at that list.

remember all the things we want to avoid if we look at that list.

Another common source of white carbohydrates is refined sugar. We eat so much of this that it is amazing. One of the reasons that there is so much sugar in your diet is the sugar lobby.

The sugar industry actually paid the government a great deal of money to modify the food pyramid! If you look back about thirty years ago, that version of the pyramid told you to eat zero sugar. No sugar was good for you, it said. But over time, that has crept up to the current version of the pyramid, which recommends a little sugar with every meal.

There is no medical science to support that recommendation - just money changing hands.

So a lot of your food is loaded with refined sugar, and you probably don't even realize it. **The average American eats three pounds of sugar. Not in a month. In a single week!**

And that doesn't just come from cakes, sweets and candy bars. A lot of the normal foods you enjoy are loaded with chemically-refined sugar to confuse your body into thinking that it is eating something healthy. Refined sugar is often added to that white flour that I was just talking about. It gets dumped into bread, other foods with grains, ketchup, sodas, frozen foods and many salad dressings. It is often added as a preservative to make foods last longer.

All of this refined sugar is really bad for you. Not only does it slow down your metabolism, it can ruin your teeth as well. If you get cavities but don't eat sweets, you may have always wondered what the culprit was. Well, now you know.

Then there are white rice and potatoes. These are standard side dishes. The only difference is whether your dish is a Western dish or an Eastern one. **Who eats a steak without a big ol' baked potato?** And in many parts of Asia, the idea of eating a meal without rice is unimaginable. In both cases, you'd be eating a lot of starch, which has the effect of making us feel full.

Rice is very inexpensive and can make you feel so full. It doesn't start out white, though. That happens at a factory where they basically mash the rice up to make it nice and smooth. This destroys at least sixty percent of the nutritional value.

Potatoes still have some nutritional value. There is no factory that smashed the vitamins out of a potato. Most of us get potatoes in their natural form with the skin still on. The problem is that our bodies naturally turn them into sugar really easily. And that sugar then turns into fat. **(And don't even get me started about French fries. We both know there is zero nutritional value to French fries!)**

If these types of foods are a staple of your diet, focus on getting the brown kind. There is whole-wheat flour and brown rice. Both of these are superior substitutions. They won't slow down your metabolism. The brown versions digest much slower, burning more calories along the way, and your body is more likely to burn them up than to store them as fat. They are metabolism accelerators.

Protein

Muscles are made out of water and protein. That's what your muscles are actually made of. That's why you want a lot of protein in your diet. Try to get protein to somewhere between one quarter and one half of your diet. Protein doesn't necessarily mean meat. If you are vegetarian you still need protein.

This is what your body uses to build and maintain muscles. If you don't have enough protein in your diet, your body will start to burn off the lean muscle mass it can't maintain. And we don't want that. That muscle is burning off calories all day every day. It burns off more

while you are asleep than while you are working out.

Protein is one of your body's primary sources of energy and is used for cell repair and maintenance. It is a key source of energy and is very good for you.



Fats

You don't want to completely remove fats from your diet. We all eat way too much fat right now. Fats should make up about ten to twenty percent of your diet. Unfortunately, most of us ingest way more than we need.

There is a danger of some diets that tell you to try and eat zero fats. This causes your body to go into a survival mode. At first it sounds logical. "If I don't eat any fats, then my body will have to burn off fat!" But it doesn't. Your body responds to a zero fat diet by going into starvation survival mode and burning off muscle.

One of the most important hormones in your body, testosterone, is made from fats. This is the hormone for strength, power and muscle building. Even though women have a much lower level of testosterone than men, we don't want this number to drop down to zero. You still want to build and maintain that fat burning muscle mass.

There are good fats that you want to eat and they have names like Omega-3 and Omega-6. They are most found in fish like salmon and mackerel and other cold-water fish. That's one of the reasons that salmon is just so wonderful for you. You can also get the fats you need from corn, sunflower seeds, walnuts and soybeans.

The other good type of fat is called monounsaturated fat. This is the fat that comes from plant oils like olive oil, canola oil and peanut oil. You can also get this from avocados and pecans.

These are much better than the fats that you find in a candy bar. Those are called trans fats. These bad fats are found in cookies, candies, some vegetable oils, shortening, some margarines, candy, fried foods, chips, and most snacks. You want to avoid all of these things. Most of these foods aren't even really made from food anyways.



My simple philosophy is that if it was never alive, it's not really food. If it didn't grow out of the ground, swim in the ocean or fly in the sky then it's not food. Chemicals and weird processed ingredients aren't real food. There is nothing real in a bag of chips or whatever you get in a bag from a fast food joint. Don't put that stuff into your body.

The last type of fat is saturated fat. This isn't as bad as trans fats, because it at least comes from real food. Saturated fat mainly comes from red meat and dairy products.

Consuming dairy products can slow down your system in a big way. Many people have problems processing dairy, even if they aren't lactose intolerant. The less dairy you put into your body, the better. And if you're going to eat meat, the more you move toward fish and birds, the better.

Water

Your body is made up of 50-70% water. There is a famous rule of 3s. You can live for 3 minutes without air, 3 days without water and 3 weeks without food. The only thing more important to survival than water is air.

Fortunately, air doesn't make you fat, so we don't need to worry about it. As your metabolism speeds up you will discover that you need more water in your system. Dehydration might be the gate on your metabolism right now.

You need to drink a lot of water and to stay hydrated. Most people in the west are dehydrated most of the time. There is an easy way to see if you are getting enough water.

How dark is your urine? I know we don't like to talk about things like that. I don't think I've said that word outside of a doctor's office in years. But it's true. The darker it is the more water you need. It should be almost clear.

If it's not you have work to do.

The simplest way to make sure you have enough water in your system is to drink only water. Don't drink anything else. Your body was designed in a world where you could only get calories from eating. Your body is not trained to deal with calories from drinking. So it doesn't regulate properly.



I am sitting next to my water cooler right now as I write this. It has five gallons in the jug, and I know that every glass is nice and cold. My mouth is watering just thinking about it. Because I don't drink anything else, my body has been trained to crave water again.

Most of us are dehydrated because we don't get enough potassium. When I was a little boy I saw these commercials with a bike rider. Saying that when he's low on energy and needs more potassium he just eats a banana.

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Those commercials were misleading. **Do you know how many bananas you have to eat EVERY DAY to get the potassium you need?**

That's way too many bananas for me! And I know if you only eat carrots, eventually you turn orange. If you start eating ten bananas a day, you might turn yellow. Or maybe just get hairy like a monkey.

(I'm only joking, but really, who wants to live on carrots or bananas?)

Plus, if you ate them all day, you'd be loading yourself up with some much fruit sugar that it would completely negate any benefits to your metabolism. **So instead, you want to eat foods that are higher in potassium, such as:**



Sunflower Seeds



Kale



Spinach



Dates



Sweet Potatoes



Mushrooms

Just pick something off that list that you actually like. I hate kale, personally, but I know some people like the taste. Spinach is my favorite vegetable. I don't like it chopped, or the way most people eat it. When I'm making a stir-fry, or just about anything on the stove, one minute before it's done I throw in a few handfuls of spinach. The leaves shrink up and they taste delicious. That's what works for me.

Maybe for you, it's sunflower seeds. That's ok. I think those taste pretty great, too. Just make sure that you don't get any with added salt, or anything like that. Their natural flavor is good enough.

Basically, you want to avoid having low potassium, because this means your electrolytes are not in balance. And that slows down your circulation.

Your body was designed and perfected where there was only one drink option - water. Don't drink anything else. **Any drink that adds stuff to water, such as fruity drinks or soda, does more harm than good.**

Pure water is the best drink when it comes to health and maximizing your metabolism. Everything else adds salt or sugar, or something else that you don't need. That decreases the effectiveness of the water.

You might be tempted by sports drinks (such as Gatorade), but those are designed for drinking right after you play a serious sport and you've sweated out a few gallons. Then you might need to replace the salts in your body with a sports drink. But unless you are getting hardcore exercise that really dehydrates you, water is always the best choice.

The best way to start every day is with a nice glass of cold water. This gets you hydrated right out the gate. It sets the tone for the day. And because it's cold, it will kick start your metabolism.

Maybe you just don't like to drink water. I was the same way at first. I was so used to my diet sodas, juices, smoothies, and coffee. I thought water just tasted so boring. But there is something interesting you should know about your taste buds: they use a relative scale. Not an absolute one.

This means that if you only drink water, after a few weeks your body starts to really crave it. I love the taste of water now, and other drinks just don't appeal to me the way they used to. **This is because, in effect, I "reset" my taste buds so that they crave water and no longer desire the bad stuff.**

Water is so sweet and refreshing to me now. You can add a slice of lemon or even a little lemon juice to your glasses of water. Lemon is really great for your body, too. It's quite inexpensive and it's packed with **Vitamin C - which is great for your body, and your immune system.**

Hormones

Hormones are like the "mailmen" of your body. They are chemicals that one organ makes, to tell other organs what to do. We have already discussed the different organs that make up your metabolism. **That's kind of the big picture. It's time to look at each individual chemical and understand its important in fat burning.**

Estrogen

This is often thought of as the most "female" of all the hormones: **Men have testosterone, and women have estrogen. But there's a lot more to this crucial hormone than that.**

Estrogen is very good for you, but like many things, you don't want too much of a good thing. That's when things start to go very wrong. Too much estrogen is a big problem for many women. It slows down metabolism, and leads to a host of medical problems.

Too much estrogen causes obesity, diabetes, metabolic problems, and digestive problems. It can also be a cause of certain types of cancer and cause mood problems. We simply want your body to have a healthy amount of estrogen in it to avoid all of this.

When it comes to meat, go for organic or locally farmed. When meat is industrially farmed, it's pumped full of steroids and organic pollutants and fed genetically modified grains that you don't want in your body. All of that causes you to have way too much estrogen in your system.

Removing meat from your diet, even for just 21 days, can reset your estrogen levels. If you don't want to stop eating meat completely for three weeks, at least be very conscious from now on of where your meat is coming from. Most of us go shopping and just grab the cheapest meat we see. Sure, we save money, but sometimes it costs us a price in health.

Insulin

We often only think of insulin as something that people with diabetes have to worry about. That is a dangerous way of thinking. You can have insulin problems long before you become diabetic. Don't wait until the danger signs start flashing to take action.

The danger is if you have too much insulin. This can lead to you becoming diabetic.

Insulin is a regulator. It controls the ratio of metabolism hormones to sugars in the blood. Insulin is very susceptible to carbohydrates and sugars. They can cause insulin problems if you consume too much.

When your insulin is too high, it creates too much estrogen, which we just discussed. It also messes up your body's ability to tell you when it's full. That's one of the reasons why people who eat a lot of sugar still seem to always feel hungry.

If you just stick to our Metabolism Miracle diet/nutrition plan, you won't have to worry about insulin levels. As long as you don't put garbage into your body and stick to real foods, then you will be fine. Just avoiding sugar should keep your insulin levels in balance.

Women experience sugar addiction in a way that most men don't. Sugar can cause a spike of pleasure in your brain. This was one of my wife's biggest challenges.



The reason it's called "sugar addiction" is that you need more and more sugar to achieve that same initial good feeling. You need an increasing amount of sugar to trigger the dopamine release in your brain. Dopamine is the chemical that makes you feel good.

Overeating causes your body to become resistant to insulin. This slows down your metabolism, and causes more weight gain. One of the key ways to maintain insulin levels is with daily exercise. Most other hormones can be completely controlled by diet, but insulin also reacts to exercise.

The less sugar you eat, the better your body will feel. If you want something sweet in your diet, you can enjoy sweet potatoes or pumpkin. These are both great foods that have a nice natural sweetness.

eat. When you eat too much, your body makes leptin and sends the hormone to your brain. This is the signal that tells you it's time to stop eating.

Too much fructose and lack of sleep are the main leptin disruptors. We'll talk about sleep in a later section, so here let's focus on fructose. Anything that ends in -ose is a type of sugar. **Fructose is the sugar that comes from fruit, so fruit + -ose creates the word "fructose."**

You might be thinking that you don't eat that much fruit, so you shouldn't be having leptin issues. But hold on. In America, we have developed high fructose corn syrup. Think of it as the worst pseudo-food ever invented. It's cheap, it tastes sweet, and even though it's basically poison, it has been inserted into every level of our food chain.

Most sodas no longer contain sugar; they now use high fructose corn syrup.



Removing fructose from your body will reset your "hunger switch." You will regain the ability to feel fully again. This will allow your body to more naturally control how much food you consume.

Cortisol

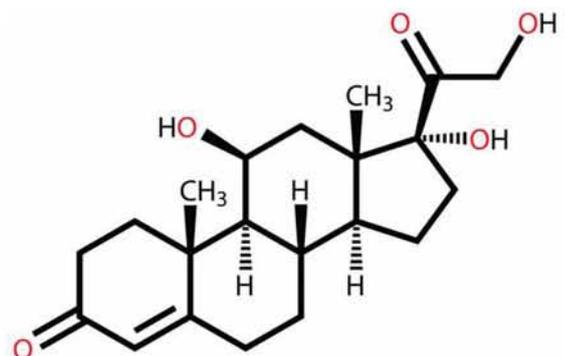
Cortisol is the hormone that regulates fat storage. The more cortisol you have in your bloodstream, the more fat your body decides to store.

The main cause of high cortisol levels is caffeine. If you drink coffee every day, especially the coffee from major chains, then you will experience a slower metabolism and weight gain. Those fancy coffee drinks are filled with sugar, cream and caramel, which slow down your metabolism.

That caffeine also causes fluctuations in blood sugar levels and decreases how much blood actually makes it to your brain. When your blood sugar is going crazy, that's a stress, and it puts your body in fat storage mode. The third side effect in this unholy triumvirate is insomnia. There is a strong correlation between caffeine consumption and sleeping difficulties.

If you have trouble sleeping, that leads to weight gain. Your body considers it a stress, and reacts accordingly. Getting enough sleep is a key to regulating your metabolism. **Adequate sleep actually helps you melt off the pounds!**

Women tend to have higher stress levels than men, and this is why women are more likely to turn to sugars, alcohol, fatty foods and caffeine for comfort. Basically, they're responding to stress by putting things into their bodies that cause more stress. They make the problem worse, and can basically shut down your metabolism.



We want to break these cycles of stress, overeating and insomnia. All three of them cause you to store fat, rather than burn it.

Breaking that cycle will turn your body into a fat burning furnace.

Caffeine causes cortisol. The more caffeine you consume, the more cortisol is generated. And this leads to more fat storage. **That false “energy high” that caffeine gives you is accompanied by your body burning less energy.** So you actually lower your energy level in the long term. The next day you need a little more coffee to get the same feeling. That’s how one cup of coffee a day turns into two and then three and then ten.

Even if you are maintaining a steady coffee intake, and you’re drinking the same amount today as you did twenty years ago, the problem is actually getting worse. As you get older, your liver has more and more trouble breaking down the toxins in coffee. So the same amount of coffee leads to more and more cortisol building up over time.

There are a lot of drinks with caffeine in them that you should remove from your diet, including sodas and especially energy drinks. Nobody ever reads the sides of those energy drink cans. **The ingredients are scary!**

We think we need caffeine to function in the morning, and to stay awake at night. But when we ingest the caffeine, it tells our body to go into hibernation mode. **So less energy is made. The more caffeine we drink, the less “real energy” we have.** That’s why people who drink a lot of coffee wake up like zombies. They can’t talk to people until they have had their first cup of coffee. That’s because they have wrecked their body’s ability to generate this energy on its own.

There are plenty of other drinks you can enjoy, such as herbal teas, to get you through the day. But as I said earlier, you really should only be drinking water.

Our bodies were never designed to “drink” calories. Drinking calories has only existed for a few short part of human history. Our bodies are designed to run on pure water. Anything else is inferior and only gums up the works.

Alcohol is another cortisol creator. It jacks up your cortisol levels and causes problems with how your body handles stress.

It’s also a toxin, so it puts a ton of extra work on your liver - and when you do break it down, because alcohol is pure sugar, your body turns it into fat.

Toxins

There are certain things that we put into our bodies or place on our skin that are pure toxins. I know that it’s tempting to take drastic measures to try and look younger and healthier, but have you ever thought about what Botox actually is? It sounds really cool and exciting. But most people don’t realize that it stands for Botulism Toxin. It’s one of the most powerful toxins known to man, and used to kill 70% of the people who came into contact with it.

It's a terrifying way to go. Botulism is caused when spores of bacteria get into your system. And now, people are pumping a weakened form of this same bacteria into their skin, to look younger.

There are many beauty products that we put on our skin that are filled with toxic chemicals. Even sunscreen is horrible for you and is filled with cancer-causing ingredients. I suggest you start carefully reading the label of every single thing you put on or into your body.

There are three main types of toxins that can damage or block your metabolism. You want to keep your eyes peeled for all three. There are androgen disruptors, estrogen disruptors, and thyroid disruptors.

The biggest danger to women is that many beauty products are full of estrogen.

Estrogen is great for smoothing the skin. It's also great for shutting down your metabolism. These fake estrogen components make you feel more tired, as your metabolism slows down and your body generates less usable energy. There is also a risk of cancer from these products.

There are different types of fake estrogen in skin creams, soaps, shampoos and even fragrances. Some of the ingredient names you want to look out for are parabens, phthalates, and sodium lauryl sulphate. These classes of ingredients have false estrogen elements, and either mimic estrogen or have other behaviors that damage your natural metabolic processes.

Your liver is the main organ for fighting off all of these types of toxins. The fewer toxins you allow into your body, the less work your liver has to do. That allows it to spend more time

focused on fat burning. We also want to be sure we give our livers the correct fuel to fight toxins.

Your liver needs protein and good vegetables to give it the power to operate at peak efficiency. You'll also want to get enough fiber and the right minerals into your body to keep your liver running smoothly.

The less stress we put on our livers, the better. Follow our diet/nutrition plan, and be more careful about what you eat and put on your skin, and you'll allow your liver to focus on fat burning.

The Metabolism Miracle Cheat Sheet



The Importance of proper nutrition

We've covered a lot of ground in this guide. Our goal is to give you enough knowledge to really understand the science behind what your body is doing, without turning this into a boring college chemistry class.

Eating the correct foods and adding some basic exercise to your life will go a long way towards repairing your hormonal balance and bringing it up to a healthy level. When this happens, you will have more energy, respond to stress better, sleep better, and your metabolism will stay running in high gear.

Let's review a few key points of the Metabolism Miracle diet and nutrition plan, to make sure this sinks in.

- Focus on healthy proteins and vegetables.
- Try to avoid dairy, white carbohydrates, and food that isn't really "food."
- Drink only water—and lots of it.
- Avoid processed foods. Stick to locally grown plants and animals as much as you can. If you can get organic, local or free-range food, that's the best option. This will cut down on the amount of pesticides and antibiotics that make it into your food supply.
- Avoid foods that have been genetically modified. Although the companies behind these products have scientists who promise they have no ill effects, GM (genetically modified) foods have only been around since the 1990s. We really won't fully understand the complex dangers of messing with our food supply for hundreds of years. You don't want to be part of a worldwide science experiment.
- Read the labels of everything you put into your body and onto your skin. There are a lot of sneaky ways in which large corporations sidestep the rules and hide ingredients. If you don't know what something is, then it is probably horrible for you. Assume that if the name is weird, it's bad for you. Before you buy it or use it, go online and look up what that word really means.

Here's a quick example. Many foods use carmine, cochineal extract, or natural red 4. These are all names for the same thing. It's something that many companies put into their food to color it red...and it comes from smashing up bugs that turn red when they die.

That's why they came up with their own names for it, instead of calling the ingredient "red smashed bugs."

In this case, it isn't a toxic ingredient. It's just gross. My point is, it pays to do a little research before you expose yourself to mysterious ingredients you know nothing about.



Sleep



Our bodies were designed for a world without electricity. Thomas Edison patented the electric light bulb in 1879. In the grand scheme of things, that's not that long ago!

Our bodies and sleep cycles have been around far, far longer. When we were living in the world as hunter-gatherers, the sun determined our waking and sleeping patterns. It's called a circadian rhythm: when the sun goes down, it is a sign to our bodies that it's time to sleep. When the sun rises, our bodies know it's time to rise and shine.

But now our world has changed massively. It's just so loud and bright! Have you ever gone deep into nature? Far enough away from a city that you can't hear any cars on the roads? Or even on a cruise ship...you look up, and suddenly all these stars that you normally can't see are there. We make so much light at night that we actually block the stars!

My house is actually brighter at night when the lights are on, than it is during the daytime. Technology has given us the ability to produce as much **"artificial light"** as we want, and work longer hours. But that isn't necessarily a good thing. We let all these new, confusing signals mess up our brains. When it's never dark, our brains don't know when to send the "sleep signal."

Harvard University did a sleep study and discovered that nearly half of Americans get only five hours of sleep a night, and that the majority of us have sleep problems.

How many people do you know who take sleeping pills? That's a huge warning sign that something is wrong.



Recent research shows that we really need about nine and a half hours of sleep a night. (I bet you're groaning right now. If you sleep that long, how will you ever get anything done?)

But you need to stop thinking that way. It's about quality of life here. Sleep is not the same as when you power down your computer. You are not a robot that gets turned off at night for a few hours. It's more than just plugging yourself into the wall to recharge your batteries.

Sleep is an active state. We have different kinds of sleep. There is REM sleep, deep sleep, and sleep cycles. But I want to keep this simple, so I'll just say this: even when you're asleep, your brain is performing important functions. And your sleep is broken up into 90-minute cycles.

Six 90-minute cycles = nine hours. So when you go to bed, set your alarm to go off nine and a half hours from that time. No one actually falls asleep within ten seconds of turning off the lights. So we include a 30-minute buffer to make sure we get the six sleep cycles that our bodies need.

Nearly all of us push sleep down on the priority chart. Instead of going to bed, and getting the sleep we need we stay up to watch late night television. Let's face it, most of it is garbage, anyway - and it's certainly not worth sacrificing sleep for.

And yet, every night millions of Americans do that. We choose entertainment over sleep. Sitting on the couch in front of the flickering light of the television. A light that just confuses our brain into thinking that it's NOT time to sleep.

(Remember, our brains are programmed to think it's "sleep time" when the sun goes down. But all of these artificial lights that we now have in our lives - whether you're staring at your television screen, or checking Facebook

on your phone while you're lying in bed - trick your brain into thinking that it's not bedtime.)

Should we take a pill that makes us sleep, or should we try to fix the root cause of bad sleep? Well, have you seen the side effects of sleeping pills? Sleepwalking. Saying things you don't remember. Diarrhea...

That last one alone gives me pause. **Do you want to have trouble sleeping AND controlling your bowels?**

So let's make a few minor adjustments to get your sleep back on track the natural way.

First of all, you need to make sure your bed is only for sleeping. Really, your bedroom should be a "sleeping chamber." I'd even consider the calling it your sleeping chamber from now. I mean it! It will change the way you think about it.

There should not be a television in there. There should not be a home office in there. I don't have any chairs in my bedroom. I want my body and brain to know that if I'm in that room, it's time to SLEEP.

My body will appreciate the consistency.

Also, don't eat right before bed. Your last meal should be a few hours before you go to sleep.

You should be on a fixed schedule. Go to bed and get up at the same time every day.

You might have a crazy work schedule that forces you to sleep at odd times. That's ok, as long as you are consistent.

If you work at night and must sleep during the day, consider getting blackout curtains for your bedroom. Sleeping in absolute darkness can be very refreshing. If you have kids and a hectic work schedule, then getting the full nine each night might not be possible. That's ok.

I know that sometimes life interferes. That's why we have the 20-minute "power nap." This nap is short enough to reset your brain's sleep rhythm, but not long enough to cause problems. If you take a longer nap, you will have problems waking up. You will feel tired and lethargic.

But after a 20-minute power nap, you'll wake up feeling energized and refreshed. Take care of your sleep, and your body will take care of you.





Eliminating Stress

Stress is a literally a killer. It starts in your mind and ends up in your bloodstream. Removing stress from your life will instantly improve the quality of your life and extend it. Taking the time to lower your stress levels will also lower your blood pressure. This is good for every single system in your body.

One of the best ways to lower stress in your life is to begin practicing meditation. Just 20 minutes of meditation per day will dramatically lower your stress levels. You'll literally feel the pressure of the day just melting away.

In the next section I will take you through a meditation exercise that you can use every single day, to lower your stress.



Guided Meditation For “De-Stressing”

Do this one in the morning, before you start your daily routine. Lie on your back and close your eyes. Concentrate on the bottoms of your feet.

Focus only on that part of your body.

How do your feet feel right now?

Feel the blood vessels in the bottoms of your feet. Then pay attention to every signal your body is sending you.

They are waking up for the day, and you can feel your feet are ready to start walking wherever you need to go today.

Your feet are the ones suffering the most from gravity.

Gravity is trying to pull your entire body down through your feet.

So just focus on your feet and imagine all of that pressure slowly fading away into nothingness.

Like a cloud of steam disappearing in the wind.

Your feet should feel so relaxed now.

The stress is gone and now they are filled with energy.

Now we can start to focus on the top of your foot and your ankles.

Think about how much work they do for your body.

They connect your feet to the rest of your body and they are so important.

You can feel the blood flowing under your skin.

Your ankles haven't felt this alive in years!

Really pay attention to what your ankles are telling you.

Are they sore from walking all day in uncomfortable shoes?

Move your attention up to your calves as you continue to breathe deeply...

How are your calves feeling?

Can you feel how the latent power stored in those muscles?

Can you feel the muscle tone in your calf?

These muscles are the key to all the great soccer players in the world.

Your calves are already starting to glow and you can feel the increased blood flow.

Can you feel the stress leaving your calves and now they are becoming so relaxed?

If you feel any remaining tension in your calves just release it.

Unclench the muscles and release all that negative energy from your legs.

Work your way past your knees and start to focus on your thighs.

Can you feel your thighs coming alive?

There is so much power there and when we are stressed we can clench here.

Stress in the thighs can affect all of our legs.

Just realize that they are so awake right now and the blood is really flowing down there.

Imagine your thigh muscles as powerful factories that keep you strong.

They give you the strength to walk and run.

How does it feel to watch that process in your mind?

It feels amazing, right?

Like you are on the path to something really wonderful.

You have taken action.

You have done more than just read another book about de-stressing.

You have taken action now and that puts you into a special category.

You are an action taker.

You should feel so proud in this moment and you should really feel proud of your thighs.

They are on your side.

They are not your enemy.

Just keep your eyes closed as you work through this visualization and guided breathing exercise.

Just imagine all of the stress leaving your body, as it becomes stronger and healthier.

You can feel the stress melting away, as you move our focus up to your bum and lower back...

(This is where my body is most prone to carry a lot of tension, so I give it the same focus as my thighs.)

Focus on your the stress just disappearing.

It's melting away like an ice cube on the ground, on a hot summer's day.

We then want to visualize the abdo

You can visualize them together, or separately.

Just feel that increased blood flow in your belly.

Imagine all of that stress and hardness that you carry in your belly disappearing.

You don't want your organs to feel squished between your breath and a hard tummy.

Just release any residual tension from your belly and watch it disappear into the ether of the universe.

Now that tension is nothing more than a faded memory.

Feel the freedom and relaxation in your organs.

Your digestive tract is finally stress-free, and so peaceful.

For the first time in a while, all those organs feel completely relaxed.

They don't have to pay attention to the outside world.

They can just focus on doing their individual jobs.

Feel that increased blood flow to your organs, giving each of them the energy and nutrients they need to run at peak efficiency.

Visualize your intestines and your entire digestive tract running smoothly and effortlessly.

Everything can run so smoothly now, as this part of your body helps to eliminate waste and toxins.

Just imagine all the pain and stress and bad things being eliminated from your body.

Now, we want to focus on our upper chest.

Again, imagine all the tension leaving this area of your body.

Some of us carry our stress and tension in the front of the body, in this region...

Almost like wearing a "backpack full of stress" in front of your body.

Just imagine that backpack fading away.

It is disappearing.

Feel the energy and life in your chest.

Isn't it easier to breathe now?

We have relaxed so much of our bodies now.

The bottom half of your body should feel amazing right now.

It's time for your chest to feel the same way.

If you deal with heartburn or acid reflux, focus on your stomach and esophagus.

Just feel your stomach getting enough blood and working perfectly with your esophagus.

They are a team.

Just let all of that internal stress fade away.

It is a cloud blown away by the wind.

Now there is nothing left.

No pressure or stress on the system.

Just feel that level of freedom and visualize what life will be like without ever experiencing heartburn again.

The stronger our beliefs and visualizations, the sooner these thoughts and visions can become a reality.

While we are focusing on the chest, let's go a little deeper...

We're focused on our deep breathing, but how does that really feel?

How are your lungs feeling?

Are they running perfectly?

Is there any stress there that needs to be released?

Are you breathing through your mouth or your nose right now?

Just feel each breath as a living thing.

Feel your lungs inflate as you breathe in and accept life-giving oxygen.

Now feel your body release Carbon Dioxide into the universe.

You don't need that in your body.

You release it to give life to the plants in our world.

You breathe in life.

And then you breathe out life.

Feel your lungs connecting with the universe.

Now we can start to move up again and feel the shoulders.

Really listen to how they feel and pay attention to any left over stress here.

A lot of us carry our stress in our shoulders. It's why we can't stand up straight.

We can feel the stress pulling us down and cramping our spines.

Sometimes a little stress can still hide in the nooks and crannies...

So just let it disappear.

Let it fade away.

Release that tension in your shoulders.

Your muscles are getting all the blood they need, and they are feeling electric.

Move up now...and focus on your neck.

This is another area that can get very stressed.

After a long day at work, our necks can become so sore and tired and just plain worn out...

So give your neck a chance to relax and tell you how it's feeling.

Just squeeze the muscles in your neck, and then let go.

Release all that tension and stress at once.

How does your neck feel after a hard day at the office?

Let your body tell you exactly what it needs, and listen to that message.

Really focus on your neck.

Be in this moment.

Release any leftover tension and prepare to move up to your face.

Your face is the part of your body that the world sees the most.

Every expression is judged and assessed and observed.

That's a lot of pressure.

Your face is working all the time.

So now, imagine each tiny part of your face relaxing.

Release the tension from your chin.

From your cheeks.

From around your eyes.

From your forehead.

Spend a few seconds thinking about each part of your face, and how hard they work for you. Thank your facial muscles for working so hard, and give them a few minutes to just relax...

To step away from all their work, and enjoy some rest.

Nobody is looking right now, so it's okay if they take a little break.

Visualize all of the stress leaving your face.

It's just floating away, leaving behind the most relaxed feeling. You are so peaceful.

You are floating in a stream and everything is perfect.

You have woken up your entire body.

Every system is awake and ready for the day.

You can accomplish anything today.

You are limitless in this moment.

You have started the process of eliminating the stress from your body, and you feel amazing.

Just imagine how you're going to feel, now that the stress is gone forever.

Take a few moments to really appreciate how wonderful you will feel when this process is complete.

Now that we have finished the visualization you can slowly open your eyes and sit up.

Your morning ritual is complete and you can start your day now.

You should feel amazing!



Conclusion

Changing her diet saved my wife's life. I can't make it any clearer than that. We were about to go down the path of dangerous surgery with at least one in three odds of failure. What a scary gamble...

And it was completely and totally unnecessary.

You might feel like your back is against the wall, but do not give up hope. Do not lose faith. Just the fact that you have the Metabolism Miracle course in your hands makes you someone special.

You have the power within you to kick your metabolism into high gear, shed that unwanted fat, and change not only your appearance - but your entire outlook on life.

Now, all you need to do is start taking action. Follow the Metabolism Miracle exercise and diet/nutrition plans. If you can spend just five minutes a day performing the exercises in our videos, the pounds will start to literally disappear.

And I have a feeling you're going to LOVE my "top secret Afterburner method." (It comes with this program, too.) It's so powerful that I almost didn't include it with this course, but my wife said that I have to.

She's right. I didn't want to hold anything back. If you stay the course, you can lose the weight and change your life - starting today.

Remember, this isn't some "fad diet" or gimmick. This program is based on simple science, and it comes to you from a regular, everyday husband and wife who think you deserve better.

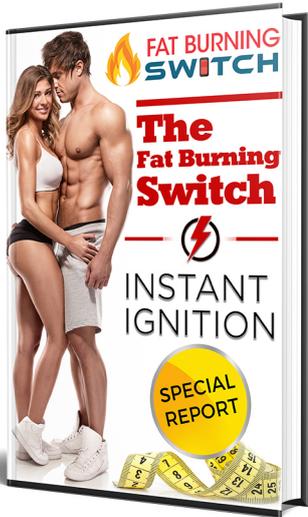
You know you deserve better.

So now it's time to get started with what might be the most exciting and rewarding journey of your life.

I can't wait to see a picture of the new you!

**Sincerely,
Bob Baker**

RECOMMENDED RESOURCES



FAT BURNING SWITCH

Would you like to **easily melt away 10, 20, 40 pounds or more** and say goodbye to your stubborn flab forever - without giving up the foods you enjoy, swallowing diet pills, or having to commit to a grueling exercise routine?

Scientists have discovered that there is a **Fat Burning Switch** inside of you - and once you "flip it," your metabolism will shift into **round-the-clock fat burning mode**. This means you'll melt away fat and slim down your waistline **even while you sleep!**

[Click here for a free video](#) which reveals this unusual breakthrough secret, which won't just melt the pounds away - it will also skyrocket your energy levels, boost your confidence, and make you feel like you're in the prime of your life again.

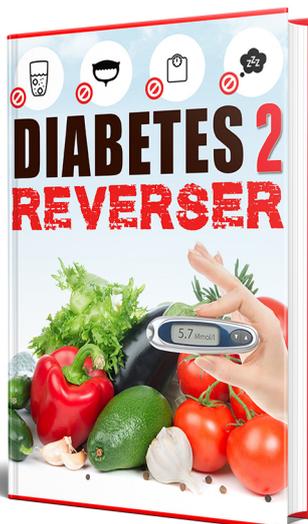


PRESCRIPTION FREEDOM

Did you know prescription drugs are killing far more people than illegal drugs? The FDA has admitted that adverse reactions to pharmaceuticals **kill over 100,000 Americans** each year...and yet, 70% of Americans are on them!

But here's **the big fat secret** that the Big Pharma companies don't want you to know: the active ingredients in most of these drugs come from the ground...**from God's green earth.**

[Click here for a short \(and eye-opening\) video](#) that reveals how to use the **natural healing powers of Mother Nature** to revitalize your health and heal yourself from many of the most common illnesses and medical conditions...at a fraction of the cost of prescription drugs, and with none of the unpleasant side effects.



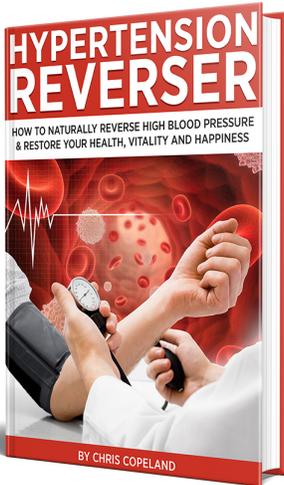
DIABETES 2 REVERSER

Over 29 million Americans have diabetes. 1 in 4 have this condition, but don't know it. And many millions more are "pre-diabetic"—speeding towards the danger zone, because they **DON'T** know the simple steps they can take to protect their health, energy and vitality, starting today.

Big Pharma would rather keep you in the dark about this, but there is actually a safe, proven and all-natural method that can **reverse your Type 2 diabetes in as little as 14 days** and get you off medications for good. And if you don't have this condition yet, this simple method will prevent the "diabetes demon" from ever harming you.

[Click here to discover this simple, 100% natural diabetes reversal method](#) that is amazing doctors, freeing thousands of people from the "prescription drug treadmill," and restoring them to optimal energy and health.

RECOMMENDED RESOURCES

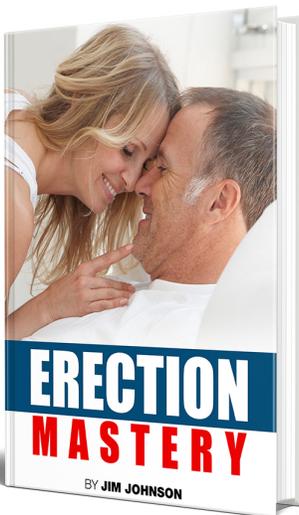


HYPERTENSION REVERSER

Hypertension, also known as **high blood pressure**, is known as the “silent killer” because of the way it slowly destroys your body from within...and can result in **sudden death** at any time.

Doctors are quick to prescribe prescription drugs for this condition (which come with all sorts of unpleasant side effects)—but did you know there is an **easy, all-natural solution** that is proven to reverse your high blood pressure quickly?

If you or a loved one has high blood pressure, [click here and let us show you the amazingly simple natural method](#) that thousands of people are using to reverse this condition and restore themselves to total health.

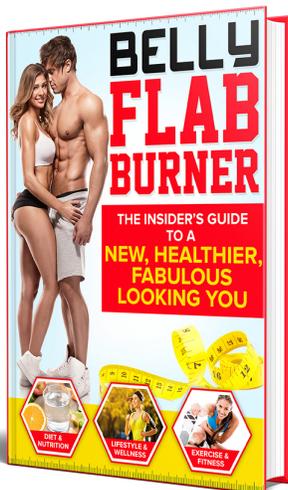


ERECTION MASTERY

Erectile Dysfunction is a problem faced by nearly all men as they get older - but it can also be a difficult and frustrating problem for the women who love them.

To make matters worse, Viagra and other ED “treatments” come with all sorts of awful side effects and complications - and they’re expensive, too. (Not to mention the fact that taking a pill to achieve an erection is not **fixing the problem**. It’s only temporary, and over time, pills often become less effective.)

So if you’re a man dealing with ED, or a woman who wants to help the man you love restore his complete manhood and sexual confidence, I highly recommend that you [click here to watch a short video](#) which reveals the **true cause of the problem** - and gives you an easy, all-natural method which you can use tonight to bring the “magic” back to your bedroom.



BELLY FLAB BURNER

Did you know that the size of your belly is one of the key indicators of your overall health? If you’re carrying a lot of extra flab around your midsection, it’s a **big red flag** that you may develop crippling or life-threatening conditions in the future.

And beyond your desire to be healthier, you know you would feel **10 times more attractive and confident** with a flat, toned stomach...

This is why I urge you to [click here to learn a weird “belly-flattening trick”](#) that you can start using tonight. You can start melting away 1-2 pounds of targeted belly fat per day—without starving yourself on some agonizing diet, or doing sit ups, or going to the gym at all.

Please Note:

The information presented in this book is not intended as specific medical advice, and is not a substitute for professional treatment or diagnosis. These statements have not been evaluated by the Food and Drug Administration.