

<http://preview.tinyurl.com/c7ynb5s>



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**I'm**  
**soooo sick and tired of miracle**  
**diet bull#\$%&!!**

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Ever feel like you're the unwitting pawn in a corporate greed tug-of-war??

On one side you have the purveyors of every kind of junk food, fast food and junky fast food ever created...

Who all want to...

sell you,  
sell you and  
sell you some more  
of their latest greatest flab-building gut-expanding "food."  
On the other side we have one "miracle" diet product after  
another, which, by the way, do NOTHING to help you lose weight  
and EVERYTHING to make you feel so discouraged you just want to  
give up and go pig out on more junk food!  
Aren't you sick and tired of all this bull#\$%&????  
That's why I have vowed to NEVER EVER go on another diet...  
...because diets do not work!

What's the good of losing 20 pounds only to gain back 30?  
I'm convinced that the ONE and ONLY thing that does work is to  
IGNORE everyone who is trying to make a profit by telling you  
what to eat and what supplements to take...  
...find someone who LOOKS the way YOU want to look...  
...and find out what THEY do to look that way!  
Does that make sense?  
It sure does to me.

So I went on a quest to find SOMEONE who can tell me for a FACT  
what works and what doesn't when it comes to losing fat, gaining  
muscle and looking and feeling GREAT.  
There are plenty of people out there who CLAIM they can do  
this...  
...and almost none who can back up what they say.  
Most are just repeating what they've heard others say... "Burn  
more calories than you take in... avoid fat... avoid carbs...  
eats lots of veggies... blah blah blah."  
If this advice was practical and doable, we'd ALL be slender,  
shapely and fabulous.  
I did find a couple of programs that sounded promising, but I had  
to wonder why the authors weren't showing off their own bodies.  
Didn't they follow their own advice?  
So I discarded those.  
I found other programs that had a few positive testimonials from  
people with no last names, but nothing else to back up the  
claims.

So I discarded those.

Then I stumbled on this guy...

<http://preview.tinyurl.com/c7ynb5s>

If you go to that page right now and look at Tom's photo....

I think you're reaction will be like mine...

WOW!!!

3.7% body fat.

Now here's someone who appears to be following his own advice, which means his advice is worth following.

But how did he learn the secrets to looking like THAT??

It seems he's been working at it for 14 years, perfecting a system that works not just for him, but also for the people he teaches it to.

Where did he get his info?

From competitive natural bodybuilders and fitness models.

The people who **MUST** look good for a living.

Notice he says, "Fitness" models, not skinny anemic anorexic drug-ingesting models.

People who get paid to look fantastic and **HEALTHY**, not like they're refugees from third world countries (as most fashion models look.)

I bet I'm going to get letters on that last comment. ;-)

Anyway, if you want to know how to do something, find someone who is already doing it, and do what they do.

Simple.

And Tom is, frankly, **OBSESSED** with bodybuilding, fitness and nutrition.

He's spent almost his entire life studying everything he could get his hands on, trying every diet ever created.

That's how he found out for himself that diets and weight loss supplements are a total waste of time and money, and can even be detrimental to your health and cause you to **GAIN** weight, not lose it.

Based on his research and discoveries of what **DOES** work, and on the secret techniques of the world's best bodybuilders and fitness models, Tom has developed his own complete fat burning

system.

You'll find a LOT of interesting info on it here...

<http://preview.tinyurl.com/c7ynb5s>

...and it comes with a full 56 day money back guarantee.

Meaning if it should turn out that Tom DOESN'T deliver on his promises of showing us how to get a gorgeous body like his, we get our money back.

Can't beat that!

*D.I'Anson*

P.S. You'll notice a loooong list of bullet points on that page.

Here are 5 of my favorites...

...these alone are worth the price of the entire book!

--How to almost INSTANTLY boost your energy levels higher than you ever thought possible, starting from day one...

--How to eat 50% more calories while storing NONE of it as fat...

--The top twelve worst foods you should avoid like the plague...

--The top twelve wonder foods you should eat all the time...

--How to be practically "hypnotized" into eating properly and working out consistently... No willpower required!

You can go read the bullet points to find your favorites...

... or begin your journey to lean, muscular and sexy right now...

<http://tinyurl.com/buybjey>

=====  
===== **I see you're sick of it, too!** =====  
=====

Yesterday I wrote about how sick and tired I am of all the weight loss diets, gimmicks and pills you see advertised every where...

...and I got a TON of mail from people who feel the same way...

...not to mention a LOT of people taking Tom up on his offer to show them how to lose the fat WITHOUT diets, pills or any of that bull\$%#@. visit website here...

<http://preview.tinyurl.com/c7ynb5s>

I received a few questions, too, which I'm posting below...

Q. "You're right, I'm sick of weight loss B.S., too. So what makes you think this is any different?"

A. Research and results. First, the results... look at Tom's photo, the black and white one where he's bare-chested. Does it look to you like he knows a thing or two about losing fat, gaining muscle and getting healthy?

Without trying to sound weird or anything, his body is freaking gorgeous.

Tom absolutely appears to be following his own advice, which means his advice is worth following.

Now look at the testimonials on that page. Pretty impressive.

As to research, Tom has been studying fitness and nutrition for 14 years, as well as acting as his own guinea pig. He's consulted with top body builders and fitness models. He's read everything he can get his hands on written by every expert and so-called expert on the planet.

Bottom line, if Tom doesn't know this stuff, who does?

Q. "So, this is another book on how to starve yourself skinny, right?"

A. Again, look at Tom's photo. He does NOT look like he's starving.

Now read these items that are found in his book...

--How to eat 50% more calories while storing NONE of it as fat...

--The top twelve wonder foods you should eat all the time...

--Certain things you can eat that actually speed up fat loss and increase your energy levels...

--How to eat right for YOUR particular body type...

--The almost magical combination of three food types that will boost your metabolism, burn more fat, increase your lean body mass and give you a ton of energy.

This sure doesn't sound like any starvation diet I've ever heard of.

More like an intelligent way of eating.

Q. "Am I going to be tired all the time by following Tom's advice?"

A. No. You will almost INSTANTLY boost your energy levels higher than you ever thought possible, starting from day one.

Q. "Is there a way I can just purchase Bonus #1, Foods That Burn Fat?"

A. No. The only way to get "Foods That Burn Fat" is to purchase "Burn The Fat, Feed The Muscle."

Note: If you haven't yet read the description of "Foods That Burn Fat," here's what it says (and why this lady is so anxious to get her hands on it...)

"In this popular bonus report, you'll learn exactly which foods 'burn fat' and speed up your metabolism - without having to cut calories drastically."

"When you eat these foods, you can actually eat more and still lose fat because these foods have a higher "thermogenic" effect!"

"This report reveals all the juicy details that most champion bodybuilders and fitness models would rather keep to themselves." Cool! Get the ebook now...

<http://preview.tinyurl.com/c7ynb5s>

*D.I'Anson.*

P.S. You could, of course, research all of the info in this book for yourself.

It took Tom 14 years to do it, and fitness and nutrition are his PASSIONS.

So it might take you a bit longer. ;-)

Or you could just buy the book...

...and start feeling better within days...

...looking better within a couple of weeks...

...and attracting a LOT of attention to your sexy self sooner than you ever imagined possible!

<http://tinyurl.com/buybjey>

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**Last**  
**Chance for MAJOR Fat Loss!**

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Today is the LAST day I'll nudge you to do what I KNOW you've been wanting to do for a LOOOONG time, and that is to  
LOSE  
THE  
FAT  
FOREVER!!!

For the last two days we've been talking about "Burn the Fat, Feed the Muscle."

I'm so proud of my MANY readers who have grabbed their copy of this ground-breaking book...

CONGRATULATIONS!

You've got what it takes to look great and feel AMAZING!

To my readers who haven't picked up their copy yet...

...the excuses end here, and here's why...

I've compiled a list of just some of the things you'll discover in "Burn the Fat, Feed the Muscle."

And unless you already KNOW everything in this list below, the time to learn this stuff is NOW.

You only have ONE body.

Yours isn't getting any younger or any healthier on its own.

(Don't take it personally, my body wasn't getting healthier on its own, either. That's why I grabbed my copy days ago.)

So, what will you discover in "Burn the Fat, Feed the Muscle?"

Here's a small sample...

--How to be practically "hypnotized" into eating properly and working out consistently... No willpower required!

--The most effective way to burn body fat ever... if you're only going to make one change, this is the one to make!

--Why 95% of all diets fail...

--How to be one of the few, the sexy, the successful 5% who lose the fat and keep it off FOREVER...

--Why NO diet can or will work unless you know this one simple, but amazingly effective secret...

--Certain things you can eat that actually speed up fat loss and increase your energy levels...

--How to take maximum advantage of "negative calorie foods..."

--How to rev up your metabolism and turn yourself into a food-incinerating, fat-melting furnace...

--How food manufacturers are lying to you on nutrition labels...

--What the supplement companies are hiding from you...

--How to increase the fat burning effects of your workout by as much as 300%

--The secret fat burning weapon bodybuilder's use to get super lean...

--How to eat right for YOUR particular body type (Eat wrong for your body type and you will NOT lose any body fat, regardless of how hard you train or how strictly you diet...)

--The big mistake you're making that's causing your muscles to shrink and your metabolism to sloooooow down...

--The food combination you should never, ever eat or you'll pack on fat FAST... and almost EVERYBODY is doing it...

details in fast selling ebook...

<http://tinyurl.com/buybjey>

Want more? Okay...

--How to almost INSTANTLY boost your energy levels higher than you ever thought possible, starting from day one...

--How to drop ab flab with ease, and even get rock-hard abs...

--The "overlooked" nutrient that lets you exercise longer and harder while burning more fat...

--The almost magical combination of three food types that will boost your metabolism, burn more fat, increase your lean body mass and give you a ton of energy...

--Why you will always fail to keep the fat off if you use a CONVENTIONAL low carb diet...

--The low carb diet that DOES dramatically increase your rate of fat loss without muscle loss or slowing your metabolism...

--Everything you need to know about weight training for fat loss...

--How to keep from sabotaging yourself...

--What types of exercises and athletic activities AREN'T effective fat burners... you might as well avoid these, because they're wasting your time...

--How to keep the fat you lose off for good...

--How to eat 50% more calories while storing NONE of it as fat...

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Plus you also get...

--Dozens of never-before revealed fat loss secrets of fitness models and bodybuilders... discovered in a 14-year study of the most ripped athletes on earth...

--The top twelve worst foods you should avoid like the plague and why...  
--The top twelve wonder foods you should eat all the time...  
--10 fool-proof methods to break through any fat loss plateau - even if you've been trapped at the same weight for years...  
--A simple test that determines your REAL ideal weight, and it's NOT Body mass index...  
--FOUR different weight training programs designed to fit your schedule and experience level - plus a super effective condensed routine for when you're short on time...  
--7 strategies to ensure your body never goes into "starvation mode," and what to immediately do if it does...  
--Fat-slashing exercise routines that are so effective, when you finish each session you will be leaner than you were just half an hour ago! Yes, they work THAT quickly, and you get results after every workout...  
--And much, much more.

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visit my bio page...

<http://about.me/dashboard/#!/overview>



*D.I'Anson*

P.S. Look... you can either continue to "wish" you were less "fluffy" and more lean, muscular and sexy.

Or you can continue struggling to TRY to lose the fat (and you know how well that's worked so far...)

OR you can discover the secrets to...

...MAXIMUM fat loss in MINIMUM time...

...just seconds from right now.

And a week from today you can feel healthier...

...in two weeks you can have lost enough fat that people are starting to notice...

...and in a month you can be well on your way to getting into the best shape of your life!

:-) always...

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**Just imagine how envious your friends will be!  
Check ebook here...**

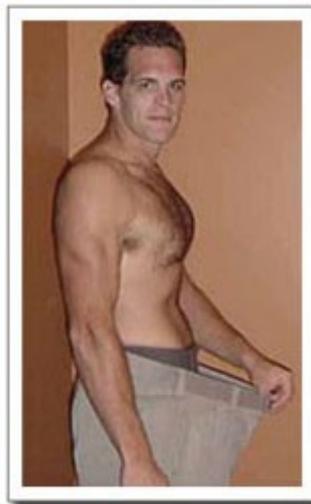
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<http://preview.tinyurl.com/c7ynb5s>



*Before*



*After*



*Before*



*After*