

# 5 Foods to **NEVER** Eat



# Introduction

**WARNING: IF YOU STRUGGLE WITH YOUR WEIGHT, AND WANT TO LOSE STUBBORN BELLY FAT, BUT CAN'T SEEM TO STICK TO ANY DIET, I STRONGLY ENCOURAGE YOU TO WATCH THIS SHORT PRESENTATION.**

When you do, you'll discover my secrets for fat loss, including learning about the **five worst foods** you can eat if you want to have any hope of eliminating those unwanted pounds and inches ... foods I can almost guarantee you've eaten in this past week.

My name is Dr. Karen Shackelford and I'm going to reveal the exact steps I took to drop over 70 pounds and a whopping 14 inches from my waist ... all with a few simple changes.

More importantly, I'm going to show you how you can do the same.

What qualifies me to share this life-changing information with you? Well, it's simple

Even though I am a medical doctor, I battled my weight for 16 brutal years. I was absolutely desperate to lose the fat that just kept piling on me, no matter what I did. After 16 years of failed diets, I learned what I'm about to teach you. Because when I stopped eating the foods I'm going to tell you about, I shed 75 pounds. About 25 or 30 pounds was belly fat and the rest was in all the usual other places: my arms, my rear, and my thighs.

That was 12 years ago and I haven't regained the weight. I call that my not-a-diet because I wasn't hungry. In fact, I ate really good food and enjoyed my favorite treats. I didn't count anything like calories or fat grams. My skin cleared up, I had more energy and I was nicer to myself and other people. I still eat this way because I love how it makes me feel, it's delicious, and it's nourishing—which is not what we think of diets!

So believe me when I say, your struggles with weight are not your fault. There's a lot of deliberate misinformation floating around on the internet about how to eat healthy and lose weight. That's because the big food corporations make huge fortunes getting you to

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eat as much of their products as possible. Especially the foods I'm going to tell you about! Then the diet companies they own make small fortunes from selling you weight loss strategies they know don't work. Otherwise, they wouldn't make money!

How I learned about those foods is kind of embarrassing.

When I began dieting, I wanted to keep 10 extra pounds from turning into 20. So I decided to try one of those low-calorie prepackaged food diets. I lost the fat all right. And as soon as I started eating real food again, I gained all that fat back plus interest. By the time I stopped yo-yo dieting, I had rebounded my way all the way up to 205 pounds. And I had paid about \$20,000 for the privilege. My last diet—**I was desperate**—was supposed to be a 30-day juice cleanse.

I was miserable, my family was miserable, the furniture had teeth marks in it and our pets were looking pretty tasty.

On day 8, I was driving by a *very famous* fast food restaurant and I could almost taste the French fries. Before I could stop myself, I pulled into the parking lot and found myself standing in line at the counter, practically drooling, when a thought popped into my head.

*If I chew these fries, just the fries, no ketchup, just for the taste, and spit them out, those calories won't count...*

It was the most *completely horrifying* moment of my life.

I ended my juice cleanse right there on the spot with large fries, a bacon double cheeseburger, and a large strawberry milkshake. *Nothing* had ever tasted so good.

As you might imagine, I regained the weight so fast my head spun.

And I realized that it had gotten pretty bad...

Because after 16 years of dieting and hundreds of pounds of rebound weight gain (and loss) topping out at 205 pounds, I knew just one thing...

**If you ever need to gain weight, just diet. Works great. Every. Single. Time.**

But then something happened that totally changed my life.

# My Wake-Up Call

One day at work, my perfectly slender co-worker and I were chatting over lunch. I remember it clearly: I was sipping a diet shake, and she was eating a full plate of food. Suddenly—and I'm still not sure what made me say this—I asked her: "What's your secret? How can you eat so much great food and not blow up like a blimp?"

She replied, "I love to eat, so I just make sure I eat the right foods in the right combinations at the right time. I don't believe in dieting." I blushed bright red, looked down at my diet shake, and quickly changed the subject.

At first I thought, it *can't* be that easy! She's got to have a super-fast metabolism, or work out for hours or just be a genetic freak. But what she said got me thinking.

So for the next few days, I took notes about exactly what she ate for breakfast and lunch, then fixed it for myself the next day.

And something incredible happened. After a week, I had to tighten the belt on my work pants—they were practically falling off!

Even better, I realized I was a lot less grouchy, and my skin was clearing up, too.

Once I **broke the code** on how food really affected my body, I developed a simple, insanely effective plan. The very first thing I did was to stop eating these five foods that practically force us to become fat...and started eating what I now knew were the right foods in the right combinations at the right time.

And I shed 75 pounds in a lot less time than it took me to gain all of that weight. Also, it was much, much, much easier. Because within weeks, I had more energy than I'd had in *years* and I had fewer and fewer aches and pains. And the more weight fell off me, the better I felt. I went from being so heavy, I was out of breath climbing stairs or walking around the block, to learning to tango with my husband and hiking with our kids.

Pretty soon, I was shopping for a whole new wardrobe in a size 6. I gave all my old clothes away, knowing I would never wear them again. I have to say, that felt *good*... especially the day I walked into the lingerie store and I...bought something that made both me and my husband smile.

Not long after that I achieved another goal... working with people who were stuck in the yo-yo cycle of dieting...just like I had been.

After 12 years of helping people lose weight, I know not-eating these foods works for almost everyone. Of course we gain—and lose—weight differently, depending on whether

we're male or female, our age and activity levels, even whether we've had children or our genetics. But **these five particular foods practically force the human body to produce fat-storing and appetite hormones**... Some of us just get lucky and produce less of them and...many of us aren't that lucky.

Worse, the damage these foods do to you doesn't end with your weight, your waist-line, and your self-esteem. These foods can also dramatically increase your risk of serious illnesses. So you **should** avoid eating these five foods regardless of your physical condition.

And not-eating these foods will work for you even if you only not-eat a few of them. You don't have to plunge into some kind of super-perfect diet to begin seeing encouraging progress in a matter of days. I have to be 100% honest and warn you: everyone is different! But I hear **all the time** from people who've dropped a few pounds or taken in their belts a hole and sometimes two, that their skin is clearing up and they have more energy because they're feeding their muscles and not their fat.

I absolutely, passionately believe in your right to have the body nature intended you to have: trim, attractive, healthy and energetic.

You probably have all the answers you need to lose your unwanted fat right in your own kitchen. All you need to know is what eating healthy really is, because it's not what most people think it is. It's not about "diet" health bars, or eating berries, celery, and carrots.

When you consume the right carbs with the right amount of proteins, the fat will burn off naturally.

It's that simple!

Now, I'm betting three of these five foods will shock you; like they did me.

## Food #1

Let me start with the one that isn't a food, it's actually a drink. A drink you've been told over and over, "How healthy it is for you."

### CONCENTRATED ORANGE JUICE

Have you ever seen those commercials that tell you starting your day with a big glass of concentrated Orange Juice is a really good idea? The truth is, it's probably one of the worst things you can do to your body.

And it's not just OJ, most concentrated fruit juices, like cranberry, apple, and grape, can cause problems around the waistline.



You might be wondering how this is possible. Isn't fruit good for you?

Well, I knew the problem wasn't the fruit, so I discovered how fruits are concentrated into juice. You see, many companies remove the fiber and other nutritious elements out of the fruit during the "concentrating" process.

The fiber in fruit normally reduces the spike in blood sugar. With the fiber taken out, you are essentially left with sugar water.

And when your blood sugar is too high, it puts your body in fat-storing mode. Essentially telling your body to store anything you eat as fat. Blood sugar levels are directly related to Insulin levels. Insulin is also known as your fat-storing hormone. This hormonal imbalance with Insulin can cause weight gain because of the raised blood sugar levels.

Most concentrated fruit juices have just as much, or **even more** sugar than soda!<sup>1</sup>

Excess sugar in our diet is probably the number one thing to be careful of. And it's not just concentrated juice you have to worry about.

A lot of processed foods have excess sugar in them. And it's disguised in scientific sounding names like "High Fructose Corn Syrup," "Dextran," "Dextrose," and "Fruit Juice Concentrate" like I just mentioned.

The Food and Drug Administration has warned that there are over 50 different known poisons and toxic substances in the average American's shopping cart. These chemicals combined can cause hundreds of different diseases and can even be fatal in some cases.<sup>2</sup>

## Food #2

Now the second fat-storing food can also increase your weight, but it also has far more serious health risks. Fat-storing food number 2 is:

### MARGARINE

Like many oils and spreads, most margarines contain trans-fat. Trans-fats are formed when hydrogen is added to make it solid and less likely to spoil.

But ingesting these trans-fats can increase the risk for cardiovascular disease as well as weight gain.

Cardiovascular disease is on the rise with heart disease being the number one killer in America.<sup>3</sup>

Trans-fats also increase your LDL or “bad” cholesterol, while at the same time wiping out your HDL or “good” cholesterol.

### So it's a double whammy on your body!

It can cause you to gain weight, wipe out your good cholesterol, increase your bad cholesterol by building up plaque in your arteries and do more harm than good.

In the **Trim Down Club**, you'll learn about healthy alternatives to these fat-storing foods... like butter instead of margarine.

Butter has fat in it too, but it's a saturated fat that your body can burn for fuel instead of building up plaque in your arteries like trans-fats can do.

You'll start eating foods that don't wreak havoc on your hormones, your arteries, or your blood sugar levels. And your body will thank you as it sheds inches and melts the extra pounds away.





## Food #3

Next let's get to fat-storing food number three which was quite a shock for me.

### WHOLE WHEAT BREAD

Are you surprised? I was too.

It's not just whole wheat bread either. It's other breads and all those high-carb "comfort foods" we love, like apple pie, cakes, muffins, pastas and pizza. But they make it very hard to get lean and healthy.



I knew that high-carb comfort foods can make you fat.

But if you're like me, you love these foods, and you don't want to give them up. Well, as it turns out, you don't have to.

My own problems losing weight made me passionate about helping other people succeed.

I could never seem to get rid of those extra 20 to 30 pounds of belly fat... I stopped eating the sweets and was eating healthier. And I would even exercise... which helped lose some of the belly fat...

But it always came back when I couldn't continue my routine because my life just got too busy again...

There's a saying in the fitness industry that "you can't exercise your way out of poor nutrition." That means no amount of exercise will help if you're not eating nutrient dense food that your body needs to metabolize.

And I always thought my weight had a lot to do with the carbs I was eating...

But the real key was understanding how my body metabolizes these carbohydrates, and what causes these cravings in the first place!

***When carbs are combined with the right amount of other foods, like proteins, it doesn't raise your blood sugar levels and put your body in fat-storing mode.***

Before I learned about food, here's what my family and I ate on a typical day.



Pancakes for breakfast. A burger for lunch. And chicken for dinner. But the problem with these meals is that they don't have the right ratio of high carbs and low carbs to protein.



Let's take a look at breakfast, it's essentially all high-carbs.

Eating high carb meals tends to elevate blood sugar levels basically telling your body to store everything you eat as fat. And that's what was happening with me at almost every meal.

I just had to customize my meals to add the right balance of proteins with some low carbs and the high carbs, to balance out my meal and keep my blood sugar level.

And I didn't have to give up anything. I can still have a burger for lunch, and my family's favorite chicken dish for dinner.

By combining the right ratios of carbs and proteins, it causes your body to burn fat rather than store it.

Let me explain something else that feeds these cravings for "comfort foods"...

Cortisol is a hormone produced by your adrenal glands in response to stressful situations...and makes you crave sweets and comfort foods.

But here's the thing. Stress is stress to this hormone. It doesn't know the difference between a life-threatening *physical* situation and a *mentally* stressful situation.

And when you feel mentally stressed, your body is flooded with cortisol just as if you were in immediate **physical** danger.

In a physically-stressful situation, like being inside a building on fire, the higher levels of cortisol are burned off by the activity of running out of the building... that's what it's there for.... to give you that extra boost of energy.

But in mentally stressful situations, like being under a tight deadline at work, relationship problems or even being overweight, your body continues to produce cortisol to handle the stress.

And scientific studies have shown that high cortisol levels increase your appetite and cravings for sugar.

Which is why most of us deal with stress by reaching for these high carb "comfort foods."

And then our bodies typically store this as belly fat.

Then I learned another thing, and this was really hard to understand at first. Before I understood the power of food, I was always trying to get rid of that extra 20 to 30 pounds of belly fat through different diets.

As it turns out, those diets didn't have me eating enough! See, when you restrict yourself from eating for a long time, like I did on those diets—your blood sugar drops and your body is convinced it's starving.

When your blood sugar levels drop, it puts you back in fat-storing mode.

But by snacking in between meals throughout the day, you can keep your blood sugar levels balanced, and keep your body in the fat burning zone all day long.

Your meals just have to be balanced with the right amounts of protein and carbs. This way your blood sugar levels don't go too high and throw your hormones out of whack, or go too low and put you into starvation mode.

Now think about these first three foods for a second. Orange juice, margarine and whole wheat bread. How many people probably have this every morning for breakfast?

Are you starting to see why it can be so hard to lose weight? Can you see how the choices made available to you are sabotaging your weight loss goals?

And this problem isn't just a physical one. The psychological factors can sometimes be even worse.

Ask yourself if ever experienced any of these feelings:

*"It's hopeless! I'm doing everything and the weight still won't come off."*

*"I'm never going to look as good as I did before"*

*"Go out? I don't want to go out! I really don't feel like doing anything."*

*"Buy new clothes? What's the point? Nothing ever fits!"*

When I hear these comments, I know the frustration because that's how I felt when I was trying everything and nothing was working.

But, now that I know how your hormones can go out of whack by eating certain foods, I've just tweaked my eating habits and stopped the endless cycle of dieting. And you can too. It's that easy.

When hormones continue to be imbalanced, it can cause unwanted effects like weight gain. And it gets worse, because the more pounds you pack on, the less Adiponectin your body produces. Adiponectin is your fat burning hormone but the more body fat you have, the less Adiponectin your body produces.<sup>4</sup>

### **So it's another double whammy!**

It can be a domino effect. When your blood sugar goes too low or too high, it can cause an Insulin imbalance and put your body into fat-storing mode. As you gain weight, your body tends to produce less adiponectin, your natural fat burner.

Then add in the day-to-day modern stress we all live with, and the excess cortisol your body produces because of it, and you start see why weight loss can be so difficult.

But it doesn't have to be that way.

The **Trim Down Club** gives you tips like keeping your adiponectin at optimum levels to increase your weight loss.

For instance, Green tea has been shown to increase levels of adiponectin. Aside from its fat burning power, it's also a natural anti-inflammatory. So it can also help ease the swelling sometimes associated with weight gain.

Now, if you want to know whether the sugar in bananas helps you store belly fat, stick with me, because I'm going to get to it.

Because the **Trim Down Club** has come to realize it's not the hormones, but the choices in food made available to us that are contributing to these imbalances.

Like I said earlier, there's a lot of *misinformation* floating around. And there's vital information that's being hidden from us that could allow all of us to be slender for life.

Let me to quickly tell you about the **Trim Down Club** before we wrap this up with the last two foods to avoid.

We are a group of health, fitness and nutrition professionals who teach you how to swap out fat-storing foods for healthy fat burning foods. Things like butter instead of margarine, and whole grain bread instead of processed wheat.

Simple tweaks like these will cause your body to burn fat, rather than store it because it keeps your blood sugar levels balanced and keep your body in *fat-burning* mode all day.

We make this very easy for you to do with our exclusive Personal Menu Planner.

**You** just choose your favorite foods from the Personal Menu Planner, and it instantly creates a weekly menu that will help you melt fat off your body. It's like having your own personal nutritionist.

Everything is immediately accessible online, so you can log in whether you're at a friend's place, visiting the family, or from the comfort of your own home.

Your Personal Menu Planner gives you simple mouth-watering recipes using your favorite foods to make hundreds of delicious meals with just the right combination of proteins and carbs to turn on your body's fat burning furnace.

We'll show you how to speed up weight loss, because the precise combination of these meals, ensures you're eating the right kinds of food to maximize fat loss.

Without counting fat grams, counting calories, or starving yourself!

This is a family friendly program because when the rest of the family is eating chicken, you can eat chicken. When they're having dessert, you can have dessert. You don't have to fix something different, or eat a frozen or prepackaged meal because you're trying to lose weight.

My personal favorite are the breakfast tacos. And I love cream cheese cocoa



fudge cake for dessert. These are just two of the many choices that make it easy for you to lose weight. **Everyone** in the family can keep lean and healthy with our dietician approved meals to keep the fat off!

Because great food is your best ally in losing weight, every mouth-watering recipe is easy to fix, even if you've never cooked before.

We'll also show you how to eat delicious snacks in between meals to keep your body out of starvation mode which can cause your body to store food as fat.

So you never go hungry, and since you're not depriving yourself of the foods you love, you can stick with this plan, and watch the flab disappear as your body naturally redefines itself to your ideal body weight.

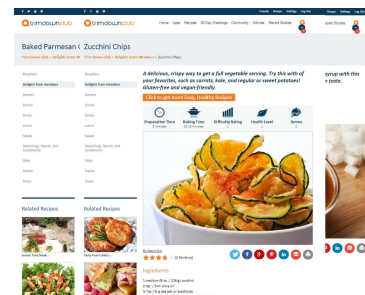
Your body has a built-in blueprint to be lean and healthy. When you feed it the right food, in the right combinations, it naturally melts off any excess weight! And we show you how to turbocharge your results!

You'll be back into that favorite pair of old jeans before you know it!

Plus, you have full access to the **Fat Burning Forum**. This is an extremely supportive and active community

It's a friendly and fun forum where you can ask questions, get support, or just trade delicious fat burning tips and tricks. It's a very active community where everyone is kind of going through the same thing to achieve spectacular results and help each other along the way.

As a private member, you'll get exclusive access to new recipes, like Baked Parmesan Garlic Chicken, Homemade Ketchup, and because we all love junk food, Crispy Zucchini Chips are "junk food" that loves us back. We test every recipe so you know it's tasty and easy-to-make... and helps you lose weight and feel great.



And we turn the best new scientific weight loss information into interesting articles full of tricks and simple tips, so you can say Goodbye! To your fat!

To get your body in fat burning mode all day, every day, we give you a **Quick Start guide** with a simple step-by-step plan to get a jump start on being lean and healthy. While having a personal trainer like on the TV show the Biggest Loser would be nice, the average personal trainer costs \$50 an hour. That's over \$2400 a year at just one hour a week.

Programs that ship you food in prepackaged boxes every month can cost \$300 or more, each and every month, whether you lose the weight or not. That's over \$3600 a year!

Doctor's programs can cost \$500 a month or more!

Until recently, the suggested retail price for a yearly membership in the **Trim Down Club** was going to be an extremely low \$297.

But now, since we can deliver the entire program online, you can join the **Trim Down Club** right now (at the end of this report), and get everything you need to lose the weight you want, and keep it off, without giving up the foods you love, for a one-time payment of...

**JUST \$47.**

You heard that right. Just \$47 for **life!** No monthly billing. No ongoing fees. That's less than a family night out at the movies.

And, unlike other fat loss programs, we offer a 100% money-back guarantee. That's right! You lose weight or you don't pay!

At the **Trim Down Club**, we're committed to provide you and your family with the very best educational fat loss products available, and we take that commitment very seriously.

We believe that if our program doesn't work for you, you shouldn't have to pay for it. That's why the **Trim Down Club** is backed by our unprecedented money back guarantee.

You can try it in your own home for eight full weeks... prove to yourself that this program really works.

If within two months, you haven't lost weight ... if you're not well on your way to having the lean and healthy body you deserve, simply let us know and you'll get a full refund. No questions asked.

There's no risk, so you have nothing to lose. The **Trim Down Club** guarantees you lose the weight or you don't pay.

Start using the foods you love to lose weight.

You really can eat your favorite foods *and* shrink your tummy... when you know how much of them you can eat ... and the right combinations to eat them in.



And you get lifetime access to melt the fat away, and **keep it off!** That's 80% less of what it costs for delivery diet food. But that's not all, you'll also receive four great gifts!

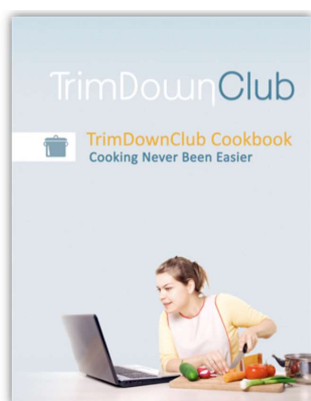
### **GIFT #1 "SHOPPING THE PROPER WAY"**

We break down the myths and show you that just because something says "diet" "light" or "reduced fat" on the package, doesn't necessarily make it good for your body.

Now you'll know if the food you buy is blood sugar "safe."



### **GIFT #2 THE TRIM DOWN COOKBOOK**



This is the heart and soul of creating that lean and healthy body you want. You'll eat well all day, every day, and keep your body in fat burning mode.

Your body will start thanking you right away by naturally melting away the excess fat. This isn't eating grape seeds and celery, these are hearty and wholesome meals your taste buds will love and your body craves!

### **GIFT #3 THE PERFECT SOUP**

These are delicious soups and a truly nutritious source of food using the best fat burning ingredients that your body is starving for.

Your body will literally sponge up these scrumptious soup recipes that leave you feeling satisfied.



### **GIFT #4 EXPRESS MEALS**

For 14 days. We know it's not always possible to cook a delicious fat-burning meal. So we've created a special menu for people on the go.

You'll get quick snacks and light meals that are perfect for your busy life. You're no longer at the mercy of the "fast food" alternatives... that pack on pounds quicker and are not good for you anyway.

So go ahead and click that button below to get started right now! You'll not only see all the foods you should avoid, you'll get a complete done-for-you program to help even out your blood sugar levels, keep your hormones balanced and in check, and free yourself from unwanted and dangerous fat.



***Click here to get immediate access!***

You're totally covered by our no risk money back guarantee. And you can keep the bonuses as our gift for giving it a try even if you cancel. Start melting the fat away!

## Food #4

Now you may be very surprised that fat-storing food number four is:

### PROCESSED SOY

Soymilk, tofu, and soy protein are just a few of the products that Big Food companies tell us we should eat so we can lose weight and get healthy. But it's not true!

This is when I first realized how often I was tricked into eating a lot of food that was **bad** for me. So many people are...

You've probably heard how **"healthy"** soy products, whole wheat breads, and fruit juices are... especially since it says so somewhere on the package.

And if you're wondering how soy products can be bad for you, it's simple... It all comes down to processing.

Many soy products are highly processed, which "strips out" important vitamins and minerals, along with as much as...90% of the phytonutrients, the disease-fighting medicines found in foods.

When you eat highly-processed foods, you're eating some pretty empty calories. Yes, they supply energy, but not the nutrients your body needs to use that energy. So your body produces ghrelin, a hormone that growls....kinda like this little kitty...**Feed me.**



Ghrelin is your *irresistible* appetite hormone. Your body produces it when you're hungry—or when you don't get the nutrients you need. And the more empty calories you eat, the more ghrelin your body produces: **Feed me now.**

Which is why you can go on a rampaging refrigerator raid an hour after a big fast food meal.

One easy thing you can do to balance your ghrelin is to eat certain nutrient-dense foods instead of processed soy products. (Celebrities, who have to stay trim and healthy, eat these foods so they don't have to diet! You'll find out exactly what they are inside the **Trim Down Club**.)

Bonus: these foods boost your metabolism!

And when it comes to losing weight, metabolism is the engine that turns fat into fuel for your body so you can be healthy and attractive.

Your metabolism is also crucial for your kidney, brain, heart, and liver to function properly, so just avoiding processed food as much as possible can make a difference.

When you join the **Trim Down Club**, you'll get a complete list of great-tasting foods—like cinnamon and blueberries—that will supercharge your fat-burning metabolism.

So if you're ready to turn your weight-loss switch all the way **ON**, click the button below now.



*Click here to get immediate access!*

Now the last fat-storing food tastes great roasted at BBQs...but it can really hurt your weight loss efforts.

## Food #5

### CORN

Fat-storing food number five is **corn**. But not any corn, I'm specifically talking about genetically modified or GM corn for short.

There's a big controversy over genetically modified foods. GM corn is **banned** in other countries, including France, Germany, Poland and Italy. GM corn was designed to fatten livestock, so it's not surprising that... it does the same to us. In fact, *just one* sweetener made from GM corn makes a **big** contribution to the obesity and diabetes epidemics.



This harmful sweetener is hiding in hundreds of places where you'd never expect it. Breads and cereals, cottage cheese and yogurt, salad dressings, drinks made with *organic* fruit juice, even fast food sandwiches are just a few of those hiding places.

And these five foods are just the tip of a much deeper problem.

Corn, soy, sugar, aspartame, canola and even dairy is being bombarded by corporate giants with unnecessary and unhealthy chemicals, growth hormones and antibiotics that can harm your health and increase your weight.

Adding chemicals to prolong shelf life or genetically modifying our food is not the answer. Modifying what we eat towards more healthy choices is.

## Ready for a Change?

You can change your health, your weight, and your life, just by making better food choices, and knowing when to eat, how to eat, as well as what NOT to eat.

But like I said earlier, this isn't about just eating vegetables and granola. These are delicious meals where we teach you to swap out unhealthy and "fat" foods, for leaner choices that don't put you at risk.

Because the **Trim Down Club** gives you a complete done-for-you, easy-to-follow program to melt the fat away to get your entire family lean and healthy.

Now, you could try to go this alone, but I would suggest you let the **Trim Down Club** help you, at least until you feel comfortable and know what you're doing when it comes to eating healthy.

So go ahead and click the button now.



*Click here to get immediate access!*

If you know you're ready for a change, and you want to burn the fat, then give a try for a full 8 weeks and we'll show you how. If you're not well on your way to losing the weight you want and getting your life back, then we'll refund your money 100%!

That's our guarantee.



## The Power of Motivation

Think about all the famous people you know that have coaches and mentors...

Oprah Winfrey and other media personalities have coaches!

Michael Jordan, Kobe Bryant and top athletes have coaches!

Movie stars have coaches and trainers!

Even Tony Robbins, who is a self-help coach himself, has a coach and a trainer. The list goes on and on!

They don't try to go at it alone because they've already learned how quickly we can sabotage ourselves when trying to break bad habits to form new good habits.

They know that to overcome the obstacles in life, you need to increase motivation, put in the extra effort, and get that inspiration to dig deep within yourself to create the added incentive to stick it out and reach your goal!

That's kind of our mission, offer people a really effective online coaching program that includes that added ingredient of motivation to follow through. So, let's get started.



*Click here to get immediate access!*

The **Trim Down Club** is going to help you tap into that hardwired ability that resides within us all to be healthy, and energize this power within you, to live a happier, less toxic and more wholesome life.

Before we're done, you will know that you are responsible for your well-being. In other words, the "hands of fate" are your very own. You only need to learn how to use these proverbial "hands" to confidently drive you down the path of true health. And that's what we do for you by showing you WHAT NOT TO EAT, as well as the HOW, When and what you should eat.

There are people who get exponentially worse with increasing health problems and wither away in pain with age... and others who grow exponentially better with more vigor and vitality as they get older.

The only difference is that the latter group decided to activate the body's natural healing power... and eliminate the toxicity in their lives.

So join us and start living a healthier and happier life. Many people see encouraging results in just the first 2 weeks...

The only real risk is if you don't do anything.

If deep down in your heart **you KNOW that you MUST succeed** at any cost (for you, your family, your career, your health, and possibly even your life)...

Click the button below and let's get started!



*Click here to get immediate access!*

## FAQs

### **CAN I HAVE A SPECIALIZED MENU LIKE: GLUTEN-FREE, LOW-CHOLESTEROL, LOW-SUGAR, NON-DAIRY OR VEGETARIAN?**

Yes, and you can even combine all these desires in the Personal Menu Planner. Our tasty, easy recipes are designed to naturally avoid these troublesome issues. Plus, we offer an extensive selection for vegans.

### **ARE THE FOODS EASY TO FIND?**

Most of the foods that we recommend are easily found in your local supermarket. We do our best to avoid foods that are expensive or hard to find, and all of the foods we recommend can be purchased online as well.

### **DO I HAVE TO KNOW HOW TO COOK OR HAVE A LOT OF TIME TO COOK?**

Every recipe comes with step-by-step instructions and is carefully designed for your busy, modern lifestyle. Anyone can make these terrific meals, and everyone in your family will love them!

### **CAN I STILL EAT MY FAVORITE FOODS?**

Absolutely! Deprivation is the best way we know to turn a reasonable treat into an uncontrolled binge. We strongly believe food is meant to be enjoyed! You just have to learn the right combinations and proportions to eat them in.

### **I'M OLDER, HAVE A SLOW METABOLISM, HEALTH ISSUES SUCH AS HEART DISEASE OR DIABETES, OR PHYSICAL PROBLEMS. CAN I STILL JOIN?**

Yes! If you have a medical condition or physical condition, please talk to your doctor before starting this program. **However, this is not a radical or fad diet.** This is delicious, nourishing, clean eating designed to speed up your metabolism so your body can **let go** of your excess fat. Individual results vary but the program is designed to work for you regardless of your age or sex, or whether you are post-partum or post-menopausal.

## **WILL IT WORK IF I CAN'T EXERCISE—OR IF I JUST DON'T WANT TO?**

Yes. It is virtually impossible for most people to out-exercise a bad diet. We have an exercise program because it definitely helps weight loss—and makes you look and feel great from the inside out. However, while individual results vary, many individuals lose weight with this program without ever exercising at all.

## **DO YOU CHARGE ME EVERY MONTH?**

No way! You pay one time only and you get unlimited, lifetime access.

## **IS MY FINANCIAL INFORMATION SAFE?**

Yes! Your payment will be processed by ClickBank, which secures your personal and financial information with the best practices and encryption technology available.

## **IS MY PURCHASE GUARANTEED?**

Iron-clad! You have 60 days to try the Trim Down Club Program. If at any time during those 60 days, you decide you are unhappy with the program, **please** email us so we can refund 100% of your money—no questions asked. (Although we hope you'll give the program an honest try.) And you can keep your free gifts!



***Click here to get immediate access!***

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- <sup>6</sup> Almiron-Roig, E. Grathwohl, D. Green, H. Erkner, A. Impact of Some Isogenic Snacks on Satiety and Next Meal Intake in Healthy Adults. J Hum Nutr Diet. 22. 469-474.