

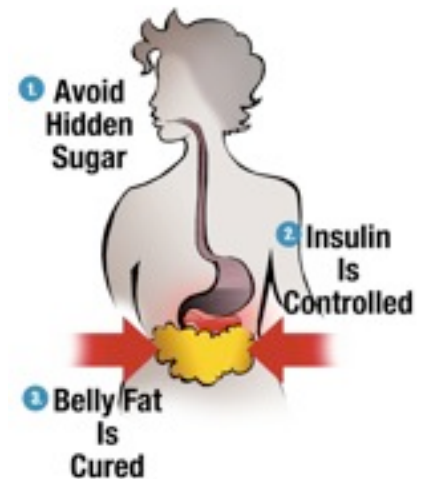


What is The Belly Fat Cure?

The first thing you must awaken to is the truth about what causes belly fat and obesity, and let go of the misguided effort to count calories or fat grams. It is critical you understand that the **foods we eat are packed full of hidden sugars**. The latest breakthrough research has proven that losing and gaining fat isn't determined by how many calories you eat, but by the *kind* of calories you eat. That is why the focus of The Belly Fat Cure is about eating the right amount of sugar and carbohydrates to maximize fat loss while still satisfying your sweet tooth. The reason we single out the sugar and carbohydrates, not the calories and fat, all has to do with the science of a naturally occurring hormone we all have...insulin.

Why Insulin?

You may be thinking "I'm not diabetic, my insulin is fine!" or "I've always known it is bad to eat sugar, I hardly ever have candy!" That is where the breakthrough research about insulin and the huge amounts of hidden sugar in our everyday "healthy" foods comes into play. It is absolutely vital you know that **insulin is the hormone that controls your bodies ability to push fat into fat cells**, especially the dangerous fat tissue that accumulates around the midsection. Without lowering insulin levels, it is impossible to lose weight, regardless of calorie intake or exercise intensity.





If you control your insulin, you will literally have your foot on the brake pedal of your body's ability to store fat. This method of weight loss is the car that will drive you to the destination of your ultimate self.

What is different about the “Fast-Track?”

Since developing The Belly Fat Cure over a year ago with the premise that controlling insulin is the one key to effortless weight loss, I have discovered simple strategies to deliver even faster and more consistent results with less work and almost no thinking. One of my most important discoveries is the superhero of weight loss...an extremely important hormone called **glucagon**.

Glucagon is a naturally occurring hormone in our body that travels around the body sucking energy out of fat cells, which causes them to shrink. Imagine a Mr. Pac Man traveling around your waist line, gobbling up pounds and inches...that's glucagon! But glucagon is also the counterbalance to insulin, which means that you can only have high levels of glucagon when your insulin is low. Imagine a see-saw with insulin on one side and glucagon on the other: as soon as insulin goes up, your best friend glucagon **MUST** go down, and your fat loss slows or comes to a halt.

Guided by the expertise of today's leading nutrition scientists, I also discovered that even “healthy” seeming grains and starches trigger the very insulin response this program is designed to protect you from, and unequivocally slow your weight loss by lowering levels of glucagon. All grains and starches are complex hidden sugars.

The **BELLY FAT CURE™**

At this point, you might be thinking that this sounds a lot like the Atkin's diet, or that it doesn't sound safe to not eat whole grains...where else will you get your fiber? The answer to both of these questions is that you are encouraged to indulge in plenty of energizing veggies! Atkin's seeks to lower your carbohydrate levels from ALL sources to a point that deprives you of life giving nutrients from vegetables. The Belly Fat Cure

The Fast Track, however, only asks that you eliminate carbs from grains and starches, which are extremely nutrient poor when compared to the carbs in vegetables. **It is by indulging in the vegetables I recommend in this program that you will obtain the perfect levels of excellent carbohydrates and the nutrient rich fiber that will awaken your body to the life it was designed to lead.**

The nutrient rich fiber found in vegetables, as opposed to the empty fiber found in grains, also plays a key role in releasing what I call "false belly fat." So many of us, after years of being told to eat the wrong foods, have pounds of trapped waste material that makes shrinking your waistline and absorbing energy boosting nutrients nearly impossible. **Cleansing this trapped waste material with the foods I give you on this menu is the reason why it's possible to see the most dramatic results in your weight, waist circumference, and energy levels in just one week...most of the weight you lose in week one will be from this waste material.**

It is with this fresh knowledge that I am proud to deliver to you the fastest and most effective way to cleanse your body of harmful waste and deliver consistent and safe fat melting results...all without depriving yourself or stepping foot into a gym.

The key is my Belly Best Menu™, which is included in the following pages. This menu is full of delicious natural foods that you can find in any store that will leave you feeling energized and most importantly **satisfied**.



* It is very important for you to realize that not eating grains, even whole grains or brown rice, is completely healthy for you. In fact, the bodies of our ancestors evolved over hundreds of thousands of years on a diet that had literally NO grains: no corn, no rice, no wheat. They (and therefore we) were designed to metabolize mostly fats and proteins from animal sources and receive nutrients, carbohydrates, and fiber from vegetable and plant sources. Humans have only had grains in their diet for 2% of the time they have existed on earth, and all grains have been genetically altered and don't at all resemble the original plants that humans started harvesting 10,000 years ago. Grains and starches have been scientifically proven to drive insulin production, fat storage, and heart disease. Grains are highly allergenic, immune-suppressing, and have a nutritional value far inferior to plants and animals. **The bottom line is this: our bodies were designed to run on fat, not the carbs from grains. When your body is trained to use fat as energy, it will burn the fat on your body. When your body is trained to use sugar and carbohydrates as energy, it will STORE fat on your body.**

Therefore the Fast Track is not a fad diet...it's a return to fueling our bodies with the nutrients they were designed to run on! For that simple reason, the following menu has the power to change every aspect of your health and life.

Just Remember:

- use only approved substitutions from the "Substitutions List."
- drink about 8 glasses of water each day
- try your best to consume 2 full servings of vegetables at each meal
- while I didn't specify exact amounts on some meats and cheeses, I recommend a serving that would fit in the palm of your hand, and eating only until you aren't physically hungry.
- never leave a meal still hungry...always consume more protein, fat, or veggies until you are happily satisfied.
- flavoring each of your three main meals daily with a pinch of salt will also aid in digestion and accelerate your weight loss.
- "Sugar-Free" usually also means "contains poison." Stick to the menu only for one week!



THE FAST TRACK “BELLY BEST” MENU

Breakfast

-2 or 3 whole egg omelet with as many of the following as you like: artichoke, avocado, spinach, mushrooms, peppers, or cheese. You may also have a cup of coffee with cream or half and half, but not milk. Truvia or Purevia are the only approved sweeteners.

Snack

-12 Macadamia Nuts

Lunch

-Green salad with turkey, tuna, or chicken breast and as many of the following as you like: artichokes, asparagus, avocados, broccoli, brussels sprouts, cauliflower, celery, cucumbers, mushrooms, peppers, radishes, squash, turnips, or zucchini. Sugar free Ranch dressing may be used.

Snack

- One or two servings of cheese (string cheese or any type)

Dinner

-Grilled chicken breast or fish fillet (any type) with crushed black pepper and sea salt served with as many of the following as you like: artichokes, asparagus, avocados, broccoli, brussels sprouts, cauliflower, celery, cucumbers, mushrooms, peppers, radishes, squash, turnips, or zucchini. Veggies may be raw, steamed, grilled or sauteed in butter or olive oil and topped with cheese. Sugar free Ranch dressing may be used.

Dessert Option (for when you desire or deserve a sweet treat)

-Place one or two squares of 85% dark chocolate in the bottom of a coffee/tea cup. Fill half the cup with whipped cream, then pour your favorite coffee, decaf coffee, or sugar-free hot tea over the cream and chocolate until the cup is full. Top the cup with a little more whipped cream and a sprinkle of cinnamon or unsweetened cocoa powder for a delicious and rich dessert! Only one per day.

repeat the above menu exactly for 7 days, or use substitutions from the following page for variety or allergy reasons only if you must



Options List

Breakfast Options

- 2 or 3 whole egg omelet with cheese and no veggies
- 2 or 3 whole eggs any style without cheese or veggies
- Breakfast sausage, ham, or bacon with approved veggies

Lunch Options

- Grilled hamburger patty topped with 1 slice of cheese and wrapped in lettuce. Served with mayonnaise or mustard.
- Grilled chicken breast served with as many of the following as you like: artichokes, asparagus, avocados, broccoli, brussels sprouts, cauliflower, celery, cucumbers, mushrooms, peppers, radishes, squash, turnips, or zucchini. Sugar free Ranch dressing may be used.

Dinner Options

- Grilled steak with crushed black pepper and sea salt served with as many of the following as you like: artichokes, asparagus, avocados, broccoli, brussels sprouts, cauliflower, celery, cucumbers, mushrooms, peppers, radishes, squash, turnips, or zucchini. Veggies may be raw, steamed, grilled or sauteed in butter or olive oil and topped with cheese. Sugar free Ranch dressing may be used.

Snack Options (*Only 2 per day*)

- Hard boiled egg
- 1/4 cup pumpkin or sunflower seeds
- Green or black olives
- Can of tuna
- 1/4 cup walnuts, almonds, pecans, or brazil nuts

Optional Adult Beverage

- You may have up to two glasses of red wine (ideal) or two glasses of vodka and club soda per evening if you so desire.



Grocery List

(purchase only those products that your menu and options will include)

Breakfast Meats:

eggs, breakfast sausage, ham, or bacon

Lunch and Dinner Meats:

chicken breast, steak, turkey, fish

Vegetables (choose any and all that you like):

artichokes, asparagus, avocados, broccoli, brussels sprouts, cauliflower, celery, cucumbers, green salad, mushrooms, peppers, radishes, spinach, squash, turnips, or zucchini

Snacks:

Pumpkin or sunflower seeds, green or black olives, can of tuna, nuts: walnuts, almonds, macadamia nuts, or pecans

Oils and Fats:

Butter, Olive Oil, Any sugar-free, cream based dressing (Ranch, Blue Cheese, Caesar...)

Seasonings:

Sea Salt & Ground Pepper (tabasco sauce is also approved)

Dairy:

Your choice of cheeses, half and half or cream, whipped cream with 1 g of sugar or less per serving

Drinks:

Coffee or tea and wine or vodka and club soda

Optional supplement if you fail to make a bowel movement for 48 hours:
Probiotic capsules, used as recommended on the product label