

Who else wants to try every type of diet on the planet, take every kind of slimming pill available and end up with a worse weight problem than when they first started dieting?

Any takers?

Not likely!

If you want to lose weight you may have already tried one or more of these?

✗ The Atkins Diet, ✗ The Grapefruit Diet, ✗ The Vegetarian Diet, ✗ The Blood Type Diet, ✗ The Cabbage Soup Diet, ✗ The High Fibre Diet, ✗ The 'drastic' Dry Bread and Water Diet, ✗ The Cyber Diet or even ✗ The Online Diet.

Not to mention all the pills, potions and various supplements available today.

If you have tried any of the above or any other 'lose fat fast', 'get trim quick' or 'weight watch' program and you've been more than a little disappointed with the results, don't worry because you're certainly not alone. Although they all promise to help you shed the pounds very few diet plans actually deliver anything other than sheer stress and frustration.

But worst still, they could leave you with many more problems than you ever imagined.

Dieting simply does not work!

Want to really lose weight? Then forget about any kind of diet because they simply **don't work**. Some diets can produce results in the short term, but very few dieters maintain their weight loss, no matter which diet they try. And what's more worrying is, most dieters end up **bigger** than they were before they started dieting. **Why?**

Well one reason is that dieting is not easy and takes willpower and real commitment. It's also **unnatural** to change your normal eating habits over an

extended period of time. And as we all know, habits die hard. But most people still cling to them because they fit in with their lifestyle and the people around them. So changing something that has become second nature to us can and does very often **result in stress**. And stress is an underlying factor of over eating.

It's a vicious circle.

People very often eat to help deal with emotional problems such as stress, rather than because they're hungry. This is quite normal, but some people gain weight because they turn to food for emotional comfort or to cope with negative feelings like depression, anger or loss. **Dieting doesn't solve the problem of 'emotional' eating.** If anything, it makes people more depressed. And losing weight will often make things worse, as people have to then cope with the pressures and expectations of their new body shape.

Another problem with dieting is it obviously makes you hungry. If you get hungry, you won't be able to concentrate because the only thing on your mind is food. Depriving yourself of food is a kind of self-punishment and can produce **very slow results**. Research has shown that dieting can create powerful cravings for the very foods that dieters try to stay away from, such as sugars and fats. On top of these cravings, dieters also have to deal with and manage **feelings of deprivation**.

When you don't give your body the fuel it requires, it will naturally start craving high fat, high calorie foods. **This is not an eating disorder!** It's simply your body's natural response to starvation. So, going on very low calorie diets or skipping meals altogether just puts your bodily system into a state of deprivation. Binge eating food when your willpower wanes is your body's natural response to this.

Unfortunately, we tend to see this as dismal failure, which then starts the starvation diet and binge eating cycle all over again.

Anyone who has tried dieting for any length of time will bear witness to this self-imposed physical and mental torment.

Diets can lead to muscle loss with tragic consequences

When your body doesn't get the calories it needs, it will **slow down its metabolic rate** in order to expend fewer calories. This in turn, slows down your body's rate of burning calories, so rather than losing weight, your body is actually **making it easier to gain weight**.

If you don't give your body the adequate fuel it needs to function, it will eventually resort to using its own stored supplies. However, instead of burning just body fat, **it will also burn vital muscle tissue**, which is the very thing you want to keep!

Losing your body's vital muscle tissue will make you tired, depressed, lethargic, and lacking in energy. In this state, you would certainly not be interested in exercising, which is one of the best ways to keep your body in shape, strong, and healthy.

Your self-imposed famine is responsible for breaking down your body's protein which causes the release of **nitrogen**. Your body will quickly wash away the nitrogen by releasing water from tissue cells, causing an immediate reduction in water weight.

This can amount to quite a noticeable loss in body weight, confirmed by the scales. However, **water and muscle loss is nothing to celebrate**. The water weight will be quickly regained as soon as you have something to drink, and the missing muscle can wreak havoc on your metabolism for a **very long time**.

Muscle tissue needs to maintain itself and will constantly burn up calories. Therefore, **the more muscle you have, the more calories you burn**, even when you're just sitting around doing absolutely nothing. As your muscle mass decreases, so does your daily calorie requirement.

But, as most dieters inevitably give up and return to their old eating habits, all the excess calories will be turned into body fat. The consequences are that the dieter's body will be **much worse off** than before they started the diet.

So your now un-toned and sagging body is looking worse than ever. Plus any drastic loss in body weight may even **leave you needing plastic surgery** to remove all the excess skin.

Is it really worth it? Absolutely not!

Then what is the answer?

Change your habits to lose weight safely

Just two things. **Healthy eating and regular exercise**. Changing your eating habits by choosing only to eat healthy foods is a much easier option than all out starvation. And a simple exercise routine, built into your everyday lifestyle, can be fun and more beneficial than you could ever imagine.

But for one reason or another, some people even have a problem adopting these two essential changes. And if this sounds a bit like you, don't despair. It is hard to break habits and for some people it can sometimes be difficult to make even minor changes to their lives.

The reason is psychological. That's right. **It's all in the mind**. So the only way to reach your weight loss goal is to reach into your mind.

Imagine if you could lose weight by just relaxing and listening to a pleasant and friendly subliminal message. A message that could be implanted deep into your subconscious. A powerful message that affects your attitude to eating and exercise, without you even realising. **Stress free, pain free, almost effortless and results driven.**

Doesn't that sound idyllic?

Whether you've already tried any or all of the diets, pills, potions and fat clubs or not, if you seriously want to lose weight, this must surely be the answer.

Program your mind and see your body positively respond

Steven B Schneider CHT, is a hypnotherapist with **Team Success International**, and has helped numerous people lose weight through a very simple process of self hypnosis. Now this process has been recorded and is available on CD to help you lose the weight you desire without the physical pain and mental suffering associated with all the useless diet plans.

What could be easier than sitting in a chair or lying on your bed in a quiet room and listening to a voice?

This is the **Safe and Sure Weight Loss Program**. An effective deep relaxation and super suggestion exercise developed to help you change your eating habits in the **shortest possible time**. And don't worry. It is **completely safe**, has **no side effects** and allows **you to be in complete control** at all times.

You simply place the disk into a CD player and listen.

During the first part of the program you'll experience the sensations of undergoing a deep relaxation exercise that will help put your mind in a highly **responsive mood**. You'll discover how to tap into your subconscious mind and channel you inner energy. You'll learn how to communicate with and control your body and innermost feelings.

Next, you'll experience the **desire to be active**, raising your body's metabolism. You'll feel a surge of energy as your mind takes full control over your physical body, **motivating you** to lose weight effortlessly. You'll learn how to program your mind so your body will accept your suggestions of healthy eating and gentle exercise.

The more you listen to the CD, the more you will reinforce the message deep into your subconscious, making it easier to lose the weight you desire and gain the body you really want.

Believe it and you WILL achieve it

Scientists, life coaches, sports trainers and business entrepreneurs have known about our '**inner mental powers**' for many years. We all possess the abilities to re-program our minds to achieve success in every aspect of our lives. Most ordinary people don't realise just how powerful the mind really is.

To fully understand and appreciate this phenomenon, you should think of your mind as a computer. In fact **your mind is much more powerful than any computer.**

Loading and running a program on your computer is how you get your computer to do what you want it to do. A program is nothing more than a set of instructions and your mind is just waiting for **your instructions.**

Whether it's weight loss, giving up smoking, relaxation and meditation, career and personal goals, health and healing, mental sports toughness training for athletes, or even help in relationships, mental training techniques can help you to **positively achieve the results you want.**

You only have to believe and visualise the end result to actually achieve that want or desire.

Once a new positive mental blueprint has been achieved, purely through your own self hypnosis and visualisation, the results that people usually wait years to achieve occur **spontaneously, easily** and **effortlessly** with **no therapy** involved and within weeks or within only a few months.

But, because this method is so effective yet so simple, getting people to actually believe in this concept is the most difficult part of all.

Visualisation - The proven key to your goal

Seeing yourself in your mind at the ideal weight and shape, is the start of a positive step by step process that **will deliver the desired results.** Each time you visualise the perfect you, you will be getting closer and closer to becoming that person.

It's important to realise that your mind and body are one entity. It's also important to realise that your mind controls your body. Each thought process you create in your mind must be acted upon by your body to make it happen, to make it real.

To **reinforce the visualisation,** imagine how you would feel if you were at your ideal weight. Imagine yourself feeling healthier, fitter and leaner. Imagine looking into a mirror and seeing your toned body right there in front of you. See yourself dressed in the kind of clothes you always wished you could wear. See yourself

doing all the activities you couldn't do before. But most important of all, **see yourself happy and content with your life.**

Imagine what your friends and family would say about the new you. Everyone will want to know your secret, but hardly anyone will believe you when you tell them. That's the kind of affect this program has on people. **It's so effective they just can't believe it.**

Now imagine how you would feel deep inside. Confident, relaxed and positive about your future.

Whether you want to shed 5 pounds or 50 pounds, **visualisation works** and will work for you. And when you've reached your goal, your target weight, you'll never go back because you will always be **in control of your thoughts**, which in turn will affect how you act and react to any given situation.

Empower yourself and take control of your life

Taking control of your life is a step by step process, which cannot be achieved overnight. The **Safe and Sure Weight Loss Program** is designed to help you manage that process through a series of suggestions and affirmations, which will result in a positive conclusion over a relatively short period of time.

On your part you need only **want** the result, **believe** in yourself and **visualise** yourself as the person you want to be. By simply doing this every day, you'll be amazed at how quickly you will see and feel the changes in your **attitude** to life, your **outlook** on life and the **confidence** you will gain.

This is much more than adopting a positive thinking and mental attitude. It's **belief**. Belief in yourself and your abilities to do and achieve anything you set your mind to do. You have within you abilities and powers that you're not even aware of. These are powers you were born with but you have never learned how to master them, until now.

People who use this power will take their **dreams** and make them **come true**. And this is what you must do. When you discover the secret to the incredible power that is hidden within you, you will never be the same again. You will have taken control of your thoughts, your life and your destiny.

The **Safe and Sure Weight Loss Program** will help you get all this, and more. Not only will you effortlessly lose the weight you want, you will also become more conscious of your waking thoughts. You'll **eliminate** stress, worry and anxiety **within days**.

You will become **highly motivated**. You'll feel a surge of energy rushing through your body. You'll feel and begin to look like a new person. A better person. You'll

gain the respect of everyone around you. With the help of the **Safe and Sure Weight Loss Program**, you'll truly never be the same again.

Now is the time to take action

Don't let good health and happiness pass you by. Order the **Safe and Sure Weight Loss Program** today and begin the journey to your new and happier life. Be **positive** about your ambition to lose weight and become the person you really want to be.

- Say **NO** to dangerous diets, pills and potions
- Say **YES** to eliminating stress and anxiety forever
- Say **YES** to eradicating all negative thoughts
- Say **YES** to gaining a positive mental attitude
- Say **YES** to believing in yourself and your abilities
- Say **YES** to visualising yourself trim, fit and healthy
- Say **YES** to gaining self confidence
- Say **YES** to the **Safe and Sure Weight Loss Program**

Order Now

And change your life for just **£29.97** (Including postage and packing)



**100% 'No-quibble, no questions asked, full
money-back **GUARANTEE****

Order with confidence! This powerful **Safe and Sure Weight Loss Program** is fully guaranteed to get you the results you want or your money back. Order today and if you don't see results within 30 days, simply return the CD for a full 'no-quibble' refund.

But what about after you lose your weight? Is there any special healthy diet you should consider? **Yes!** Low carbohydrate foods. Order the **Safe and Sure Weight Loss Program** today and you'll receive 3 special bonus books (pdf format) absolutely **FREE**. What's more, you can keep all the bonuses with our compliments, even if you decide to return the **Safe and Sure Weight Loss Program** CD.

Special Bonus #1

Low-Carb Dieting Secrets

In this special book you'll...

- ✔ Learn about the history of Low-Carb Dieting and how it all started
- ✔ Learn the background or scientific low-down on low-carb dieting in laymen's terms
- ✔ Easily distinguish between the two types of carbohydrates and which are good for you
- ✔ Learn the lingo of the low-carb diet world with our list of health terms
- ✔ Learn about the three basic units the body uses for energy and where carbs fit into the picture
- ✔ Review the role of insulin and carbs
- ✔ Quickly grasp the 'traffic light' system of the **Glycemic Index Diet** and scan the Red Light Food list
- ✔ Learn about the 'Eades' inverted pyramid in their **Protein Power** plan
- ✔ Learn *The Schwarzbein Principle*, a 5-step plan to optimal health
- ✔ Discover the 'The Eleven Emotional Levels of Eating'
- ✔ Jump in and get both feet wet today with the **7-Day Low-Carb Rescue and Recovery Plan**

✔ Relax with our Recipes and Food Ideas for People on the Go

And much, more...

Special Bonus #2

The Perfect Diet for You

Eat right to stay healthy and...

✔ Find information about the basics of nutrition and dietary planning for all ages and both genders

✔ Learn about basic weight management. No pain here

✔ Search through our list of common health disorders from A-to Z and see which dietary solution is preferred

✔ Learn about popular subscriber programs available today for dieters for short-term, long-term or supplementary help and information

✔ Check out our cooking tips to help with your diet

✔ Enjoy our convenience food tips for hectic days, busy schedules

✔ Go out in style & have some fun with our social eating and travelling tips. Learn to handle diet stress while being on the go.

And much, much more...

Special Bonus #3

Amazing Weight Loss

More healthy food and drink suggestions including...

✔ About fruit juices and smoothies

✔ Vitamins and minerals

✔ Fruit juice recipes

✔Homemade beauty recipes

✔The living well plan

✔Foods to relieve ailments

And so much more

Get these 3 amazing books to help you stay slim, fit and healthy. Yours absolutely free to keep for simply placing your order for the Safe and Sure Weight Loss Program.

Order Now!

The **Safe and Sure Weight Loss Program** plus 3 special bonuses, which you can keep whatever you decide, all for just **£29.97** (Including postage and packing)

And remember! **Diets Don't Work!** The **Safe and Sure Weight Loss Program** does, or your money back. Guaranteed.

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