

FINALLY, THE DUMBEST DIET MYTHS HAVE BEEN REPLACED BY MODERN SCIENCE.

In our upcoming time together, you'll see how every last "rule" you know for losing weight can be completely blown away by cutting-edge science and the cold, hard facts. You are about to discover the knowledge for losing weight that has been hidden away for nearly 40 years. It's time you knew the TRUTH **about how to lose weight**. And it starts with eating MORE of the right foods...and exercising much LESS.

THE OLD RULES FOR WEIGHT LOSS DON'T WORK!

Count Calories. You can focus on calorie quantity and ignore calorie quality...WRONG

Eat LESS Food. You need to reduce the amount of food you consume at every meal...WRONG

All calories are EQUAL. Your body treats all the calories you eat the same way...WRONG

Exercise MORE. You need to exercise at least 45 minutes a day. More is better...WRONG

Fatty foods are bad. You need to cut back on both saturated and unsaturated fats...WRONG

SEE THE NEW RULES PROVEN BY MODERN RESEARCH!

IGNORE Calories. Research demonstrates that IGNORING calories makes you THINNER.

Eat MORE Food. You need to EAT MORE high-quality food to lose weight

Calorie Type Matters. Some calories trigger fat production; others STOP it!

Exercise LESS. Scientific research shows that all you need is 20 minutes a week.

Fatty foods are VITAL. Both saturated and unsaturated fats help raise GOOD cholesterol.

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