

# Slim Down Strategy - Lose Weight Once & For All!

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Yes! You Can Lose Weight! "You Can Lose Weight In Record Time, Without Being Hungry, Tired, Or Weak!" (And you don't have to deprive yourself!) From: Timm Miller, Weight Loss Success Team Date: December 30, 2009 Dear Friend, Have you wasted hundreds or even thousands of dollars and years of your life trying desperately to lose weight, and failing miserably? Have you resigned to the idea that you will always be fat and will just have to learn to live with it? If you answered yes to any of those questions, I know EXACTLY how you feel, because I've been there. I was once 80 pounds overweight. Believe me, it wasn't a matter of wanting to fit into a pair of skinny jeans that finally shook me up enough to take my need to lose weight seriously. It was something else, much greater than any cosmetic daydream. You see, I'd get out of breath just walking from the couch to the fridge to get more ice cream. I was addicted to food and I was seriously miserable. I knew I had to have some sort of eating disorder, because my eating wasn't normal. No one else I knew ate the way I did and certainly, no one around me was living this low quality life, where I couldn't shop at normal stores, I refused to ever step foot on a beach and to heck with socializing.. I was embarrassed of the state that I allowed myself to get into and I truly felt that there was no way I could ever change. The Complete Guide To Losing Weight Quickly, Easily & Safety! Download Your Copy Now! I'll be honest with you. Losing weight was one of the most frustrating tasks I had ever tried. No matter what I did, I always seemed to end up back at square one, promising myself I would 'start over again', only see to experience the same, depressing results. But the Slim Down Strategy completely changed my outlook on weight loss by eliminating the obstacles, smashing down barriers and giving me a simple blueprint that is impossible NOT to follow correctly. Let me ask you a few questions: \*Have you ever hidden food because you didn't want people to see you eating it? \*Have you ever eaten too much food and then felt guilty afterward? \*Have you ever starved yourself for days and then binged like crazy? \*Do you ever start thinking about your next meal within an hour of eating? \*Do you often eat even when you aren't hungry? \*Do you avoid eating in public, but eat far too much when you are alone? If you answered "yes" to any of those questions, you are certainly not alone. You see, people like us look at food the wrong way. Food is meant to nourish us, not make us weak. It's meant to give us energy, not

make us tired. It's meant to keep us healthy, not make us ill. It's meant to support our immune system, not give us disease. But when food is abused, it has the potential to make us weak, tired, ill, and it can even lead to our death. Food is supposed to give life, not take it away! It's time to end your food addiction... A food addiction, like any addiction, is incredibly unhealthy. It can lead to heart disease, stroke, certain types of cancer, and diabetes. All of these conditions can be fatal. Are you willing to die an early death just to eat a few more slices of cheesecake or a bunch of greasy french fries? I don't know about you, but I know my life is worth more than that. Your family wouldn't trade your life for a burger and an ice cream sundae, so why should you? Wake up! You have to stop killing yourself with food. Eat to live, don't live to eat! You need to stop putting all of that unhealthy food into your body before it ends up killing you.

Overeating can cause or lead to: \*Heart disease \*High blood pressure \*Diabetes \*Circulatory Issues \*Obesity There may even be other issues that can be caused by overeating that haven't even been discovered yet. There might be a link to certain types of cancers or diseases that we just don't know about, yet. It's very risky to continue overeating when faced with these issues! In 1999, National Institutes of Health in the United States estimated that over 300,000 deaths are caused each year due to obesity. That number has continued to rise. More and more people are dying young due to the effects of obesity and obesity-related illnesses. But maybe that isn't enough for you. Maybe you don't really care that much about your health, or maybe you don't think it could happen to you... Maybe you just want to look or feel better... Do you feel good? Do you wake up each morning full of energy? After you eat, are you ready to get out and walk with your dog or play ball with your kids? Chances are, if you're eating like most people these days, you don't have a lot of energy. You probably feel tired, sick, and depressed. You probably don't even feel like going in to work each day, and by the time you get home you don't want to do anything but watch some TV and go to bed. And how about the way you look? Are you happy with your appearance? Is your skin clear and bright? Is your hair thick and shiny? Do you have a body you're proud to show off uncovered to your partner, or at least a body that doesn't embarrass you every time you put on a swimsuit? When I was overweight, I wouldn't even GO to a beach, much less actually squeezing my big cottage-cheese butt into a swimsuit! I was embarrassed to even leave my house! My kids were miserable. We rarely ever went anywhere, and they were so tired of staying home all the time. I got sick of having to shop in specialty stores because I couldn't find anything decent to wear in department stores. At one point I'd outgrown the largest size I could find even at Wal-mart, and I had to start shopping only at

plus-size stores. I was mortified. I was embarrassed to go grocery shopping. Every time I stepped food into a grocery store I just knew every other shopper was scrutinizing everything I put into my cart. They would never know I was buying those cookies for my kids. And besides, I knew I'd eat half of them before the kids even knew I'd bought them! You owe it to yourself and your family to change things! Doesn't your family deserve to have you around? Don't you think they would miss you if you had a heart attack next week and died? How would they make it without you? Don't you want to see your kids grow up, or live long enough to HAVE kids? You owe it to yourself to be as healthy and energetic as you can be. You know you want healthier skin, a leaner body, and more energy! You really can have it. It's NOT some impossible dream! Slim Down Strategy is my method for losing weight faster than you ever thought possible. You'll learn how to make a few simple changes to your lifestyle that will have you losing weight in no time flat - WITHOUT starving yourself! Here are just a few of the many weight loss strategies that are revealed: \*Discover how you can lose weight quickly, without starving yourself or eating bizarre foods you would normally never touch. \*The shocking truth about why low calorie and low fat diets don't work, could make you even fatter, and what you can do to ensure this doesn't happen to you! \*The few foods you absolutely MUST avoid if you want to lose weight and be healthy, and why you don't have to avoid most of the foods you love! \*Five things you can do right now to drastically increase your metabolism and skyrocket your weight loss without eating less! \*Why eating less food can completely destroy your weight loss efforts, and how to know just how much you should be eating to lose weight. \*Why depriving yourself of the foods you love can derail your weight loss and send you spiraling out of control. And Much, Much More! Purchase Your Copy Of Slim Down Strategy Now! You owe it to yourself and your family to start your weight loss journey right now. Don't spend another moment feeling embarrassed to be seen in public. Don't spend your life with no energy and poor immune function, spending more time feeling sick than not. Take control of your life once and for all, and discover the beautiful new you that's hiding just under the surface of all that excess weight. Claim Your Copy Of Slim Down Strategy - Your Complete Guide To Shedding The Weight Quickly And Easily Once And For All! You know you need to lose weight, but you've probably tried and failed again and again, right? I understand. I've been there. But the only way you can TRULY fail is you overlook a real, solid opportunity to finally change your life, once and for all. And that's what "Slim Down Strategy" is truly all about. It's a life-changing system that will change the way you view food, the way you view yourself and ultimately, the way the world views you as well.

Imagine how much younger and stronger you will feel when the weight begins to disappear, while you begin to sculpt and tone your entire body, in just a few short weeks. You'll experience an instant boost in confidence, energy and vitality and you begin to reverse the damage that excess weight has had on your body. Live and look the way you were meant to! This is your chance to lose that weight quickly and PERMANENTLY! CLICK ABOVE TO ORDER YOUR COPY NOW! To your new figure and your new life! Sincerely, Timm Miller Your journey is about to take a turn for the better, and from today forward, you will know exactly what to do in order to start losing weight rapidly yet safely. INSTANT ACCESS TO THE COMPLETE GUIDE! The Ultimate Guide To Losing Weight Quickly, Safely And Permanently!

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