

The Weight Loss Oracle Software

[DOWNLOAD HERE](#)

The Weight Loss Oracle Software Attention: Do you have an important occasion quickly approaching? Do you need to lose weight fast so you'll look great? Weight Loss Oracle will help you hit your target weight right on schedule... If you absolutely, positively have to lose weight before an important event, I'm sure you'll be asking yourself these questions: How long will it take me to get to my ideal weight? How much food can I eat and still reach my goal? Does exercising help and how much? Do I have enough time and if not, how much CAN I lose? This amazing new easy-to-use software reveals these answers and more in an instant. To Every Woman That's Been Here, I know the feeling. One day, you're happy. Your mind is free and clear. Your day couldn't be better as you reach into the mail box. But then as you're walking back inside casually sorting the mail, you see it. There's no mistaking the envelope. Before you even open it, you know it's an invitation to a wedding, party or other big event. And in an instant, 1,000 thoughts flood your previously relaxed, clear mind What will I wear? What can I still fit into? How will I look in it now? Who will be there? And it hits you. Oh my gosh, there will be people who haven't seen me in years 25 or 30lbs ago! The next thing you do is rip it open and look at the date. You are thinking, Do I have time to lose weight? Now, it might not be a wedding. Your husband could come home one day and say, Honey, the company picnic is next month. It's at the country club so bring your swim suit. Or the invitation may be to your high school reunion. It doesn't really matter because the key question is always the same Can I Lose The Weight In Time? Finally, you'll know the answer in minutes. And you'll know exactly what you have to do to get skinny just in time for the big event. Imagine how you'll feel strutting in at your ideal weight. Every head will turn and they'll all be whispering how good you still look. They'll wonder how you keep it off when they can't. The women will be envious and the men, well you know what they'll be thinking. So how do I know if I can lose the weight? Well, weight loss is both simple and complicated. On the one hand, it's as simple as calories in and energy out. But, like most things, the devil is in the details. What about my evening walks or the aerobics? How does my age affect weight loss? Does it matter if I have a lot or a little to lose? The math gets worse as you go. First, you have to find your BMR which is your Basal Metabolic Rate. This is how many calories you burn every day. It varies depending on a lot of

things: age, height, weight and gender. Here's what the formula actually looks like: $BMR = \text{Basal Metabolic Rate}$ $k = \text{Constant based on gender (655 for women)}$ $cH = \text{Correction for Height}$ $cA = \text{Correction for Age}$ $cW = \text{Correction for Weight}$ $BMR = k + (cW \times \text{weight}) + (cH \times \text{height}) - (cA \times \text{Age})$ Next, you take your BMR and adjust it based on what you eat, how active you are and what exercise you do. Here's the formula for that: $C = \text{kiloCalories eaten}$ $Ex = \text{Exercise calories burned}$ $GL = \text{Pounds gained or lost per day}$ $GL = C - (BMR + Ex)$ Do you feel like you're back in 9th grade algebra? I know I do. That's Why I Had a Software Engineer Create Weight Loss Oracle. Because, I know I'm not the only one whose head hurts at the thought of doing that math. So I had a software engineer create Weight Loss Oracle for me. I told him, All I want to do is click a few buttons and enter simple things like my age and weight. I don't want to do any MATH! The software exceeded all my expectations! This program does all those complicated formulas for you. They are programmed in and the answers are always correct! That's why we have computers after all, right? So we don't have to wrack our brains. Now I know the answer to the eternal question, "Can I Lose the weight in time?" And guess what? I don't even need a calendar! Introducing Weight Loss Oracle The simplest and only weight loss prediction software available. With Weight Loss Oracle, you will be able to: Calculate exactly how many days it will take you to reach your target weight. (And you choose the starting date) Know exactly how many calories you can eat to arrive at the big event at the perfect weight. Figure out exactly what day to start your diet on to lose your weight on schedule Determine exactly how many calories YOU personally burn each day See how your exercise routine helps your weight loss goal (and figure out the best exercise for you) We didn't forget your husband! We know guys could stand to lose a few pounds too. It will give all the same results for men also. And Weight Loss Oracle protects your health and your sanity by letting you know if your goal is simply unachievable in the time you choose. You can then adjust your expectations and not starve yourself chasing an impossible goal. As you can see, Weight Loss Oracle is the perfect companion to any diet plan! It doesn't matter if you're on the Atkins Diet, the South Beach Diet, Weight Watchers or you're just watching your calories. Weight Loss Oracle will work with all of them and give you realistic expectations about your own personal weight loss. Would You Like To See It? I can talk all day about it or I can show you. Since a picture's worth 1,000 words so let's take a look Weight Loss Oracle's Main Screen You'll immediately notice how easy Weight Loss Oracle is to use. There are only 6 steps and they are numbered for you. Enter the day to start Enter your current weight Enter the weight you'd like to be Find your BMR by

clicking on the "Find My BMR" button Enter your exercise calories using the "Typical Exercises" button Enter the date you wish to reach your desired weight The results box will tell you if your goal is possible, how many calories you can eat each day and the number of days it will take to reach your goal. If you don't like the results, you can add more exercise, more time or start your diet earlier. It's that easy. Let's see how we calculate our BMR (Basal Metabolic Rate) Weight Loss Oracle's BMR Screen See how easy it is to calculate your BMR and find how many calories you burn each day? Forget all those messy formulas, you don't need them. Click on your gender, type in your weight, height and age and press 'OK'. No math, remember? And here's the exercise screen. Weight Loss Oracle's Exercise Screen It's just as easy mto adjust for your exercise, isn't it? Just choose your exercise and how many minutes a day you do it. Weight Loss Oracle does the rest. When you click 'OK', it goes back to the main screen and adjusts your weight loss schedule accordingly. And if you aren't happy with your goal prediction, you can change exercises or add more exercise time and see how it shortens your goal date. If It Still Seems Hard, I've Made a Demonstration Video Too When you receive your software, you'll get a link to see the software in action. It shows all the features and is professionally narrated. I'll walk you step by step through the entire process. After watching the video I'm sure you'll agree that it is extremely easy to use. But what about installing the software? After watching that, I'm sure you'll agree that it is extremely easy to use. But what about installing the software? I'm Not Good With Computers. How Hard Is It To Install? Don't worry. You don't have to be good with computers. Weight Loss Oracle couldn't be any easier to install unless you had someone else do it for you. It comes as a standard installation program. All you have to do is double click your mouse and it will do all the rest. It even places an icon right on the desktop so it's easy to find and start using it. Weight Loss Oracle will run on any Windows-based computer from Windows 2000 to Windows XP and even Windows Vista. It doesn't require any special hardware or video cards. If you have a Windows computer, it will work. Bonus #1 Home Detox Step By Step Guide To Dextoxify The Body This is the only book of its kind that tells you exactly how to get what you want.. Tried And Proven Successful Methods! 1) Learn the concept of detox If you have never before tried detox formulas, you can learn all about them and how they benefit your body by reading this book. We even discuss how to use these methods in a variety of different ways. We do not push one single product but explore all possibilities towards home detox. 2) Learn how to detox recipes at home! While we give you options on products to buy in the stores or online, we also teach you how to make detox products right at home, using easy to

find ingredients that cost next to nothing! There are over a dozen recipes on detoxification formulas that you can make right in your own kitchen in this book! Here is what you will learn inside this guide... What is detox? Where can you get formulas? How to use detox formulas What types of products are out there How to stay healthy Recipes for home detox And a lot more! Bonus #2 Vegetable Gardening 101 Save Money Growing Your Own Vegetables! Tried And Proven Over Many Years! 1) Learn how to start up and plant your garden! A garden is not difficult to start once you know the basic concept. This book tells you everything you need to know about starting your garden from scratch, how to get it ready for planting and what to plant. It gives details on how to plant vegetables and fruits in your garden, too! 2) Learn how to harvest and what to do with vegetables! In addition to telling you how to start your garden, the book will also tell you how to harvest the fruits (and vegetables) of your labor and what to do with them after the harvest. It goes into canning, freezing and even pickling as well as drying herbs and indoor garden. It is chock full of everything you need to do to make the most of your vegetable garden. Here is what you will learn inside this guide.... Measuring out a garden How to dig for the garden and prepare the soil When to plant and how to plant How to take care of your garden plant! How to get rid of insects and animals Harvest tips and secrets And a lot more! Searches:weight loss oracle

[DOWNLOAD HERE](#)

Similar manuals: