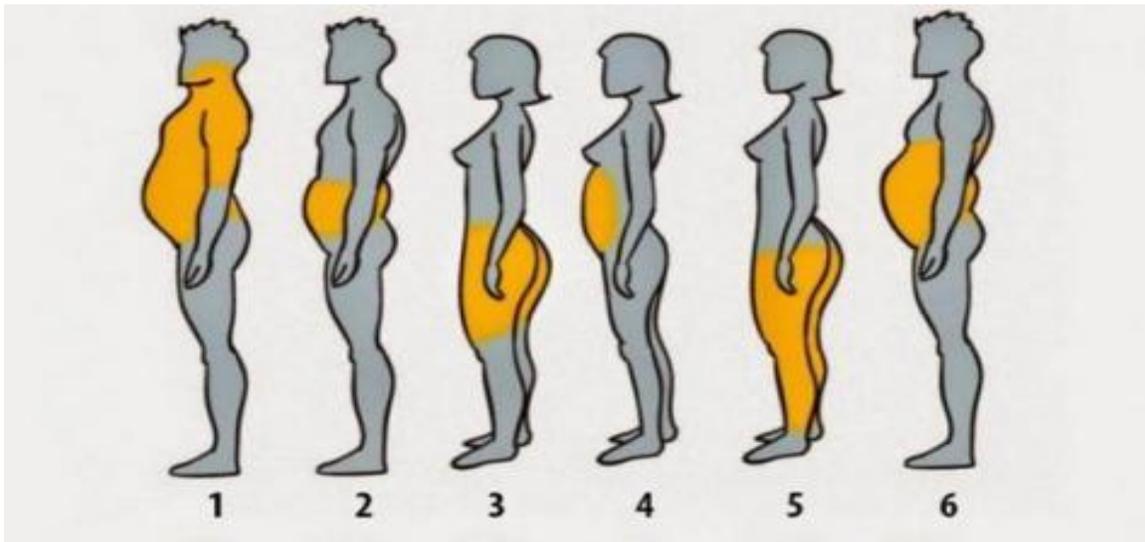


For \$29.99 ... "Lose-3-Pounds-A-Week-Minimum"

Guaranteed, Or Your Money Back

The Two-Step **AUTO-DIET (Automatic Diet)** **For Males or Females**

THE PARTICULARS - "What do you need to know about weight loss?" If a man says, *"I've lost weight,"* we peek first at his stomach/abdomen. If a woman says, *"I've gained weight,"* we peek (if we dare!) at her butt and thighs! That's how it works, right? We store fat in embarrassing places, usually depending on our gender. **If we are adults who have no medical issues, why do we keep gaining weight? Simple. We are taking in more calories than we burn up by bodily activity, and the body "stores" them for future use in unsightly places...** a use that may never come because of the lives we have to lead.



(How do I know all this? As an athlete, military man, and outdoorsman who later became a husband, father, and anatomy professor ... I got careless. I once ate all I wanted of any kind of foods. But later I put on too many pounds and had to learn weight loss the hard way. More on my story later.)

"Calorie." That word has a negative feeling, right? It shouldn't. Burning calories provided by the food we eat keeps us alive! Science says an adult of normal size and normal activity needs around 2,000 calories per day, otherwise weight will decline. Survivalists call it "The Rule of Threes." *"We can last three minutes without air, three days without water, and three weeks without food."* Of course, by the end of three weeks we will start to look like "skin and bones." But that's a useful idea, right?

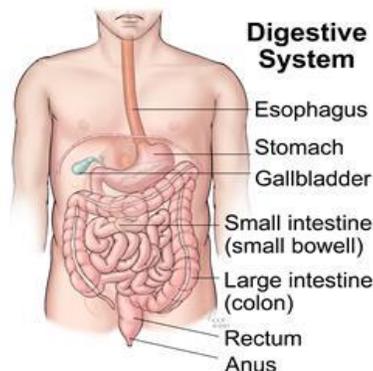
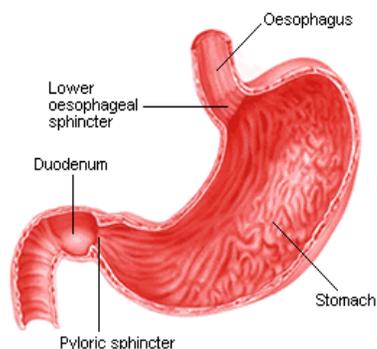
Consider this. I once had a friend who played **lineman in college football.** His playing weight was 305 pounds, but once he left the game to become a father and teacher, he dropped to 240 pounds. He said at the former "training table" it was normal to consumer **9,000 calories worth of food per day** - just to have enough caloric energy to practice and play.



When he left the game, he had to retrain his body to live on less food.

"Retrain." That's one main theme behind the Two-Step **AUTO-DIET Plan**- how to **retrain your digestive system - especially your stomach -** to want less food.

And it is not that hard... if you have the right plan. Read on!

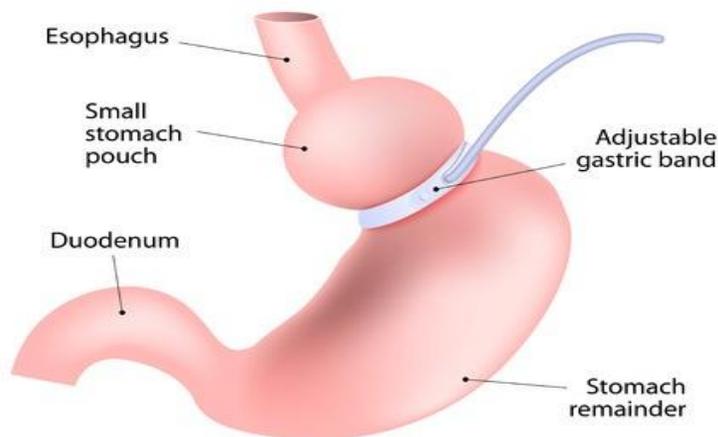


The "Stomach." This is the organ in our digestive system that first receives the food we eat. From there, food passes through 20 feet of small intestines where nutrition is absorbed, and then through 5 feet of large intestines where water is reabsorbed, and a stool of excrement is prepared for elimination. The stomach is a muscular "bag" that churns the food our

teeth has chopped up into a thick liquid called "chyme." After being mixed with water and hydrochloric acid, the initial breakdown and absorption of carbohydrates, lipids (fats/oils), and proteins begins. Then the chyme passes in to the small intestine and onward. These three food groups are extremely important to understanding the Two-Step AUTO-DIET.

The role of the stomach is vital because this is the organ that tells the brain we are full, and it's time to stop eating. So if you are determined to lose weight, you might instead want to try "banded gastroplasty" surgery.

GASTRIC BAND



You can see why this operation guarantees weight loss by making you feel "full" quickly. But the average cost is \$15,000, and you need up to six weeks to recover from the surgery. However, for \$29.99, the Two-Step AUTO-DIET will provide a fool-proof method to retrain your stomach (and body) to do something similar, and the process is all natural. Furthermore, there is nothing more to buy—ever—no fancy powders, expensive pills, costly prescriptions, high-priced special foods, or strange vibrating gadgets (other than having a good digital bathroom scale). No major daily routine changes either, like an intensive exercise routine or feeling so tired you can't still enjoy life. Finally, no need to give up the type of foods you already eat, just changing the amounts. However, you will need more critical information on nutrition and exactly how the body processes food. Then just add the willpower, and in a few weeks weight loss becomes long-term.

Remember, with the \$29.99 **AUTO-DIET**, you will lose "3-Pounds-A-Week-Minimum" up to 40 pounds from the places you hate most. Not only that, you will get lengthy additional information called "**Maintaining Your Weight after the AUTO-DIET Success,**" which gives a lot more details on extended healthy eating, as well as the role of exercise, cholesterol intake, salt intake, fiber balance, other additives (vitamins and minerals), and organic foods and GMOs (genetically modified organisms.) And it all comes with an iron clad money back guarantee that will be carefully explained before you place your on-line order.

If you are ready to order, **Click on the ORDER NOW tab at the top of the website for final details.**

Thank You.

