

**For \$29.99... "Lose-3-Pounds-A-Week-Minimum"**  
**Guaranteed\*\* Or Purchase Price Refunded**

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

**THE PROGRAM - "How will the AUTO-DIET guarantee weight loss?"** If you have read this far, I assume you are considering ordering the **AUTO-DIET**. I can also assume you have tried other weight loss measures - some costing several hundred dollars and a great time commitment - with not enough success. I won't criticize these other plans. They would probably have worked if they weren't so complicated, or if you had the time and money to stick with them. **But the AUTO-DIET is only two simple steps.** Furthermore, it costs nothing beyond the small initial investment, and does not require a major lifestyle change. Plus, the "money back guarantee" is totally legitimate - if you give the plan an honest chance to work. How do I know? **I made it work for me, and briefly here is my story.**

My name is Dr. James Castillo, and about 15 years ago, job, marriage, family, and mortgage had slowed my very active lifestyle where I once ate all I wanted. I had gained weight especially in my over-hanging abdomen, **I was feeling and looking "sloppy," and I didn't have the same stamina or libido I used to have. Plus, I knew it was affecting my overall health.** Using my knowledge as a professor of anatomy - combined with years of athletic pursuits and outdoor activities with military survival training - I began an informal plan to change my calorie intake and "train" my stomach to adjust my eating habits. In a few months most of the extra pounds went away. But later I changed jobs, moved from the country to the city, and a few years later found I was right back where I started. Remembering what I had done long ago, I "regularized" my old approach, added more scientific details to it, and put it into practice. **Here's the truth that I will clearly document if you order. I started at a weight of 182.2 pounds, and in 26 days my weight had dropped to 166.9 (about my high school weight which was my goal).**

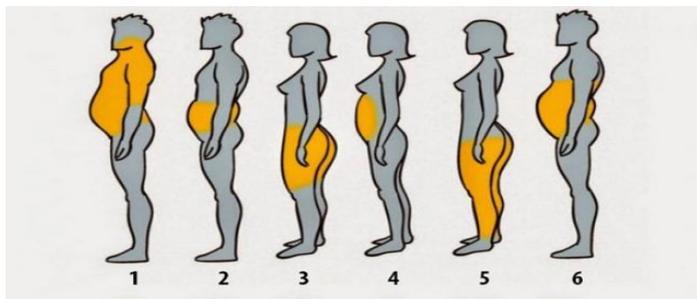
I had lost 15.3 pounds!!! Simple math says that was a rate loss of .59 pounds every day, or 4.12 pounds per week! - which is why the Two-Step **AUTO-DIET** can guarantee "3 Pounds-A-Week-Minimum" up to 40 pounds. Also, my pants went from a "snug" 34-inch waist, to a comfortable 32-inch... a drop from the "spare tire" of two-and-a-half inches! And as God is my witness, I did not have a big lifestyle change. I did not have to go exercise daily, or start to feel all tired, grumpy, or gloomy, or miss out on a lot of my favorite foods. But I did feel GREAT, and my old energy and libido returned. And the same will work for you and your spouse, because if followed, the Two-Step **AUTO-DIET** is truly "automatic".

Here's how it works. First, I won't deceive you. It will not happen if you don't commit yourself to the plan and exert self-control. (No, it's not as hard as quitting smoking - a physical dependency on nicotine - because I have gone through that as well. But it is close.) Second, you must break your psychological dependency on eating too much food high in calories with low nutritional value and be sure you physically take your stomach along for the ride. As I mentioned earlier, the stomach is a muscular bag that tells the brain to stop eating when it is full. But that bag can be "stretched out." For example, the big predators like wolves, tigers, lions, and bears can eat an enormous amount of food in one day, up to 20% of their body weight.



(That means now I could eat a 33-pound meal!) Why can they do this? Well, food for them can be hard to come by, and then followed by sudden gluttony. So, they need to eat as much as they can hold when it's available. But if overeating can stretch the stomach out, so can it be reduced in functional carrying capacity - like that "banded gastroplasty" surgery - by some natural training that brings less of a desire to eat! And you might be surprised how easy that is to do!

The other piece is to eat smarter. The bad news is there are certain foods the body unfortunately seems to crave. These are critical to avoid because of the way they are processed and stored, as you have already seen.



But the good news is there are other foods that are unrestricted, including some that have gotten a very bad reputation. I will give you one example. Yes, lipids like fats and oils are high in calories. Did you know that when those polar bears kill a seal, they first eat the fat content? Imagine swallowing large amounts of butter! Such is their desperation to get those calories they must burn to keep warm. But in humans, studies show that when a body has been properly conditioned to burn a reasonable caloric intake, fats pass through and out the body more easily than carbohydrates that are turned into storage in those bad places. This includes the walls of the blood vessels that can lead to heart disease. (See below.) That's good news if you like a juicy rib-eye steak like I do!

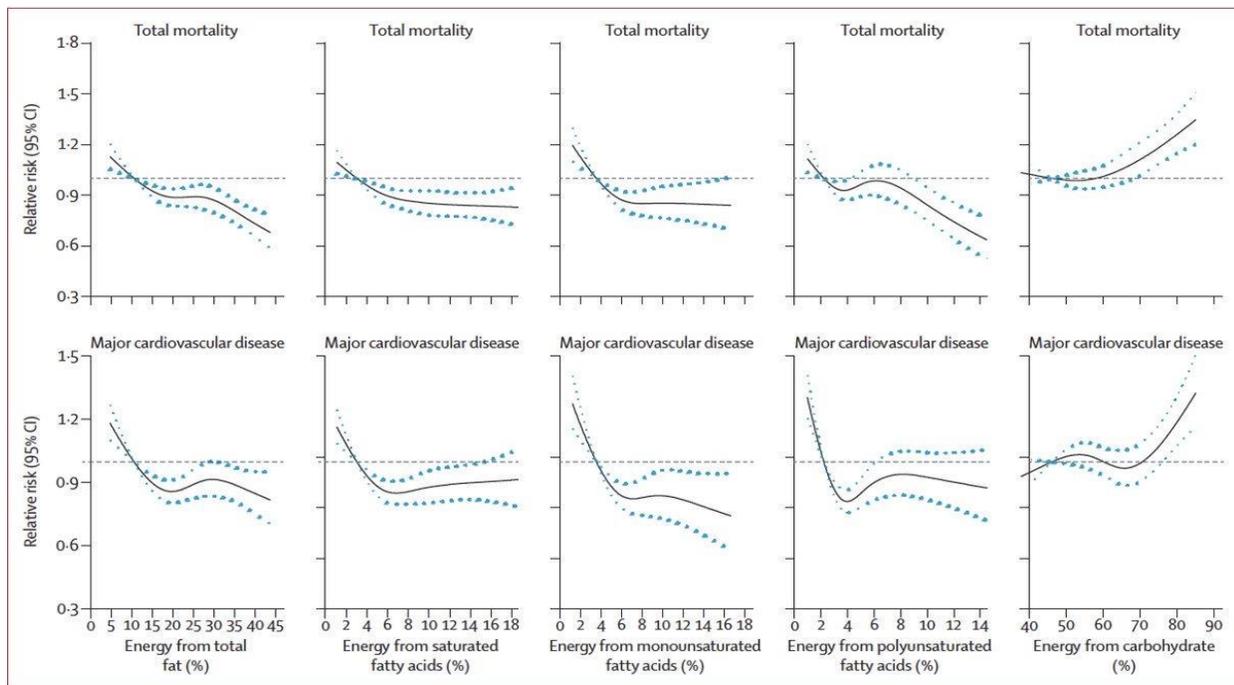


Figure 1: Association between estimated percentage energy from nutrients and total mortality and major cardiovascular disease (n=135 335)

## So what do you get when you order the \$29.99 AUTO-DIET?

- 1) You get **THE PROCEDURE** - *a specific approach* to train your stomach to react differently to your body's needs, making you less hungry, less wanting to eat, and more able to still enjoy living (and loving) on fewer calories as you watch the weight disappear.
- 2) You also get *a detailed list of foods* that will help (and those that will harm) your body's ability to shed pounds where you dislike them - whether you be male or female.
- 3) You also get *a lot more technical information* on how the body can maximize your weight loss, and a simple form called **THE PROGRESS** to track your progress day-by-day. (And believe me, weight loss becomes self-motivating as every morning you find yourself weighing less!)
- 4) You get **THE PERMANENCE** - a plan called "*Maintaining Your Weight after the AUTO-DIET Success,*" to keep the weight off... forever.

If you want to start today, here is one other simple factor. This will work best if you have a "support partner" who will join you in your efforts. Moments of "lack of resolve" are sure to hit, and at that point, it will be nice to turn to someone who will keep you "accountable." A husband, wife, or other very close person who has a stake in your improved health is the perfect choice. (My wife provided much encouragement. She promised me some new clothes, and other "incentives!") If together you stick with it according to the guarantee\*\*, you will lose up to 40 pounds in a little over three months! Just imagine how much better you will look, how much better you will feel, and how much more enjoyable life will be!

\*\* (NOTE: The **AUTO-DIET** guarantee is not for children or teenagers - or anyone who has not reached full maturity. Neither is it for the elderly, or those over 40 pounds whose weight problem is the result of a metabolic condition, or related to disease, accident, or illness. Also, heavy drinkers and smokers do not qualify due to unpredictable results. **WARNING:** People with blood sugar and nutrition problems - such as diabetes, hypo/hyperglycemia, ketoacidosis, insulin resistance, etc. - should also not try this plan, as it could produce a dangerous chemical imbalance. The **AUTO-DIET** guarantee only applies to the average men and women described earlier who are otherwise healthy - but need to shed those excess pounds - and follow the plan precisely.