



**FAT DIMINISHER SYSTEM...**

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**Reset Metabolism, Turbocharge  
Weight Loss and Shrink Your Waist**

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## **WARNING!!!**

What you are about to read is not intended to be skimmed or skipped through. Please take your time and read EVERY SINGLE word very carefully! I am going to expose what the Health and Fitness industry doesn't want you to know. Media and fitness infomercials fear that one day the information you are about to read will be shared with the public.

Have you busted your butt and wallet to lose weight? Have you tried every fitness and diet product out there? Or have you spent hundreds of dollars on trainers and gym memberships with little to no results?

You are in for a shocking surprise when you discover how simple these fat shedding and muscle building techniques are.

**IT WILL CHANGE YOUR LIFE!!**

**Let's Get Started!**



But before I begin, do you recognize the guy in the pink shirt to the left? Maybe you've seen him from a show called Shark Tank?

Let me tell you a funny but true story..

I caught him while in Vegas at a Mastermind. I literally pitched him about the secrets you are going to read, as he was hurridley dashing off to the bathroom!

Bold right!!! LOL

But guess what happened? After sharing exactly what I had discovered, it sparked his interest. But he was hesitant to share it with the masses.

Why?

Because if the public ever got their hands on my book, no one would ever buy another diet pill, hire a personal trainer, or spend big bucks to become a part of a health club or gym.

In fact, the the entire gym industry would plummet in sales because no one would waste their time going if they knew how to get all the results they desire in the comfort of their own home.

I have discovered secrets from some of the most indigenous countries all around the world. These burried treasures will allow you to design a shaply, toned and sculpted body and enjoy the energy of a 20 yr old.

But now back to YOU!! Yes YOU reading this right now.. I would like to thank you and congratulate you for taking the first step to understand how your body really works. I'm going to teach you how to absorb fat out of your body instantly by applying very simple methods every 7 days.



The vast majority has been misguided and fooled about how to lose weight.

Doctors have told you lies and given you pills to not cure you but to only to band aid the situation until your next visit. The average human body has been contaminated with unnatural chemicals from diet pills and weight loss aids so much that our body has turned into a fat storing junkyard instead of a fat burning machine.

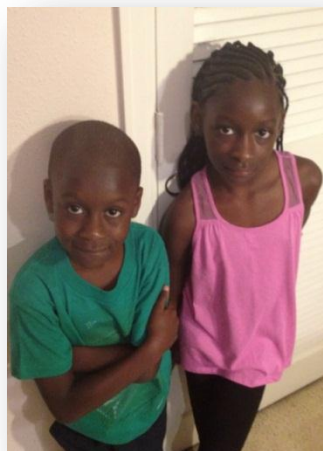
I want you to find a quiet space for the next 30 minutes. You will get a sneak peak on tips and formulas of professional athletes, discover the exact blueprint of indigenous countries who are the fittest and has less than a 1% chance of getting heart disease and cancer.

You are going to see how it feels to decrease your body fat percentage every 7 days even if you have bad joints, a bad back or even a thyroid condition.

You will also discover several all natural nutrients which, if combined, will rejuvenate your body and neutralize fat toxins so the weight comes off even if you miss a workout session..

These same tips you can share with your children so they will never have to struggle with other kids torturing them at school because of their weight.

I love my munchkins!  
They are the fuel to my fire, the driving force which keeps me alive and it's important for me to be healthy for them!



They are my **REASON WHY!!**

So soldier or soldierette, get ready to read every word very closely because today you are going to get my EXACT strategies to LOSE , LEAN, TONE and SCULPT your body starting today! You are going to reach your goals FASTER without the struggle and without the constant frustration of things not working.

The 7 minute workout series found at the end of this book will enable you run your hands all over your fit delicious body!! It will enable you to enjoy the new energy that allows you to run actively with your children or grandchildren.

Maybe you only have a week before vacation or maybe you are getting married soon.. If you apply these strategies you will be be the talk of the town! Your Facebook pictures will be liked and commented on 100x over.

It's doesn't matter your age or size, it works for anyone who seriously committed to making a long term change.

I've had clients quickly reverse the stubborn belly fat, the underarm jiggle wiggly fat, the back fat, the neck fat, the double chin fat and the infamous thunder thigh fat by applying the 7 minute methodology.

But I must warn you..

You are going to have many "A-Ha!" moments while reading this guide. Even though you might have high blood pressure, high cholesterol or a family history of heart disease and obesity, if you use every piece of information that I will share with you, your entire health and body will turn around for the better.

**[Click Here to Get Full Version of Fat Diminisher System >>](#)**

I am going to be bold and say this even though I may get in trouble.. But you deserve to know the truth!

**Save your money and cancel your gym membership!**

**Stop wasting your hard earned money on late night fitness infomercials!**

**Stop shoveling money into the hands of diet pill companies!**

After you buy the product....

Who is supporting you?

Who is motivating you through the process?

**No one!!**

After finishing this book and printing out the meal plans and workout schedule, it doesn't end there! You have a community of people who will support and encourage you so there is a zero chance of failure.

## But **WHY** should you listen to me?

Sure I have been featured on FOX, ABC, Yahoo News! and other national and international media networks around the world. I have been labeled by my peers as a World Authority Figure in the Fitness and Nutrition Industry.

I've had countries contact me such as Brazil, Canada, and the United Kingdom to name a few, all urging me to translate this blue print into other languages so they can benefit as well.



But **ONE** thing I would like to make CLEAR..

I don't BS at all!! Ever!! I am going to share the truth with you even if it hurts the profit of the industry. Even if they hunt me down try to take my Facebook page down.

I am not here to be liked, **I am here** to share what really works.

And one more thing before we dive into it:

**Don't let ANY doctor label you.**

-**"You are too obese, you will never lose the weight!"**

-**"Your thyroid condition will keep you from losing weight!"**

-**"Take this pill and tell me how you feel in a week!"**

-**"Genetics is the reason why you are fat!"**



-**"Your metabolism will never speed up at your age!"**

-**"You will need gastric bypass surgery!"**

To me, those statements are absolute BS!! This is so far from the truth and in the chapters ahead I'm going to bust the genetic myth wide open.

I know you are eager to dive head first into the first chapter of this book.. But let me tell you my story first..

## **MY STORY!!**

My passion for designing an amazing body and helping others started as a teenager. Like most teenagers, I hated my appearance!

I don't know if you can relate, but the pain of being teased, not feeling attractive to the opposite sex, feeling like an outsider and lacking confidence really put me a bad place.

Have you ever felt like this? Well I did...

So what did I do?

I purchased the fitness programs that I saw late night, I did push ups, sit ups, bought the shake weights, heavy weights, and almost damaged my body and joints in the process. I did this all in the attempt to be happy and accepted by others.

Quite frankly... **IT DID NOT WORK!!!**

Then I did something crazy but honorable all at the same time.

I joined the army!! Why? Well mostly because I was ready to leave my dad's house.. That guy was strict!!! I had to get out, but I Love him dearly... ;)

The army gave me foundational fitness principles, but even they were missing SEVERAL key ingredients that I will share with you in this book.

I have since reached and maintained an ideal weight with amazing muscle definition, in addition to daily morning and after work evening energy. I finally achieved a very desirable physique that keeps heads turning and jaws dropping.

This is exactly where you will be if you stick to your guns and make a deal with yourself that you will keep going until it happens.

Diabetes, heart disease, cancer or high blood pressure will never be a part of my life and I am going to give you every fat burning secret, powerful smoothie ingredients, esoteric workout techniques and daily habits that has kept me healthy, slim and fit for years.

So let's get into it!

Much Love,

*Wes*

# Everyday People and Weight Problems

Here are some stories about people who have expressed how they feel about their weight issues.



## **Jamie Houston - 41 years old - Female**

Jamie has been battling her weight for quite a few years now, and recently she also got divorced.

The stress of the divorce contributed to her increase in weight because she wasn't as heavy as she is now. With a BMI of 33, she has lost all her confidence and has gone into depression. Even though she has tried to adhere to a strict, almost-starving diet, she has little to no success in this regard. She expressed herself when she said 'being so heavy has had a huge impact on my self-esteem, and I don't feel like going out anymore'.

As a result of her downed self-esteem, she has been having problems at work because of the lack of confidence and she is not able to do her job as well as others do. She regrets that she let the weight 'pile on' and didn't do anything for so many years.

**Jamie's problem** - We figured out that the problem with her approach was that she was living a sedentary lifestyle, apart from walking the stairs at her job. Also, her 'starvation' diet isn't helping much, simply because her body has gone into the energy-saving mode and is NOT burning calories as it should.



### **Crystal - 30 years old - Female**

Everything happened quite suddenly in Crystal's case. One day she had a slender, athletic body, and then she just started to accumulate weight at the age of around 21.

She tried every diet to no avail – she just ended up quitting the apparently 'harsh' diet regimes because she just couldn't take it.

After trying some workout videos, her body just ached after a few days and she had to quit that too.

**Crystal's Problem** - The problem with Crystal is that she's not sticking to a proper eating schedule and quite frankly she was not eating enough food.

Consistency and proper eating schedules are very important when it comes to losing fat and this was her weak area.

So if you're serious about getting rid of all the unwanted fat around your entire body, then you should stick to the guidelines given in this guide and be consistent in following them.



## Bill J - 51 years old - Male

Bill has had problems in controlling what he eats; drinking a lot of beer and this has led to him gaining a lot of weight in his mid-section.

A quick assessment of Bill's lifestyle revealed that he has a very busy lifestyle; he prefers to sit at home and watch the game even when the weather is beautiful enough for a walk around the block.

That type of lifestyle combined with his uncontrolled habit of eating has caused him to gain a lot of weight and his BMI is now approaching 35 (*dangerous!*).

He fears that no one will marry him because of his current physical appearance.

**Bill's Problem** - The problem with Bill is that the reasons for his weight gain were crystal clear.

However, what he didn't have was a proper weight loss program that gave him the motivation and courage to keep active.



### **Jennifer R - 45 years old - Female**

Jennifer has been battling with weight loss ever since she had children.

Being a mother of 3 and a wife, she felt stressed out and overwhelmed at times.

This led to her emotionally eating and feeling too tired after work to do any type of workout or exercise.

Her morning coffees for energy and the frequent anti-depressants just to keep her sane but unfortunately had her weight at nearly 200 pounds.

**Jennifer's Problem** - The problem with Jennifer was the late night emotional eating and being stressed out.

Stress is one of the major factors when it comes to why most women can't keep the weight off but you will find an amazing breathing technique in this book which you can do today to keep you stress free with a clear and healthy mind.



### **Cassie J - 36 years Old - Female**

Cassie is a single woman who has struggled with her weight for a long time. She told us that it was a horrible feeling to be overweight, so

uncomfortable that she could never find anything to wear that didn't make her look bad. She expressed that she tried every diet program in the book even the popular ones that are televised on late night television. She would lose a few pounds but then gain it all back because she was starving to death.

She worked a full time job and took night classes but couldn't find any time to implement a workout program. Her biggest fear is not getting married; she feels no man is going to find a woman like her attractive at her current weight.

**Cassie Problem** - We discovered that Cassie's lifestyle was a very busy one. She required a consistent workout schedule but it had to be something that was quick and fast that she could do first thing in the morning or after her last class.

...

There are a lot of people out there like Jamie, Crystal, Bill and Cassie's who have neither the correct guidance nor the understanding of how they should tackle their weight issues. Instead, these people continue to spiral down into a never-ending circle of confidence problems due to low self-esteem.

This book will provide a 7 Minute per day progressive workout system and if followed you will not only lose weight but also maintain your weight in a very natural and healthy way.

# Why Some People Lose Weight and Most Don't

Have you heard about the 3% versus the 97%?

No?

Well, let me explain. Have you ever noticed a person who always gets results, always gets the better part of the deal?

There is a reason for this.

There are two different types of people in the world;

- The 3%'s (the few who get in shape with ease and are constantly complimented about their appearance and physique) and
- The 97%'s (the vast majority of the population who struggle and jump from program to program searching for the new and improved secret solution).

I hate to tell you this, but the secret solution does not exist! But I will tell you what does and what doesn't work 100 percent of the time.

Now, the simple strategy I am going to teach you below will help you be part of the 3%, The Fit and Sexy!

**Let's play a game and I want you to be honest with me.**



**WHICH CATEGORY ARE YOU IN? THERE IS NO IN-BETWEEN, SO BE HONEST WITH YOURSELF!**

**The 97%:**

Check the boxes that apply to you:

- Make excuses, excuses and more excuses!
- Look for justifications and reasons why they can't make it happen!
- Are some of the world's biggest PROCRASTINATORS!
- Have No Drive! No Will! No Consistency!
- They pay for gym memberships, fitness DVDs and trainers but never use the services
- They always say, "I should do this" rather than "I have to do this!" or "I must do this!"
- Always use the two self-defeating words: I can't!
- They stay up in the wee hours of the night only dreaming about an amazing body but never do the work to achieve it.

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