

**Stop The Weight Loss Yo-Yo... Loss/Regain Cycle
Right Now!**

**It Is So Urgent
That You Receive This
TOTALLY FREE*
FAT LOSS CD**

Isn't it finally time you learned
THE AMAZING SECRETS
that the Hollywood stars use to
ELIMINATE BELLY FAT
And
LOSE INCHES
AROUND YOUR WAISTLINE
Permanently!

*ALSO SIGN UP RIGHT NOW TO RECEIVE OUR
FREE*

*THE MOVIE STARS
CLOSELY GUARDED SECRET
DROP 12 INCHES OF BELLY FAT*

7 PART eMail COURSE

Each **free** lesson will be emailed to you
once lesson each week for the next 7 weeks

There's no obligation, it's a free gift for a very limited time.



YES... sign me up for the free newsletter

First Name

Email



**We totally respect your privacy.
We never sell, rent or trade your e-mail address. Ever!**

Tuesday, 10:08 AM

From the Desk of Jim Robertson,
Founder and CEO of the *Flab to Fab Monthly Fat-Burning Club*

Dear Friend,

John was an active guy. He enjoyed hunting, fishing and sports. He wasn't the typical couch potato, remote-control yelder you typically associate with extreme belly fat.

Like John, Mariah never had a second to spare. She

worked full-time, rushing home to cook dinner, clean the house, get the kids ready for school and crash around 11 PM – completely exhausted. She didn't have a lot of free time, let alone me-time.

John and Maria are like millions of Americans. We work hard, try to eat healthy given our busy schedules, and find plenty of physical activity in day-to-day errands. Somehow, we get it all done. But every morning, when we look in the mirror, we cringe at those inches or rolls of belly fat. We try to get rid of this fat using fad diets, "proven" diets, miracle diets and advice from friends, magazines and so-called fitness gurus. But one, five or ten years later, we're still in the same place we started.

That gut just won't go away.

Are you fed-up with dieting time and time again, only to find yourself even fatter just a few months later?

Have you ever noticed that, when you really buckle down and try even harder the next time, you inevitably catch the aroma of fresh, hot apple pie and vanilla ice cream. Boom – It's over ... again.

Let's face it, its a no-win situation...

You must request your FREE CD now!

Hunger pangs keep you up at night. You feel like a complete failure. Your self-confidence plummets... and that belly fat is still there, looking back at you in the mirror. Haunting you.

Stop The Vicious Cycle!
***Discover The Secret to Incredible,
All-Natural and Permanent Weight Loss ...***

thing you'll need to realize is that you're not alone. Look around – on the street, at work, in the mall. Most of us struggle tirelessly to get rid of that ugly belly fat. In fact, the latest U.S. Government statistics show that two out of three Americans are overweight or obese. That's two-thirds of the population!

Two-thirds of us are fat! ...

Diets currently on the market come and go, but they never solve the problem. We're still an overweight nation with no answers and no real progress. We're still looking for the magic solution. We're still struggling to get rid of the belly fat.

Claim Your Free* "Flat, Firm, Fabulous: Eliminate Belly Fat For Life!" CD, Right Now! Click Here.



Or continue reading to learn more ...

***Destroy Belly Fat - And Keep It Off - For Good!
Finally... Get The Body You Deserve!***

Discover "Flat, Firm, Fabulous: Eliminate Belly Fat For Life!", receive our free* CD-ROM exposing the amazing secrets to permanent weight loss!

The answers provided in this refreshingly simple, free* CD can help you realize the results you've always dreamed about!

- [Get much-needed expert advice and exclusive inside tips to help separate nutrition facts from fiction!](#)

- Learn step-by-step techniques to take the mystery out of your menu - destroy belly fat and keep it off for good!
- Gain confidence when you start following a completely new and revolutionary way of thinking about food!

Why can I make these claims with such confidence? That's easy. "Flat, Firm, Fabulous: Eliminate Belly Fat For Life!" has changed my life for the better – and it can change yours, too!

My Wake-Up Call: Belly Fat So Out-of-control That I Had To Take Matters Into My Own Hands ...

Let me tell you a little about myself, and why I can't stop spreading the word about this life-changing new CD. I'm a pretty normal guy. My wife and I are raising six (count them six) children ages five to 23. I work hard to make a living. Like most folks, I'm extremely busy day-in and day-out. Probably too busy to focus enough attention on my health.

Between work, family and coaching my son's hockey team, I grew thicker and thicker around the waist, and more and more sluggish as the years passed by. All along I've searched for the answer, the cure, the magic pill or whatever fountain of health and wellness might be out there. I needed help to break the cycle and truly find success. I had to lose that ever-billowing belly fat.

**Then, one day, I stepped on the bathroom scale.
I looked at my wife and said:
"SOMETHING HAS TO CHANGE!"**

You see my wife and I both have a history of weight problems, and obesity runs in our families. Like any good

struggle with all of my poor eating or fitness habits. I wanted my kids to grow up healthy and strong, with a good attitude about food. That meant the spotlight was on me.

**What was I going to do about it?
Make excuses? ... No.
Not anymore.**

I decided to take matters into my own hands. When I did, I soon discovered two keys to eliminating belly fat: knowledge and action. So I spared nothing in researching and assembling the right kind of data necessary to help DESTROY that belly fat – and KEEP IT OFF for life.

I found that most of the fitness and nutritional information on the market just spouted out the same messages, all of which failed time-and-time again.

The proof is all around you.

So I kept looking, trying to identify the ideal resources and a no-nonsense team of experts that would help guide me through this difficult and painstaking process – making the process a little easier and a lot more successful. In doing so, I was highly selective in choosing a Team of Experts, each leaders in the field of health, diet and nutrition. I wanted straight-talk from professionals who would help change our perceptions. I wanted to build the tools necessary to stretch minds, as the nation begins a revolutionary new way of thinking about food, weight and our future.

The result of my research is, without a doubt, arguably some of the best straight-talking expert advice and hard-hitting wisdom on the market today. “Flat, Firm, Fabulous: Eliminate Belly Fat For Life!” is packed with shocking, useful step-by-step strategies and information

sure to destroy your belly fat – forever!



***Claim Your Free* "Flat, Firm, Fabulous:
Eliminate Belly Fat For Life!" CD, Right
Now!
Click Here.***



Or continue reading to learn more ...

Learn The Secret To Healthy, Permanent Weight Loss and Maintenance - At Last!

Sure, my passion and sheer desperation led to an amazing amount of research on fitness and nutrition. I lost sleep, interviewed countless so-called gurus and fished through pages-upon-pages of information, only to eliminate most of it. In the end, I narrowed it all down to a few simple, key strategies that can help anyone lose the belly fat and keep it off – forever – including you!

**You see,
all of the work is already done for you.**

Through this lengthy process, I've found that it's not really about the belly fat. It's how we live life, how we treat our bodies and how we think about ourselves and our own health that makes all the difference when it comes to losing fat and staying healthy. Claim your copy of my new CD, and I'll walk through this revolutionary theory step-by-step!

If your mind is stuck in that old fat, unhealthy mentality, you'll never free yourself of the very obstacles that hold you back and keep you trapped in the fat zone. Our experts can help eliminate those obstacles. We'll provide a completely new way of thinking, so you can begin life again, as a new, healthier you!

There's no work, no research and no cost for the CD. So what are you waiting for?

**Stop making excuses.
Order your FREE* CD right now!**

We'll show you how to:

- End the yo-yo weight gain and loss cycle – for good!
- Lose inches around your waist – the all-natural way!
- Eat healthy – and enjoy it!
- Discover secret exercise opportunities that truly add up!
- Improve your self-esteem, posture and life outlook!
- Set a healthy example for your kids!

Do it fast ... and make it last!

Get “Flat, Firm, Fabulous:

Eliminate Belly Fat For Life!”,

Today!

Here's my commitment to help you
stay fit and healthy for life.

Sign-up today to receive your free* copy of “Flat, Firm, Fabulous: Eliminate Belly Fat For Life!” for fast delivery to your door in less than two weeks. Once you sign-up, we'll automatically enroll you in the exhilarating and informative Flab to Fab Monthly Fat-Burning Program for two full months – TOTALLY RISK FREE! (A \$39.94 Value!)

Each month, you'll receive a new, blockbuster CD and informative printed newsletter featuring an interview with one of our top health and nutrition gurus to cheer you on, discuss pressing topics and help you stay on track. Each CD keeps you focused on of the most important strategies to getting fit, staying healthy and finally feeling good about yourself.

Immerse yourself in some of the most motivating and

inspiring health tips and strategies attainable. Each CD is yours to keep. Enjoy unlimited program access for two full months. Then, if you'd like to keep receiving our Flab to Fab Monthly Fat-Burning Club, pay just \$19.97 per month (plus \$5.92 shipping/handling).

That's less than the price of a few mochas or Big Macs – and much better for your waistline!

**Stay in Complete Control
Cancel at Any Time.**



I WOULD LIKE TO REMOVE ANY
DOUBTS THAT YOU MAY HAVE

AS WELL AS
REMOVING ANY RISK FOR YOU

by providing you with my
Unconditional 100% . . .
No Questions Asked...

Money-Back Guarantee!

If, at any time, you're not completely thrilled with the Flab to Fab Monthly Fat-Burning Club , just cancel. It's that simple. Keep your first three CDs and newsletters as a free gift – our way of saying *Thank You* for trusting us with your important weight loss goals. Cancelled at any time – no questions and no hassles.

It's that simple. You have No Risk! If it doesn't do for you what I say it will, you get your money back.

**IT'S-BETTER-THAN-A-100%
MONEY BACK GUARANTEE**

I ASSUME ALL THE RISK.

Keep your first three CDs and newsletters

Of course, I'm sure you'll love the Flab to Fab Monthly Fat-Burning Club and choose to receive it forever. You'll find yourself anticipating the next installment, learning more and encouraging a lifetime of healthy eating habits!

**WHY YOU HAVE NOT YET
ALREADY CLAIMED
YOUR FREE CD?...**

DO IT NOW!



***Claim Your Free* "Flat, Firm, Fabulous:
Eliminate Belly Fat For Life!" CD, Right Now!***

CLICK HERE TO ORDER NOW!



Or continue reading to learn more ...

But Wait – There's More!

Get Ten Amazing Bonus Offers Free When You Act Right Now

Our popular CD Give-Away is only available while supplies last. We can't guarantee that our limited supply will even still be available in a week, a day, or even an hour from now...

Sign-up to receive your free* CD right now, and you'll also receive these comprehensive e-books- and resources absolutely free (A \$166.00 Value!) We'll email instructions for download immediately. Start using your fitness, diet and nutrition e-books while your free* "Flat, Firm, Fabulous: Eliminate Belly Fat For Life!" CD is packaged and shipped from our warehouse. Every bonus e-book is beautifully designed in easy-to-read Adobe PDF format.

**WE WILL ALLOW ONLY THE NEXT
~~500 410 362 237 142 99~~ 18 PEOPLE**

**WHO REQUEST THE FREE CD
TO ALSO RECEIVE THE
10 ADDITIONAL
FREE
BONUSES BELOW
WORTH \$203**

 <p>The image shows a spiral-bound e-book titled "Journey To A New You" with a cover featuring red tomatoes and a banana. Below it is a CD with the same title and cover art.</p>	<p>Weight Loss Bundle...E-Book AND Recorded Audio Book!-Journey To A New You: Realistic Tips and Advice for Losing Weight and Losing Weight Without Starving Yourself.</p>	<p>A \$44.00 VALUE</p>
 <p>The image shows a green book titled "Natural Herbal Cures & Remedies" with a picture of green leaves on the cover. The subtitle reads "Natural Cures Your Doctor Never Told You About!".</p>	<p>Natural Herbal Cures & Remedies: Natural Cures Your Doctor Never Told You About</p>	<p>A \$29.00 VALUE</p>
 <p>The image shows a book with a red cover titled "How to BOOST your metabolism". The subtitle is "Boost your metabolism and lose weight!". A smaller subtitle at the bottom says "Transform Your Metabolism Into A Calorie Burning Machine" and features a photo of a woman.</p>	<p>How To Boost Your Metabolism</p>	<p>A \$15.00 VALUE</p>
 <p>The image shows a blue book titled "Yoga Basics Plus" with a photo of a woman in a yoga pose. The subtitle is "A Complete Beginner's Guide To Yoga".</p>	<p>Yoga Basics Plus: A complete Beginners Guide to Yoga</p>	<p>A \$18.00 VALUE</p>

	<p>Body Building : Maximum Fitness with the Best Results</p>	<p>A \$29.00 VALUE</p>
	<p>A Guide To Help Teenagers Loose Weight</p>	<p>A \$15.00 VALUE</p>
	<p>The Winners Collection: 30 Great Diet Recipes</p>	<p>A \$14.00 VALUE</p>
	<p>Fad Free...Healthy Eating Without The Hype</p>	<p>A \$12.00 VALUE</p>
<p>Two free* months of our Flab to Fab Monthly Fat-Burning Club – Monthly CD and Motivational Newsletter plus Fat-Loss Guide</p>		<p>A \$27.00 VALUE</p>
<p>Access to our exclusive members only website containing the famous Flab To Fab Fab Monthly Fat-</p>		

<p>Burning Club Resource Vault with fresh new downloadable resources each month AND Members Only Forum to help you stay on track with your goals and interact with other club members.</p>	<p>Free With Your Membership!</p>
<p>Weekly Email Tips Program Finally, if you act right now, I'll throw-in my weekly e-mail health tips program at no additional charge. Each week, you'll receive an inspiring article to help you stay motivated and healthy, eating right and living the life you've always wanted. Get rid of that belly fat – for life – and feel GREAT!</p>	<p>Incredible Value!</p>
<p>TOTAL VALUE YET IT'S YOURS FREE</p>	<p>OVER \$203.00</p>

ONE TIME OFFER

YOU MUST ACT RIGHT NOW

DON'T PUT IT OFF!

**Don't put it off until later
You know that you will only get busy with something else and forget**

**THIS IS WAY TOO IMPORTANT
TO RISK FORGETTING**

Regards,

Jim Robertson

Founder and CEO of Flab to Fab Monthly Fat-Burning Club

P.S. - Remember, your satisfaction is guaranteed. If you're not completely satisfied at any time, just cancel. It's so easy. **Each valuable free gift is yours to keep!**

P.P.S. Let's recap. You'll receive:

- The Free* CD - "Flat, Firm, Fabulous: Eliminate Belly Fat For Life!" *
- Two free* months of our Flab to Fab Monthly Fat-Burning Club – Monthly CD and Motivational Newsletter plus Fat-Loss Guide (A \$27.90 Value!)
- Eight blockbuster healthy living e-books – (A \$166.00 Value!)
- Access to our exclusive members only website and resource vault at no additional charge each month.
- Members only forum
- Plus, our special weekly e-mail health tips program with unbelievable strategies to keep you motivated and fit!

That's more than \$203.00 in free bonuses when you order our free* CD. Pay just a nominal \$5.92 shipping and handling. It's a steal!

P.P.P.S. Let me restate my GUARANTEE TO YOU.

If, after:

- Reviewing the free* CD "Flat, Firm, Fabulous: Eliminate Belly Fat For Life!" ...
- Listening to the first two Flab to Fab Monthly Fat-Burning Club installments and applying what you've learned in your life ...
- Enjoying our straight-talking Flab to Fab Printed newsletter and fat-loss guides complete with engaging interviews with our team of leading health and nutrition gurus, each committed to keeping your motivated and on track ...
- Reviewing the eight free PDF e-books with bonus audio recording ...

And ...

- Receiving my exclusive weekly health tips e-mails ...

... you're not completely amazed with all of the new dieting and weight loss tips and information you discover, just cancel your Flab to Fab Monthly Fat-Burning Club membership and KEEP ALL THREE FREE CD's and printed newsletters, the eight e-books plus the monthly fat-loss guides, as our gift to you. No questions, and no hassles.

You have nothing to lose,

all of the risk is on us - so [request the CD now](#).

P.P.P.P.S. Remember, quantities are limited. To avoid disappointment, order your free* CD and bonus offers, right away.

P.P.P.P.P.S. Remember, quantities are limited. So avoid disappointment. [Sign-up right now.](#)

[Rock-Solid, Money-Back Guarantee](#)

[Simple? Yes.](#)

[Easy? Yes.](#)

[Affordable. Yes!](#)

So what are you waiting for? Sign-up right now to get the amazing, free* CD "Flat, Firm, Fabulous: Eliminate Belly Fat For Life!" and your valuable bonus gifts, on us! Shed that belly fat – forever

A special **P.S.** for the people who always "day dream"
about WEIGHT LOSS...
but never seem to take any action

You have no valid reason not to try this. Won't it be nice to live your life without all of that weight?

"**I'm too busy**" (Too busy doing what? Waiting for weight loss to [find you](#)?)

"**It won't work for me**" (That little voice inside your head is the very thing you must defeat to become thin. It's what's holding you back. Give yourself the benefit of the doubt, **because I'm taking all of the risk here.** You might just surprise yourself.)

*Pay just \$5.92 for shipping and handling.