

# 3 FAT-BURNING FORMULA TO MAKE YOU *HOT*

Only 21 Days for a Healthier and Slimmer You



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## Disclaimer

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## Welcome



Hi, Daniel here. Thank you so much for downloading this book and putting your trust in me. I want you to know that I do not take your download lightly. In exchange for your download I am going to reveal you some of the best way to burn fat fast even if you're a busy person who doesn't have much time on your hands.

Before you continue reading this book, I wanted to let you know that you have signed up for the Fat-Burning Formula Newsletter as an unannounced bonus. I outlined a step-by-step, all-natural and effective 21-day fat-burning formula. Do stay with me for the next 21-day email series for a healthier and slimmer you. It is a great addition to and will compliment this book perfectly, so check your email daily and I will tell you the formula for the next 21 days.

I stand behind this formula 100% and I am excited to let you know that I am excited to share it with you because I know it will work very well for you.

I will not fill this book up with a bunch of fluff. Once you are done reading this book from start to finish, I have no doubt in my mind that you will know for sure that these tips and tricks can activate your body natural ability to lose body fat, safely, naturally and systematically just like they have worked for thousands of other people who have applied these same exact formula!

You can laugh at your worries if you follow this simple formula to lose weight and get the body you have always dreamed of.

I hope you'll find this book meets your expectations and that you'll learn some new information to improve your body health.

Let's get started!

- By Daniel

[MyFitnessGalaxy.com](http://MyFitnessGalaxy.com)

[BurnFatFormula.com](http://BurnFatFormula.com)

***"A healthy body, for a beautiful lifestyle!"***

## 1.0 Clean It - Keep Your Body Clean

The world that you live in today is a far cry from the one that you lived in even ten years ago. There are more people than ever before. You only have to go over the latest census to see how much the population has expanded.

Along with that expansion has come the need to get products - including food from the grower to the market faster than ever before in order to keep up with the high demand.

But that fast tracking of supplies comes with a cost. Unfortunately, you and your family are paying more than simply your money for these goods. You're paying with your health - and you may not even be aware of it.

Manufacturers want products to last longer, they want them to hold up and not break down. So many of the chemicals in products are in there for that reason - to keep a product viable, but not necessarily keep the consumer healthy.

Even foods that are supposed to be good for you - such as apples - are coated with toxins used in pesticides. That's why you need to read about the [Total Wellness Cleanse](#) where you'll learn what you need to know about cleansing your body from these toxins.

### 1.1 The Link Between Your Health and Toxins

You eat right. You're a careful consumer. So how do these toxins make their way into your body? When you read the back of the shampoo bottle, it's easy to see there's a long list of ingredients that are difficult to pronounce.

That's because the majority of those ingredients are toxic. You put it on your scalp and it gets absorbed into your body. Your children bathe with that shampoo.

When you clean the bathtub after a shower or bath, you're using chemicals in those cleaners that contribute to the number of cancer cases that continues to climb.

These cleansers are dangerous to your health - so many people switch to green cleaners, thinking that they're avoiding the damage to their health by not having these chemicals in their house.

But what they don't realize is that even so called green cleaners can contain dangerous chemicals. Some of these cleaners contain 2-Butoxyethanol. This chemical can enter the body through contact with the skin or by breathing it in.

Inside the body, it can damage your organs and especially your liver as it works to try to remove this toxin from your body. What's even more frightening is that the government agencies that regulate chemical usage in clearly defined dangerous household cleaners don't regulate so called green cleaning materials.

You might not know that the labels on the bottles of these green cleaners don't have to tell the whole truth to consumers. Because they don't have to. So many of the even more harmful ingredients are kept from those who buy the products.

You deserve to know the truth about what you're using in your home and the truth is that even looking out for your family, regardless of how aware you are or how hard you try, you can still introduce toxins.

The cosmetics that you wear on your face? Full of toxins. The shaving cream, the soaps, the deodorants ... all of them contain chemicals that can cause you to become sick.

Even if you don't put something on your body, but you have it in your home or place of work, it can hurt your body. If you decide to clean your carpet, you're having chemical contact.

Replacing worn out carpet with new carpet will also bring chemicals into your life. New carpet contains chemicals that are released through fumes. You inhale these fumes and the next thing you know, you have watering eyes, a headache and rashes - and your respiratory system is bothering you.

You don't have to stay in your home to get exposure to toxins. You simply can't get away from them. But that doesn't mean that you should simply

accept that there's nothing that you can do to look out for your health when it comes to toxins - because that's not true.

Toxins exist in the foods that you eat. If you eat anything that's processed, that food contains some level of chemicals - because these chemicals are used to preserve the food so that it won't spoil between the time it leaves the manufacturer and the time it arrives on the grocery store shelf.

But what if you don't eat processed foods? Then you're in the clear, right? After all, organic and natural foods are good for the body! Some natural foods can still carry the residue of toxins from pesticides and as the years pass, even eating healthy can add toxins to your body.

## 1.2 The Results of Toxins on Your Health

Exposure to toxins is defined as short term or chronic. Both can cause damage. You may notice some damage right away and your body would manifest this through coughing.

For example, if you spray a cleaner in your bathroom and begin coughing, that's caused by the chemical inhalation. Chronic exposure happens over time and the damage these toxins cause build up in your body over time.

There is no doubt that toxins damage your health. That's why certain government agencies have banned some chemicals and do regulate others that don't slip through the cracks.

The agencies know that these toxins are one of the leading causes of neurological damage, kidney disease, liver malfunction and a host of other medical problems.

But you might be experiencing health issues and not even realize that it's due to all of the toxins in your body. Exposure to toxins can make you feel bad. You might feel kind of achy.

You might notice that you have problems with how you're able to eat and your stomach hurts when you eat. You might feel run down and crave sleep. Yet when you wake up after sleeping eight or more hours, you don't feel any better at all.

The truth is that you won't feel better if these toxins are raging within your body. To get back to feeling like yourself again, you have to get rid of these toxins by cleansing your body. But first, you need to know what not to do.

## 1.3 Products that Don't Work

By looking into body cleanses, you'll see that many of them are called "Detoxing" products - and this is pretty much a standard label. But what's not standard is the method that's used during the process.

Different products will have you doing different steps, promise you a different outcome and after a while, it can get kind of confusing trying to figure out what the truth really is.

What usually happens is that you can end up using something that doesn't really do what it's supposed to do for your body. You'll find that many supplements claim to be exactly what your body needs to go through a detoxification period.

The information that you don't get is that many of these supplements are not all natural. So you end up putting ingredients into your body that's not only not helpful - but can be harmful as well.

Taking these supplements, you'll end up feeling nauseated. You may notice that you've started bloating and after you finish taking the supplement for the suggested length of time, you don't feel any better than you did when you first started taking them.

There's a good reason that you don't feel any better - and in fact may feel worse. Packed inside these supposed helpful supplements is a nice dose of laxatives. That's why you end up with stomach cramps.

You didn't do anything for your body that taking a dosage of an over the counter laxative couldn't do with the exact same results. You also want to avoid any products that claim to work because their ingredients kill the toxins.



These products will often claim to have special herbs or spices that will help your body release the toxins, but it's not true. Wacky fads that are advertised as all the rage never work as a cleanser against toxins.

What these companies do is hire well known people to talk about their product and before you know it, the world is paying attention and they've jumped on the very same bandwagon.

But you want to be very careful with these fad cleansers. Because not only do they not work but you can end up making yourself sick from using them. It's always best to stick with a cleanser that focuses on getting rid of toxins the natural way.

Another product that doesn't work to detoxify the body is a colon cleanser. These products are sold as items that can remove the toxins throughout your entire body.

But the truth is that these don't work that way. Toxins are in your bloodstream. They get into the bloodstream when they're absorbed into your body through contact with your skin.

They then get into your organs since your blood travels to all of your organs. By using a colon cleanse, you're only focusing on one part of the body rather than the body as a whole.

That's why it's in your best interest to look for a method like the [Total Wellness Cleanse](#) - because it treats the entire body and it relies on a natural solution - and no gimmicks.

## 1.4 How to Choose A Detox Method?

What you want to find to detoxify your body is a program that's focused on nutritional value. Look for a method that doesn't have you eating all kinds of strange and often expensive foods.

A good method will have participants choosing foods that help give benefits to the body, such as foods with antioxidants and other properties. Length of time is important when you're picking out which method you're going to use.

You want to make sure that the one you do end up going with is not a long term plan. Using a method that lasts for several weeks is going to end up hurting your body rather than helping you.

Your body was not meant to exist on a cleanse for long periods of time. If the method is a good one that uses healthy steps, it's not going to take that long to accomplish the goal anyway.

The time that it takes to get those toxins out of your body shouldn't last longer than about two weeks. While your body is going through this short time of detox, you should be able to eat foods that are good for you.

The benefits from choosing a healthy detox method to get rid of toxins are numerous. You'll notice a difference within a few hours to a day that you aren't dealing with the same run down feeling.

You may also notice that any lingering stomach issues and headaches go away. And when you head to bed at night to get some sleep, you'll be able to wake up the next morning and feel a refreshing, restfulness that you may not have experienced in years.

While you're probably looking at a detox method that will help get those toxins out, there are some other surprising health benefits that you'll reap as well. Using a cleansing method also helps the body get rid of fat. So you'll feel better on the inside and look great on the outside.

## 1.5 When the Detox Period Is Complete?

When you first start the detox plan, you need some guidance like that offered by the [Total Wellness Cleanse](#) people - especially if you've never done one before. During the process, you'll need to know what foods you should eat that will work with your body's cleansing system.

These are normal foods. But these aren't recipes that you'll find in a family cookbook. These choices are picked to introduce your body to the detoxification process.

You'll stay on this for a certain length of time. Usually a couple of weeks before it's completed. But after a couple of weeks, it's time to be done with the cleanse. You have to know what and how to eat so that you keep those toxins at bay.

You don't want to do all that work and then end up putting those same chemicals right back in. But don't worry, the foods that you enjoyed before you started the cleanse are still on the menu.

## 1.6 What Items Should a Good Detox Program Include?

Your program should include an emphasis on what's natural. You shouldn't be told that you have to buy any outside supplements or supplements that they happen to sell.

The program should have a focus on doing the work it takes to cleanse and not have an emphasis in "thinking yourself free" of toxins. Because when it comes to cleansing, you can't think yourself better.

There should be a clear explanation of how the body works to fight toxins and how the cleanse is going to work with your body to accomplish this task. Whatever you decide to go with should have up front nutritional information that lets you get going right away.

These are usually written out as tips to get started or as habits that you may need to break. The program should be able to easily explain the effects of toxins on your body's organs, but at the same time be able to explain how using their detoxification system is going to help those organs become healthy.

You should get a guide or chart that teaches you about the steps you need to take to detoxify. Now what some programs do is tell you that you need to eat certain foods and they leave it at that.

While that's somewhat helpful, what you're looking for is a program that doesn't stop there. You want one that will also include helpful recipes. Some

of these programs even go as far as to plan out a meal so that all you have to do is simply go buy the ingredient list and put the meal together.

The time to focus on your health is now. Toxins are coursing through your veins right this second, and the sooner you eliminate them from your body, the sooner you'll start feeling fantastic!

## 2.0 Eat It - Drop a Size, so Eat Well

So many people are determined to get rid of body fat. They're conscious about what they put into their body and they don't allow packages of unhealthy food to even cross their threshold.

They want to look healthier and be healthier in order to live a longer, fuller life. These people are very food conscious. In fact, if you take a peek inside their pantry or refrigerator, you'll find foods that look like they came straight from the pages of a healthy eating magazine.

But they don't know the important lessons about food like what's taught in the [Truth About Fat Burning Foods course](#). Most fat burning enthusiasts certainly deserve an A for trying to do what's right for their bodies, but when it comes to succeeding, they get an F.

The reason isn't really their own fault. It's because the material they were given to study in order to make their decision was faulty and misleading. These wonderful foods these people (and you) have at home have ingredients that actually sabotage your fat burning goals.

Not only do they sabotage your goals, but they also restrict your metabolism to a slow crawl. These foods do a lot to set you up for fat burning failure. What's horrible is that they're branded as being good for you.

If you want to burn fat, you have to know the truth about the foods that you eat. You have to know which ones should be tossed out of your home and which ones you should bring in instead.

Imagine if you could have foods that would encourage your body to burn fat! Thankfully, it doesn't have to just be a figment of your imagination. You can have foods that will act as a fat burner for your body.

Even better, you can do it all naturally. No need for those scam pills, fake weight loss products or any other means that aren't good for your body.

## 2.1 How Truthful Are Food Labels?

You might be thinking that reading food labels can separate the unhealthy foods from the healthy ones. It should be healthy. After all, food labels were meant as a safety precaution for consumers.

Manufacturers are supposed to be completely honest when they put a label on a product. If it's part of what's in the package, it's supposed to be on the label. In fact, it's the law that these companies must tell consumers what's in the product.

So they do, but not in complete honesty. And if you don't know how to read between the lines of what's not being listed, it can be unhealthy for you and your family.

Most consumers are completely unaware of how companies slip ingredients into a product and disguise or outright lie about the existence of that ingredient on the label.

This is an outrage and consumers should be upset about it. But, hold on a minute. Isn't there some kind of government agency that's supposed to be on the side of the consumer?

Aren't they supposed to protect us from wrong or misleading information on product labels? There is such an agency and it's the FDA. They do govern what goes on labels, however, there are loopholes.

You can bet that manufacturers know just how to skirt around the regulations that the FDA has in place. Take, for example, trans fats. This is the process in foods where vegetable oil that's in liquid form gets made into a more solidified form.

Trans fats are very bad for you. They push your bad cholesterol (LDL) up while decreasing your good one (HDL). Doctors have long warned patients that trans fats need to be avoided because of the damage they can do to the heart.

They can clog up your arteries, causing you to have a stroke or a heart attack. They can damage your body and shorten your life. Trans fats raise your triglyceride level, which in turn can lead to diabetes, hardening of the arteries and all sorts of life-altering diseases and conditions.

Because this is such a bad fat, many companies will make sure that when you read the label and you look for trans fat on that label, you'll see a big, fat zero in the place of how much is in there.

Well, that's a relief. That means the product doesn't contain any of that bad fat, right? Wrong. This is that loophole that was mentioned earlier. If a product doesn't have more than 0.5 grams of trans fat, the FDA approves that food product label even if it says the product has 0 trans fat when it technically has 0.5.

Now that may not seem like such a big deal. But this amount is per serving. So what do you think happens when you have more than one serving - like so many people end up doing?

That's right, you get an amount of trans fat that's very unhealthy and is dangerous for your body. If this trans fat is so bad for people, why do companies use it?

Adding trans fat helps keep food fresher for longer periods of time. Spoiled foods don't sell well. But with a longer "good by" date, the company sees more profits because the food can stay on the shelf longer.

In the end, it's all about profit and the good of the company, not what's good for you or your family. With labels being misleading, how can you then hope to make sure you avoid eating it or giving it to your family?

You have to know how it gets labeled. Search your food products and look for the phrase "partially hydrogenated." If you see that phrase, it's a clue that the product contains trans fat.

Foods go through a process in order to get to you. It's during this processing stage that the trans fat can be developed. You might see a label that says no trans fat when it actually has just under the FDA allowed limit.

What's so bad about some of these foods is that your body craves them because they contain additives that can make you as addicted to the food as a person who is addicted to nicotine.

These ingredients trigger a response within your body that causes you to want more and more of the food. That's why you can sometimes feel out of control when you're eating certain foods.

You feel like you don't have any willpower. You'll eat until you've polished off several serving sizes of something - even when you know it's not good for you. It's not your fault.

These manufacturers know that in order to keep their products flying off the shelf, there has to be a demand for them. What better way to create a demand than by adding ingredients that create an addiction?

When people say, "I'm addicted to" and follow up by the name of a food, they're not far from the truth.

## 2.2 Could Saturated Fats Actually Help You Lose Weight?

You've seen the news and read the articles letting you know what foods to avoid. Many foods were put on the "eat sparingly" list because they were considered to be so unhealthy.

But you should know according to the [Truth About Fat Burning Foods](#) why this information is so wrong. Foods that had saturated fats made this watch list and people bought into it.

They carefully monitored their diets and if something had saturated fat in it, then they didn't eat it. They figured they were doing what was best for their bodies. After all, so many experts said saturated fat was bad.

Then a strange thing happened. These people who were avoiding saturated fats went to their doctors and got their cholesterol levels tested. You would think that their reports would come back with low levels for the bad cholesterol (LDL) and good levels on the good cholesterol (HDL).

Instead, it was just the opposite. Their bad numbers went up while their good numbers went down. How could this be? In a report done in the British Medical Journal, studies found that cutting saturated fat raises the risk of heart disease instead of lowering it.

Your body needs saturated fat in order to be healthy. Saturated fats boosts your HDL level. Not only that, but it's good for your heart because it lowers lipoprotein which is linked to cardiovascular diseases. As a bonus, a diet that contains saturated fat can help you lose weight.

This fat is necessary for healthy bones, liver, brain, immune system and lungs. In fact, saturated fat works with your liver to get rid of unhealthy fat. Besides that, you know those areas of the body that like to hold onto fat as if it were a lifeline?

Saturated fat can help shed that body fat. Many people struggle with this in the area of the belly. It's easy to see with stomachs that are extended over the waistbands of pants that many people don't know this helpful truth about saturated fat.

The truth is that many of the so-called "bad for you" foods that contain saturated fats are exactly what your body needs. It needs the fats for health reasons - but it also needs these fats in order to burn fat.

Foods that have saturated fat haven't been given a fair shake. If you look around, there's a lot of health misinformation about saturated fat floating around. Look at how many people are striving to eat healthy and they eat very low-fat diets, yet they still can't shake the body fat.



Despite all of the so-called healthy foods and all of the “eat this way” information, people are more overweight than ever. That’s because the foods aren’t actually healthy and the information is wrong.

If you’re someone who has struggled to burn fat, you’ve probably been given your fair share of advice. Among those words of advice, you probably had people telling you to watch your calories and just put in time at the gym - like it was a magic pill.

Watch your food, exercise and poof - all fat is gone! Except you did that already and the fat lingers like an unwanted house guest. Clearly if you're doing all of the “right” things, then something is very wrong.

Plus, you’ve noticed that even though you eat right and exercise, you just can’t get rid of all of the body fat. The culprit is probably that you cut out the exact foods that your body needed.

## 2.3 Health Food May Not Be So Healthy

Because you want to take care of your body, you probably stock your kitchen with health foods. If it’s healthy or organic, then surely it’s the best. Not necessarily.

What you don’t know is that just like labels can be deceptive about ingredients, so-called health foods can be deceptive about how healthy they actually are. Again, the reason behind this deception is profit.

Profits matter to manufacturers - and people, not so much. If you mattered, they wouldn’t be fooling you into thinking a food is good for you when it isn’t. An example that health foods can mislead you into believing that they’re good for you when they’re not is to take a look at olive oil.

How many of us look for “pure” or “all natural” olive oil when we go shopping? We buy it, fooled into thinking that we’ve purchased what’s best for us and our family.

But the truth is that many bottles of olive oil are far from pure. In fact, they have added oils that completely nullify this claim. Studies showed that 73% of olive oils aren't just lesser quality pure oils.

They're not even pure or natural. Instead, these oils may actually have vegetable oil in them, which in turn contains trans fat. So what you thought was good is actually bad and doing harm to your body.

On top of that, it's working against you in the fat burning process, causing you to hold onto fat instead of burn it. Many foods that you think are healthy actually work against your body.

You eat these healthy foods regularly but you can't seem to shake the fat. Take a look at one food that everyone thinks is good for you. Orange juice is one of those foods that everyone thinks is great for the body.

Lots of people push it by the glassful when they have a cold. The truth about orange juice is that it has a whole lot of sugar. Sugar is one of those addictive ingredients and it's often added to plenty of supposed healthy foods.

So even though oranges are good for you, orange juice isn't. And it's because of the sugar content. Sugar makes you crave more sugar. It's an additive that many people are addicted to.

Not only that, but any drink that has sugar - whether it's a so-called healthy one or not, can cause a rise in your glucose levels. This is bad because you want your glucose numbers to stay at a steady level.

Big jumps in this statistic can give you a sudden burst of energy. While you might think this burst of energy is a good thing, it's not - because then it drops and you crave sugar.

So you end up getting on this hamster wheel of sudden drops, sugar cravings, and a lack of fat burning. Kindly check your inbox on my Fat-Burning Newsletter, the first module of "The Ultimate Seven-Day Sugar Detox Plan" to understand why is sugar harmful and how to detox it.

Back to this, check out the difference between butter and margarine. How many times have we been told to avoid butter?

Foods that are made with butter are considered to be heavy on the comfort and light on the good health qualities. In its place, we've been told that we should use margarine instead because butter is bad for the heart.

But it's the exact opposite. Butter has far more natural ingredients than margarine. Margarine and similar spreads are loaded with trans fats and chemicals that are bad for you.

The firmer the margarine, the worse it is because the more trans fat it will contain. That means in tub versus stick margarine, the sticks are worse. Butter is better for you and it contains vitamins like A, E and K2 that are good for you.

If you know anything about grass-fed cows, then you'll know that eating dairy produced by these cows also contains the helpful K2. Butter also has saturated fats, which are better for your heart health.

These are only just a few of the foods in the [Truth About Fat Burning Foods](#) that you need to know the facts about. The best thing you can do for your body's health and to burn fat is to educate yourself about the foods you should let go of and the ones that you should have in your diet.

### 3.0 Beat It - Get Fit and Be Active

An ultimate goal that many men and women have is to achieve a flat stomach and have six pack abs. But try as they might, reaching that goal continues to elude them - despite hours spent crunching, toning and doing weight training exercises.

If this sounds like you, there's a good reason that you're not seeing your body shape up the way that you want it to. The reason is that you have to follow a nutritionally sound eating plan along with an exercise program that's specifically designed to get rid of stomach fat and give you those toned abs.

You have to look at a program that addresses every part of your body - from your mind to every physical aspect - the way that [Truth About Abs](#) does.

## 3.1 The Nutritional Link to Six Pack Abs

You know that there are some foods that help your body stay healthy and get lean over eating other foods. But even eating healthy foods isn't the only answer to getting rid of that stubborn stomach fat.

A lot of people who want to have toned abs don't understand that to have the body shape you want, you have to have a foundation that's nutritionally sound - and even some healthy foods don't make the cut. They can cause bloating.

Millions of people worry that they're not getting the right nutrition that their body needs to develop a nice looking set of six pack abs, so they start supplementing what they feel are the nutritional deficits in their diet.

They begin to take some vitamins that promise to work wonders on their metabolism. They might add supplements along with the vitamins that are 'supposed' to melt away body fat and will help them develop a toned abdomen.

They may even start to chug shakes that are supposed to perform a miracle and magically transform their abdomen and do away with the fat.

You can develop the body that you want by eating the right foods and by eating a wide variety of foods. You don't have to go on any strange elimination diets. You also don't have to supplement your food intake with any products that claim to help your body burn fat.

Because the truth is that your body is perfectly capable of getting rid of fat on its own with the right guidance. So if you've fallen into the trap of thinking that you can take some extras like the pills or shakes to get a toned body, now is the time to pitch those items into the garbage can and go the all natural way - the way that's the healthiest for your body.

You might not be into taking anything like pills or shakes because you have decided already that you want to eat healthy for your body, so you chose to live your life as a vegetarian.

There are many benefits to this way of eating, but you have to know what to do to get the protein your body has to have to develop six pack abs. Eating the right way is a must if you want to be in shape.

Unfortunately, this is one of the biggest areas that derail so many people. They believe the nutritional information that they've learned over time is sound advice. Instead, that information could very well be holding them back from reaching success.

For example, there are a lot of warnings about eating fat. So a lot of people avoid it and go on these no fat, low carb diets. Then they don't understand why they can't get rid of the stomach fat.

The reason that this kind of eating style always backfires is because your body has to have a certain amount of fat in order to be able to function properly. That's because there are nutrients in fat and these nutrients work to protect your body from developing health issues such as heart disease.

You may have read all of the hype about low carb diets and how these diets are great news for your body. Actually, they're not. You have to have carbohydrates every day - and depending on your calorie intake, the percentage of carbs that you need can vary.

If you eat only low carb diets, you can be working against yourself - not only because it won't help you lose stomach fat - but because it's not healthy. Low carb diets don't help you develop six pack abs, either.

The reason that eating the right level of carbs is important is because you have to have a certain level of carbs in your diet in order to maintain energy. Without enough carbohydrates in your diet, your body will look to your muscles for the energy it needs.

Carbs work to protect your muscles. They also help with your glucose level and digestion. They even aid in helping you have healthy cholesterol levels. But you'll find that programs touting the low carb diets neglect to give you all of the information you need to be able to make an informed choice.

## 3.2 Why Exercise Isn't Working for You?

Just as there are plenty of myths about dieting and the foods that you should eat to lose body fat and get in good shape, there are also a lot of exercise myths. For example, one of these myths is that men and women shouldn't do the same kinds of exercises.

Regardless of whether you're a man or a woman, a muscle is a muscle and fat is fat. True, there can be different levels of muscle tone and different locations for the fat, but the efforts to address both are the same.

And if you're not doing it right, it doesn't matter what your sex is, it's not going to work. You might even be one of the most faithful visitors to your local gym. You might work out six days a week and you burn it up for two hours a day and sometimes even extra hours on the weekend.

You have plenty of willpower. What you're missing is knowing the right way to exercise to get rid of fat. Being faithful to the gym won't cause you to target certain areas of your body that tends to carry fat.

It also won't help you develop six pack abs without doing the right types of exercise. You're actually wasting time at the gym when you're spending hours there.

You can achieve your goals by spending as little as 20 minutes a day exercising. You don't have to do it six days a week either. You can complete these body change exercises, reaping all the ways they shape your body, by doing them just 3 days a week.

Having a long exercise routine that isn't giving you results is like having car tires mired down in the muck. The wheels spin and spin with effort, but you can bet that car isn't going anywhere.

When you don't exercise the right way, your body isn't heading where you want it to go. So it's time to let go of what's not working and embrace what will work. You need to know what kind of exercises to do and how that you can exercise at the gym or at home and be able to lose fat and tone your abdomen.

You can find the information to help you with this from [Truth About Abs](#). This program is for both men and women, and you learn both the nutritional and physical regimens you need to shed stomach flab and showcase a nice six pack of abs!

### 3.3 Two Big Myths About Losing Fat and Developing Six Pack Abs

Needing to be young and active are two of the biggest myths that people believe when it comes to getting in shape. The truth is that your age shouldn't be a barrier to you having the body that you want to have.

Your activity level shouldn't be a barrier either because everyone who ever changed his or her life began somewhere. A smart program takes into consideration the age and physical abilities of the users.

This is important for you because you want to have a program that specifically targets where you are physically today. Otherwise, you can risk overdoing it or end up discouraged and quit.

If you're mostly a couch potato and your biggest exercise is stretching to reach for the remote, you can still follow a good beginner plan to get in shape. Even just learning about the nutritional information will help your body feel better.

So if you're out of shape, you can start easy and make some simple changes. Before you know it, you'll be moving up levels until you're ready for the more advanced routines.

### 3.4 Tackle Stomach Fat to See Your Six Pack Abs

This is one of the main reasons that so many of the programs that are available fail. They promise that you can develop six pack abs. Many

consumers buy the program and try as hard as they can, but they don't succeed.

The reason that many programs fail is because they don't address the connection between stomach fat and six pack abs. Every adult and even teenagers can develop six pack abs.

But the problem is that you can't show your six pack abs unless you get rid of the stomach fat. This is also why you'll see so many people who work really hard to exercise - but still keep that stomach pouch.

They're trying to have six pack abs through muscle building, without taking off the stomach fat, too. This is an area that trips up most men who are trying to get their body in shape.

Here's why it doesn't work to attempt to build six pack abs when you have stomach fat. When you lose that stomach fat, what you see underneath it are the abdominal muscles.

These abdominal muscles are there even if you have a stomach that's hanging over your belt. But what happens is a lot of men (and women too) believe that myth that if they do plenty of ab exercises like stomach crunches or sit-ups, they're going to end up with a nice, toned abdomen.

Instead, the opposite happens. Those abdominal exercises are actually adding inches to their waist. Now those inches are from working out and it's muscle because that muscle is indeed growing.

But you won't see it and neither will anyone else because your stomach fat is camouflaging it very well. You need to have a program that will teach you how to burn off the stomach fat while you're developing six pack abs.

That's the only way that you'll get the shape that you want. What happens is that some programs you can buy will target one or the other issue - but not both. This is really noticeable in programs that are developed for men and it's why you might not have gotten the abs that you want despite all of your hard work. So take care of the fat and the abs will show.



## 3.5 3-Tips for Your Fat Loss and Development of Six Pack Abs

You know that there's no such thing as overnight success. People that achieve success have worked hard to change their lives and arrive at the place they want to be.

Along the way, successful people have encountered obstacles that have cropped up. Rather than letting those obstacles stop them, they figured out how to eliminate them or go around them.

The same can be said when it comes to fat loss and getting those ripped abdominal muscles that you want to have. To find success, you're going to have put the work into it and you should know what it is that you may be up against.

When it comes to your body and changing it, you'll face three potential obstacles that are going to determine how fast and how well you do. There are three things that you need to weigh when you decide to get your body in shape.

**The first thing is genetics.** This is one of the factors that will not stop you from losing abdominal fat or developing six pack abs. However, what your genetics will do is play a part in how easily you can lose stomach fat.

Some people allow this to become an obstacle that stops them. Let it motivate you instead. Some bodies are genetically wired so that they don't give up fat easily.

Depending on your body type, you may have to deal with this. A woman's body is also naturally geared toward holding on to abdominal fat. But this doesn't mean that you're facing an impossible task.

It simply means that you need to be aware that you're going to have to stick with the program and not give up if your body is sluggish to respond.

**The second factor that you need to think about when it comes to getting in shape is your metabolism.** Your metabolism can be a fast one

or a slow one. What type of body that you have will determine how well your metabolism burns off the fat.

You may be someone who has always struggled with a slow metabolism. Don't let that make you afraid that you won't succeed. Because fortunately, there are ways that you can eat and exercise to get your metabolism up to speed and [Truth About Abs](#) can show you these.

**Finally, the third factor is your mindset.** Your mind is a big part of whether or not you find success in anything you do in life but especially when it comes to getting fit.

You have to be able to vow that you're going to learn the information that you need and not going to let anything stop you from saying goodbye to the stomach fat and hello to toned abs.

When you decide to go after a goal, you need to first figure out what that goal is. Simply saying that you want to lose stomach fat or develop a set of six pack abs is too broad.

Identify why you want to do this. You want to have this because when you feel discouraged - and discouragement comes even during times of success - you'll be able to have clear motivation.

Break your journey down into milestones. You can do this by breaking them down into weeks or months. What milestones do is to help you stay on target. They provide a short point that you're able to reach on the way to the final step.

Whether you're a man or a woman who is suffering from excess flab on your stomach, you don't have to be discouraged that it's a lost cause. Even if you barely have any fat - but it's slightly covering up your strong, cut look, you can easily burn it off to reveal an amazingly toned and flat stomach!

**In summary, the 3 fat-burning formula that can make you hot are:**

- 1) Clean It - Keep Your Body Clean
- 2) Eat It - Drop a Size, so Eat Well
- 3) Beat It - Get Fit and Be Active

You need to detox your body and eat healthily, to have a healthier body first. With a healthier body, then only you can choose a suitable weight loss plan for a slimmer you.

If you follow these 3 formulas in the sequence and systematically, they can keep your fears from holding you back - Lose Weight Now!

**I hope you found this information useful. I'll continue to send you tips to make sure you're getting slim and healthy!**

**If you liked this book on "3 Fat-Burning Formula to Make You Hot!" please share this book to any of your friends, family, or co-workers that also want to live healthily!**

- By Daniel

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## Ongoing Advice and Support

If you have any question on the information that I provided, product that I recommended or any comment on this book, kindly email me at: [Daniel@BurnFatFormula.com](mailto:Daniel@BurnFatFormula.com) or [DanielNAlexander2@gmail.com](mailto:DanielNAlexander2@gmail.com)

I'll reply and answer your email personally within 24 hours.

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