

Subject: Are You Fat?

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Here is some advice that I should take myself.

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Hello,

I was just re-reading a new course I received for review (I get a million of these), and am learning some interesting things about what Josh Bezone calls "obesity additives".

These are the "fun" ingredients that food scientists slip into the food we eat every day that makes it almost impossible for us to lose fat (especially around our midsections).

If you are like me, you are somewhat aware of this...but you probably just kind of accept it. But did you know that...

Many of the chemicals all too commonly found in today's foods can be just as addictive as alcohol, cigarettes, and even various street d-u-gs.

The stuff they are putting in our food to keep it artificially "fresh" for years and even decades, can actually make changes in our brain chemistry...causing us to become addicted to gaining body fat.

Furthermore, in order to make you crave what they have, the industry spikes your food with: Trans fats, caffeine, MSG, high fructose corn syrup, artificial colors, flavoring, extra salt, and sugar. What you get is a food time bomb disguised as a healthy treat.

No wonder we all struggle so much...

With all of this in mind, here are three ways obesity additives work to make our bellies bulge:

1. Two of these obesity additives interfere with a hormone called leptin that tells the brain we are full while eating.
2. Other obesity additives add fat by changing how our bodies use the calories we eat. They do this by increasing a fat-storing hormone called insulin. When this happens, calories are converted to fat instead of being stored as "muscle energy." This leads to fat deposits in all of our trouble areas like under the chin, the backs of the arms, the belly, and the lower body.
3. Still other obesity additives actually make us addicted to them and cause us to eat uncontrollably. They do this by altering brain chemicals called neurotransmitters just like a highly-addictive drug does.

A Short List of Obesity Additives to Stay Away From...

Stripped Carbohydrates (listed as sugar, flour, enriched white flour, white flour, enriched bleached flour, enriched wheat flour, wheat flour, semolina flour, white rice, maltodextrin, glucose, high fructose corn syrup (HFCS), fructose, sucrose, dextrose, and levulose)

Artificial Sweeteners (listed as Splenda (sucralose), NutraSweet (aspartame), Sunette (acesulfame K), and Sweet N Low (saccharin). The scientists believe that artificial sweeteners may short-circuit the body's natural ability to sense how much it has eaten.)

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Added Caffeine in soft drinks and energy drinks (a few cups of green tea or coffee each day are fine)

High Saturated Fats (also listed as partially hydrogenated oils and trans fats)

MSG (also labeled as monosodium glutamate)

Excess Alcohol (if you must, one to two drinks per week)

Excess Salt/Sodium (in chips, crackers, canned food items, pickles, various cheeses, pretzels, condiments, and salted nuts.)

How Can You Permanently Shed All Your Unwanted Pounds?

A big start is to recognize these additives and replace them with natural fat "fighting" ingredients. In Josh's course, he has tons of recipes and an amazing salt-free herbal blend mixture that tastes great!

I don't want you to think that this is all Josh has to offer, he put together a complete program for anyone who wants to learn a simple way to become healthy and thin...without sacrificing on taste and lifestyle.

It is really unique, and besides being well documented scientifically...its strength is its simplicity. For example, his "cups not calories" method is pure genius...

My Experience

As part of the program, Josh has a 7 day fast start period. I am on day 5 as a personal guinea pig and have dropped 3 stubborn pounds. Some of it I believe is some water bloat that I was holding onto for reasons Josh will explain in his program.

How You Can Drop Some Flab...

Although I was skeptical I think this is a program worth getting if nothing else is working for you. His sales page is a little over the top when it comes to the "hype" factor, but don't let that get in the way of getting some information that truly might help you.

<http://www.hypnosisnetwork.com/recommends/josh>

Josh just released this program to the public and today is the last day he is offering it at a pretty steep discount, so it would be a good time to try this now.

Regards,

Michael Lovitch
Co Founder
The Hypnosis Network
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P.S. If you do get the program, please give me your feedback. And if you have any issues at all just let me know and I will make sure you are treated right (I have his contact info...)

P.P.S. In the course, there is something called the "Obesity Additive Addiction Test". It is very revealing. If you contact me with how you scored, I will then share with you how I did. Scary stuff...

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