

YOUR FREE REPORT!

WHY DO DIETS

FAIL??

It sure is irritating isn't it? And for that matter, pretty frustrating to read all the hype, all the "stuff" that media tries to put inside your head, (usually fear), and you don't know which direction to go when it comes to weight loss-right? And now here comes an event, a holiday, a vacation, and in sets the fear of *"what am I going to wear, how will I look next to everybody else who I haven't seen in so long, OMG I have to actually take off my shirt at the beach???"* So, the normal thing to do is either:

1. Starve! Yeah- -that always works!
2. Binge and purge- -now that's a tasty idea!
3. DIET! *"What's the latest and greatest that's on the market,"* you ask? Well allow me to give it to you: the straight, quick and dirty. Diets fail because- -

PROBLEM #1

~ **They are a quick fix.** Too often people will restrict their food choices and how much they take in-right? After their goal is reached, they go back to old eating habits.

- **Solution:** A lifestyle change where practice.... makes *permanent* where you don't have to "get ready" for anything because well....you'll always *be* ready!

PROBLEM #2

~ **Fad Diets = Unbalanced Nutrition.** Way too often, diets focus on certain kinds of foods, forgetting about the importance of the balance of everything else. Think about it; Atkins Diet focused primarily on protein-remember? Many were ingesting *so much protein* and because of it, their bodies got hurled into an extremely imbalanced state, because of the absence of carbohydrates which, the body needs to survive. Oh and I forgot to mention it was no party being around the folks on Atkins because of their excessive grumpy behavior....and bad breath! 😊 This of course, was due to the extreme shift of food balance, and yes, they were also dehydrating. Now I ask you, if you were one of these folks and *did* find success with it? Are

you *still* successful? Perhaps you fell back into *your* old eating habits and have gained it all back, and maybe then some? The reason why is because your body *needs*, and will tell you what it needs and when. You were forcing your body to adapt to something it wasn't made to do. Once the "trick" was up, your body said, "*Forget you, I'm going back to what I like and need.*" And because there was no balance *or* learning how to eat for success, the re-gain occurred.

- **Solution:** For the best possible results, our bodies need a balanced variety of nutrients it was meant to have, and not be "tricked" into a form of weight loss that has minimal staying power. The balance occurs with the right types of carbohydrates (stop cringing everybody!), proteins and fats.

PROBLEM #3

~ **High Glycemic Trap:** eating high glycemic foods (glycemic=sugar), can sabotage the best of diet plans-why? High glycemic, or high sugar-containing foods, *spike* insulin release *and* nosedive that release in the body. Simply stated, insulin has some pretty intense effects on metabolism, one of them being the "nosedive" it can take, which leads to a rapid return of feelings of hunger....and

then you eat poorly again because there is no balance, but rather, cravings!!!

- **Solution: LOW-GLYCEMIC carbohydrates!** This way, you moderate blood glucose (sugar) levels which leaves you feeling full- -and satisfied longer!

“Okay Annette, that’s great and all....so what can I do this very second now that you’ve got me all fired up?!?!”

WOW- - I like how you think...DIRECT ACTION!! As you can see above, there are 3 simple solutions to this, and now you know them. The next and final 3 solutions are yours for the taking. They don’t cost you a thing, so I suggest you do them.

- **FIRST:** print this free report.
- **SECOND:** click back and download this second free report and immediate solution: “RESET, Why You Can Succeed.”
- **THIRD:** Ask yourself this question: “*How will I do my part in my own success?*” Here’s your answer....

YOU’VE ALREADY DONE SOME OF IT BUY READING THIS FREE REPORT!! 😊

NOW- -

- CONTACT ME VIA EMAIL FOR MORE! 😊

- NO YOU DON'T HAVE TO CALL! 😊
- EMAILING IS MUCH LESS INVASIVE-RIGHT? 😊
- ALL YOU'RE DOING IS GATHERING INFORMATION! 😊

THAT'S HOW YOU DO YOUR PART....SO DO IT!

Remember, I am awesome at what I do! I don't like gimmicks, tricks or quick fixes. I'm in this for life- -and not in the sense of being a "lifer," but rather for the essence, purity, harmony and above all....the **freedom** of life!

Success is yours,

Annette 😊

annette@absolute-fitness-results.com

www.absolute-fitness-results.com

(562) 650-2395