



**Please Feel Free to pass this report onto anyone who may find the information contained in this book interesting or helpful.**

**We want to save as many people as is possible from wasting their time, effort and money on ineffective fat loss methods.**

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Simple & Best Pty Ltd

Po Box 2199

Griffith NSW 2680

Australia

[aman@simpleandbest.com.au](mailto:aman@simpleandbest.com.au)

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## 5 Deadly Mistakes of Fat Loss

1. **Why Crash Dieting Only Creates the Illusion of Losing Fat.**
2. Why losing too much weight too quickly can make you fatter.
3. **Abs machines – Don't spend a single cent on any abs machine until you read this.**
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## Before We Start

Before we start I wish to compliment you on your acquisition and participation in this report. I want to really outline to you, that you are already in the top 10% of those who want to achieve their dream body – by simply taking the time to get involved in this material. The first step in achieving your dream body is to build understanding of why you have failed to lose weight and keep it off. Ok let's get started.

## **Why crash dieting only gives you the illusion of losing fat**

The first and the most popular way of losing weight is crash dieting or starving your self. By the way, most fad diets also fall into this category. The idea behind this method of losing weight is that by cutting off your energy supply, your body will be forced into using stored body fat to make up for the lack of energy coming into the body. Seems pretty logical doesn't it!

I mean the main reason you got fat in the first place is by over eating, right? I'm afraid it's not that simple my friend.

So why doesn't this work?

### **Evolution & Fat Loss**

Well, you see this is where hundreds (millions?) of years of evolution kicks in. Your body responds to the cut in energy supply by switching to survival mode. The main goal of survival mode is to keep you alive till you start eating again. This means that any unnecessary energy expenditure must be reduced or eliminated. Unfortunately, maintaining muscle is one of these low priority energy expenditures. So to make up for the lack of energy being consumed, your body starts breaking down its muscle stores in order to save energy.

### **What's Muscle got to do with Fat Loss?**

So what's so unfortunate about losing muscle? Well muscle is the great metabolic engine of your body; meaning that muscle is responsible for using up significant amounts of energy provided by food. So with the engine been downgraded, your body's capacity to burn off the food, even if your food is healthy and in moderate amounts, is greatly decreased, leading to significant amounts of unwanted fat gain.

(Note: [Click here](#) if You are scared of becoming muscle bound?)

Also let's not forget how most crash dieting sessions end.

## **Hunger Cravings that make You Fat**

Most people don't tend to end their crash dieting by following up with a healthy eating plan. Most people finish their starvation diet by giving into the cravings, which are inevitable due to your body releasing the 'hunger' hormones as a response to the starvation. This causes a person to eat far more food than normal. With the muscle mass significantly reduced the person's ability to 'use up' all this energy coming into the body is also significantly reduced causing most of this extra eating to be stored as fat.

### **It doesn't end there!**

Not only does the weight that the person initially lost comes back, but now your body has also changed. Your body is now in disaster planning and becomes programmed to accommodate for another famine in case it occurs again. How does your body do this? Well, by simply storing even more fat.

## **Big Fat Person > Skinny Fat Person > Bigger Fatter Person**

So at the end of the day, you start of fat, lose a significant amount of weight, most of which is muscle and water, and go wow! I've lost so much weight. But guess what - then you put all that weight back on within weeks of resuming normal eating, and add even more weight due to the physiological and hormonal changes in your body. Hence crash dieting only creates the illusion of losing fat!

If you have crashed diet to lose weight, or are considering it, take a moment to think about how much harm you can or have done to your body. The above explanation doesn't even go into the damage crash dieting does to your overall health. All in all Crash dieting is a NO GO ZONE!

If you want REAL FAT LOSS, which is fast and simple, then click here to check out Successful Slimming - The last program you will ever need!

Successful Slimming will give you all the information you need to start building your dream body. Best of all you can start doing this RIGHT NOW – even if it's 2 o'clock at night!

**3 Secret Abs Exercises Guaranteed to give You a Sexy, Toned & Defined Mid Section in Record Time!**

>> \$20 Value - FREE <<



**Women:** Flatten Your Tummy, Tighten Your Waist & Eliminate Those Ugly Love Handles!

**Men:** Develop a Killer Six Pack and Turn Heads Everywhere You Go!

When it comes to achieving that sexy mid section 90% of people are Dead Wrong. This one will put an end to the 'spot reduction' belief that 90% of people hold about sit ups.

This will reveal why endless sit ups won't, can't and shouldn't be used for getting that sexy six pack. What's more is that it reveals exactly how to achieve that flat mid section. You will not see this one coming - the system is truly revolutionary.

**[Click Here to get it instantly for FREE!](http://www.successfulslim.com/Guaranteedabs.html)**

**<http://www.successfulslim.com/Guaranteedabs.html>**

## Why Losing too much Weight too Quickly can make You Fatter

Why you should never fall for '10 pounds in 10 days' or '15 pounds in 15 days'!

Let's break it down. When you lose weight, it comes from 3 main sources – Water, Fat & Muscle.

When you lose weight too quickly this is what happens:

Lets take 'lose 10 pounds in 10 days', for example. The 10 pounds you lose in 10 days breaks down into something like this: 4 pounds of this weight comes from water weight, 3 pounds from fat and 3 pounds from muscle.

Lets see what happens after the 10 day period when you resume normal eating:

### Claimed Weight Loss = 10 Pounds

**Water Weight:** 4 pounds – comes back really quickly. You shouldn't even count this as weight loss, as it's purely temporary during your crash diet. As soon as you resume normal eating, your body will very quickly pack on the water weight. So essentially you only lost 6 pounds in 10 days.

**Muscle Loss:** 3 pounds – this is the worst thing that could happen to an obese person. The last thing an obese person wants is to lower their ability to burn energy by losing muscle. So this is undesirable weight loss too.

(Note: [Click here](#) if You are scared of becoming muscle bound?)

**Fat loss:** 3 pounds – so in reality you have only lost 3 pounds of fat in 10 days! But guess what, this will be regained within weeks of normal eating. Also you will gain even more fat after the 10 days.

### Actual Fat Loss = 3 Pounds

Why? Well, for 2 reasons.

1st: Due to your body's reduced ability to burn off energy (reduction in muscle mass), the food you eat after your 10 days (or after you finish your crash diet) will not be burnt off as there is significantly less muscle to burn this energy. Thus this extra energy will be stored as fat. So the 3 pounds of fat you lost will come back quite quickly.

## **Starvation = Famine = Fat Gain**

2nd: Due to the body's response to a famine situation, your body responds by gaining more weight, mainly in the form of fat as fat is easy maintenance compared to muscle mass, in order to protect you during the next famine if it ever occurs.

So essentially if you drop too much weight too quickly, you are almost guaranteed that this weight will not only come back very quickly but also that you are at a real risk of becoming even fatter than what you were when you first started losing weight. So what's the better alternative? Enter [Successful Slimming](http://www.successfulslim.com).

## **A Powerful Alternative**

From the description above it may seem as if Successful Slimming is a slow program. Not at all! [Successful Slimming](http://www.successfulslim.com) is anything but slow. Successful Slimming is the Fast way to FAT Loss, and not just WEIGHT Loss. This is not an overnight fat loss system. With that said, that doesn't mean you will have to wait for months on end to see results. You will start seeing results in DAYS!!

**Learn how to burn fat 24/7 – even while you sleep!**

**Successful Slimming – [www.successfulslim.com](http://www.successfulslim.com) – Learn the Secrets**

This is the beauty of [Successful Slimming](http://www.successfulslim.com). You lose real fat! And as the time goes on, you keep losing more and more fat! And it **DOESN'T COME BACK!** As a matter of fact, the system is so powerful that as time goes by; your ability to burn fat Skyrockets within just a few months! Learn how to burn fat 24/7 – even while you sleep! Download your copy now:

## **Abs machines – Don't spend a single cent on any abs machine until you read this!**

You know sometimes I am amazed at how many lies are told to sell products! I mean, marketing companies will tell you downright lies just to make a quick buck! There are countless products that don't deliver even half of what they claim to provide but the most notorious of all of these are abs machines.

90% of these machines sell purely on the basis that the general public doesn't know this one single secret. An abs machine can never give you a six pack purely on its own! But hey, the marketing companies aren't going to tell you that! Why would they? After all, this one secret is making them millions of dollars every year. Shame!

Anyways here is the one secret why any abs machine can never give you that sexy mid section all on its own!

The secret that the Billion dollar fitness industry doesn't want you to know!

Are you ready? Here it is:

### **You Cannot Spot Burn Fat!**

In another words, you cannot target burn fat on your body. Hence, you cannot target burn the fat on your abs by simply doing abs exercises! Why? Because your body doesn't burn fat locally, it burns it systematically; meaning it pulls fat from all over your body and not just the area you are working out.

Don't believe me? Well look at any elite tennis player, they use one of their arms much more than the other one and as a result the dominant arm is much bigger. However, if you compare the fat percentage of the two different arms, they are both the same. Therefore, this means that your body burns fat from all over the body and not just the muscle or part which you are working out.

So no matter how many sit ups you do, no matter how many different abs exercises you do and no matter how many different abs machines you try, you cannot spot burn fat off your abs.

### **Logic, Abs & Marketing Lies**

Many people find this hard to accept. Well, of course it is because the marketing companies have been telling you for years how their abs machine will melt away fat from your mid section! Also, it makes logical sense. I mean if you think about it, it might seem the best way to burn fat of your mid section is to work your mid section, and the best way of doing this would be to find an abs machine that gives your abs a killer workout. However in reality you could not have been further from the truth!

Now you know better! So don't ever pay hard earned money for an abs machine!

### **Targeting Problem Areas**

So all is bad news in the world of ABS? Fear not my friend, there is hope. Just because you can't spot burn fat doesn't mean you cannot target problem areas. See, the thing is your body has special areas where it likes to store the majority of its fat. With some people it's their abdominal area, while for others it's their thighs and gluteus (your bottom), and for some it's their chest or lower back. No matter what your problem area is, when you start burning fat all over your body using the Successful Slimming system you will be able to effectively reduce the fat around your problem areas in record time - Including Your Abs!

So if you're ready to sizzle away the fat off Your mid section and finally achieve that sexy set of ABS then go and download my e-book now, and I will throw in a special report purely dedicated to the art of achieving a sexy mid section **ABSOLUTELY FREE!**

But Hurry...This Special offer is for THIS WEEK ONLY! You may never be able to find this information again! So don't miss out on this special offer.

Click here to get your copy now!

## Testimonial

Before I go, I want to finish with a testimonial from someone just like you, someone who wasn't sure about buying Successful Slimming but in the end took the plunge. Their comments tell a lot about the hard work and painful trial and error that went into the book, so if you want to know what the book is really about, when stripped down to its "essentials", here is the real scoop:

*'Aman,*

*I don't know how I can thank you for your e-book! For the past few weeks I have been putting your powerful techniques into practice and guess what, I have already lost 12 pounds of pure stinking fat in just 3 weeks. For anyone out there looking to lose fat quickly & effectively, look no further – Successful Slimming is the best program out there!'*

Tony McGregor,  
New York USA.

[Click here](#) for more information

## **The One Secret that No Fat Loss Supplements Company wants You to Know**

Did you know that the supplements industry is a multi-billion dollar industry?  
Have you ever wondered why supplements are such big business?

I want you to think about something...

During your lifetime you would most likely only purchase 5-6 books on fat loss.

During your lifetime you would most likely only purchase 5-6 items of weight loss equipment.

So from a marketing company's perspective, you could only sell 10 -12 items to one person during their whole lifetime. That's not a huge incentive considering the bottom line that drives most companies. What drives most companies? That's right- Profit! From their perspective exercise equipment and books are a relatively small market.

### **The Resale Potential of Supplements**

However, if you find a product which the person is going to run out of quickly, such as a pill, then you have a money making product. See, with a book, you buy it once and you have it for life. This is also true for most workout equipment; you buy it once and you have it for life. In contrast, with supplements you buy them once and you will run out of them in a month. So the resale potential of supplements compared to other products is extremely attractive from a profit perspective!

So the reason supplements are so popular is not because most of them work amazingly well, rather because they have the highest money making potential so companies spend big to promote their supplements, making huge payouts to doctors, athletes and other industry leaders to get people to buy. So next time

you get told that you need this and that supplement to better your health, you can tell them otherwise! Don't waste your money. Your number 1 supplement is food. Learn how to eat properly.

## **Fat Loss Pills - Fact or Fiction?**

With that said, now lets talk about fat loss pills. Fat loss pills have become one of the biggest sellers in the supplement industry. Apart from the downright lies that companies feed consumers, the other reason fat loss pills are so popular is because they appear to be an easy way out. Most fat people don't want to go the effort of exercising and eating right, so this is a lazy way out for them.

So am I saying that fat loss supplements don't work? No, not at all. What I'm saying is that they don't work anywhere near as well as some of those companies claim. Also many of these supplements don't work exclusively, meaning that the fat loss supplement doesn't give you significant fat loss all on its own. Why not? Well that answer lies in one secret that no fat loss supplement company wants you to know. If this secret got out, no lazy people would buy these supplements anymore:

Let's look at how a lot of fat loss supplements work:

## **Lipolysis - The First Step in Fat Loss**

Many fat loss supplements work by promoting lipolysis. Lipolysis is the release of fat from the fat cells into the blood stream. For fat to be burnt off, lipolysis must occur. This is the first step to fat loss. However there's a catch; the fat in the blood stream then has to be burnt up in energy production. So if you are just going to sit on your backside after taking the pill, then you are not going to be burning much of the released fat. And unused released fat will just return to your fat stores. Hence the supplement won't cause you to lose any substantial amount of fat.

## **So what's the Secret to making most Fat Loss supplements or pills work?**

Well, like the rest of Successful Slimming, the technique to making fat loss supplements work is very simple yet amazingly powerful. Like I said before, all that the lipolysis promoting supplements do is release fat into the blood stream. From here it has to be used up in energy production, meaning that to burn this fat all you have to do is workout! That's right; you just have to move for 20-30 minutes. This simple technique alone will DOUBLE the fat burning ability of any fat loss supplement.

With that said, You Do Not Need Any Supplement or Pills to Lose Fat! You can lose more fat with correct exercise and nutrition in a week than you would lose with most fat loss supplements in a whole month! However, if you do decide to use them, they can be quite helpful – provided you know how to use them correctly and provided you get the most effective supplements.

If you are considering taking supplements, or are already taking them, then you need to download Successful Slimming, and as a special bonus I will throw in a special report on the best supplements for fat loss, and more importantly how to use them to maximize fat loss! Believe me; if You do not know how to use supplements properly, then you are just throwing money down the drain.

## **Why endless cardio doesn't work?**

When most people think fat loss, they think hours and hours of cardio. I mean if you asked 90% of the population on how to lose fat, they would probably respond by suggesting some sort of cardio activity, e.g. running. In reality, long sessions of cardio are an inefficient and ineffective way to lose fat.

Low intensity cardio uses predominantly fat to fuel the workout. You are probably wondering how is that a bad thing. I mean that's what we want, right? Fat loss? Well, the problem lies in the complex physiology of the body.

### **Long Cardio Sessions = Endurance**

See, long sessions of cardio tend to train the endurance element of the body. The main goal of endurance is to gain maximum efficiency out of the body and its resources. One of these efficiency goals includes; becoming extremely efficient with the fuel it has. This is bad news. Why? As your body becomes more and more efficient with the fuel, you start burning less and less fat every cardio session as your body adapts to get more performance out of every unit of fat calorie.

### **Endurance = Fat Conservation**

So although initially you may experience great fat loss, in the long run you are going to have to run for longer periods to get the same effect. So essentially, you might have to run for 3 hours a day to get the same fat loss, which you initially got in 1 hour when you first started working out.

### **And it only gets Worse**

Also, in terms of lifestyle and sustainability, cardio comes with the following limitations:

**Time:** Most people do not have 1-3 hours everyday to run.

**Difficulty:** To consistently run for 1 to 3 hours everyday is mentally very challenging. Lets be realistic, most people who are not professional athletes cannot discipline themselves to run for an hour or two everyday. I am one of these people. That's why when I wanted to lose fat, I needed a system that didn't require me to run everyday! Finally, after months of investigation, I found one!

### **And the Winner is...**

And now you can use the same system to achieve excellent fat loss without ever having to do endless hours of cardio. In [Successful Slimming](#) I'll show you how you can:

- **DOUBLE the fat loss from your cardio sessions.**
- **How to cut the time of your cardio sessions in HALF, while achieving phenomenal fat loss.**
- **How to get your body to speed up your metabolism and KEEP BURNING FAT HOURS AFTER YOU'VE FINISHED YOUR CARDIO SESSION.**
- **How to vary the intensity of your cardio sessions during different times of the day to achieve MAXIMAL FAT LOSS.**

So if you are ready to discover your hidden fat loss potential, then you should download my e-book right now.

[Click here](#) to download Successful Slimming.

## **Juice – Making You Fat and Companies Rich**

I am always having a go at magazines for publishing isolated information. What do I mean by isolated information? – information which is not inclusive of a particular substance's complete benefits and detriments. One of the best examples of incomplete information is the whole juice revolution.

### **The Marketer's Side of the Story**

By only telling people about the benefits of juice, marketers have made a lot of companies rich and have left a lot of people fat. Let's start with their end of the story. Juices are full of vitamins and minerals; they are good for cleaning out the digestive system, give you heaps of energy and make your digestive system more alkaline. Sounds impressive doesn't it? Well this is exactly what I mean by isolated information. See, people read or hear about these benefits and flock to the nearest juice stores not realizing that this mineral-filled, energizing drink is actually going to make them fat.

### **The Dark Side of Juice**

You've probably heard about the benefits of juice a dozen times but this is probably the first time you'll hear about the detriments of juice. Lets start with the Sugar element:

### **Juices Energize You – Is that meant to be desirable?**

This one is impressive as it makes juices sound like the ultimate food which refreshes and energizes you. Guess what? Most people don't need more energy. Do you know what happens to excess energy – its turns to fat. Well how do I know that the energy provided by juice is excess energy?

A 500ml bottle of juice contains over 230 calories – this is equivalent of the medium sized cup you get at most juice bars. So a large cup of juice could

contain up to 400 calories. At this point it becomes more like a complete meal rather than a snack. The average male uses up around 100 calories per hour and the average female about 70 calories an hour; so what happens to the extra 100 or 200 calories? That's right they are stored as fat.

### **The G.I. Element**

Have you ever heard of High G.I. and Low G.I. foods? Low G.I. foods take longer to breakdown so they are beneficial in fat loss. H.I. foods, on the other hand, cause a quick spurt of energy and if that energy is not used up in high levels of energy production (running, weight lifting etc), it is basically stored away as fat. So if you do not workout with an hour of consuming that juice you can almost guarantee that half of what you drink will probably be stored away as fat.

### **Fiber – The Missing Element**

See fruits and vegetables are usually low G.I. foods. This is mainly due to their high fiber content. Fruit juices on the other hand have little to no fiber. You see juicing removes all the fiber. With the fiber being removed, all that's left is sugar. Now some of you may say 'oh but its natural sugar'. All sugar, be it natural or not, ends up in the same way – as glucose or blood sugar. You know what happens to excessive glucose? You guessed it – it's stored as fat. A 650 ml glass of apple juice is equivalent of 4 apples but is missing of all the fiber and other valuable fat fighting nutrients.

### **So Does that Mean No Juice for You?**

Not Exactly! You see like everything else in life, it's all about balance and having a few good tricks up your sleeve. Juice does have positive health benefits and can be a good choice for fussy eaters and people who are making the transition from junk food to healthy food.

Now what if I told you that there were 2 little known tricks that you could use to reduce the fattening effect of juice by more than 50%. Imagine drinking the same 500 ml but rather than consuming 230 cal's you only consume 100 cal's – that's over 55% reduction in energy and thus potential fat storage.

These 2 tricks are outlined in Successful Slimming and can be very powerful. Let me give you a hint – It's called D\_\_\_\_\_.

Also what if I told you that there were two drinks that are not only ZERO calories (thus zero fat) but also great fat burners. Also, these drinks both truly energize you and cleanse your system. They are both listed in the Successful Slimming program.

**[Click Here](#) to download Successful Slimming right now!**

## My First Time...

Today I'm going to share something very private with you. It's a story that only a few know; namely my dad's friend (let's call him John, to respect his privacy), I and now - You. I hope you find it interesting.

I still remember the first day I stepped foot inside a gym. It was a sunny afternoon and I was waiting for John to come pick me up and take me to the gym. Just so you know, my dad's friend was a Professional Power Lifter who was experienced in the iron business. As he pulled over out on the drive way, I reluctantly walked outside and sat in the car. Meanwhile my dad walked up to the driver side and told his friend to make me work hard – typical of dad!

### Intimidated by the Fit & Toned People

So anyways, we drove to the gym and got out of the car. As my friend walked into the gym, I reluctantly followed behind him – feeling quite uncomfortable by the muscular, toned and fit people all around me. Then my dad's friend started his workout and I just sat and watched him for a while. However, I didn't have the courage to get up and start doing something myself as I didn't want to look stupid or weak.

### So I walked Out..

So I walked outside and stood in front of the car. 15 minutes later, my dad's friend came and found me and asked me what I was doing outside. I gathered the courage to tell him about my dilemma. He laughed and told me about his first time at the gym; and guess what? It was exactly the same as mine – he was too scared of looking stupid so he walked out!

After talking it over with him we went back inside and this time he gave me some simple exercises to do and from that day on I've never looked back.

Nowadays I can walk into a gym and find even the most athletic person in the gym and teach them a thing or two about training.

For me it's just a memory. However, for you this might be a harsh reality.

**But guess what; You don't have to go through what I had to go through.**

I know how hard it can be for an unfit & obese person to walk into a place full of people who are lean, fit and strong. I know the feeling of looking stupid, weak or just been sneered at by some of these people. So when I was designing Successful Slimming I took this very factor into concern. Let me tell you this now – you do not need an expensive gym membership to achieve your ideal body. In fact, the simple exercises in my program are more powerful than any workout machine – giving you faster results than any workout machine ever could.

In accordance, none of my exercises outlined in my program require you to go to the gym. You can Lose Fat from the Comfort & Privacy of Your Own Home or Office.

**Till that Day..**

Sure, later on you may decide to get a gym membership and / or even become a personal trainer, but for now, if you just want to become a little bit stronger, slimmer and more confident so that you can walk into a gym and feel comfortable then Successful Slimming is the best investment you can make. Period.

If you are ready to discover your hidden fat loss potential, then you should download my e-book right now.

[Click here](#) to Download Successful Slimming.

## Muscle - The True Secret to Fat Loss

### Are You scared of Muscle gain?

When I say the word muscle - people run (especially women). You see, years of media presentations have given us a false understanding of what muscle is and its role and importance in healthy living (in particular fat loss).

When I say “muscle”, this is what people think:



In reality, these are very extreme images and for most individuals it's basically impossible to become so muscle bound. Why? Well it's to do with the hormonal status of the body. Meaning that to achieve a physique like the ones above you will have to have significant amounts of the hormone testosterone in your body.

Apart from that you will also need to train for years and years. In addition you will also have to eat like an animal. And lets not forget, you will also have to take performance enhancing drugs (steroids). Unless you are planning to use performance enhancing substances you do not have to worry about looking like that. Let's have a close look at the hormonal changes required for massive muscle growth.

## **It's all about Testosterone**

You see the hormone responsible for muscle growth is testosterone. Males have more testosterone in their body as compared to women who have more estrogen. With very low amounts of testosterone in the body, it's next to impossible for women to gain significant amounts of muscle. If a woman wants to add significant amounts of muscle mass then she will have to use drugs. However, without drugs a woman will at best gain 3-5 pounds of muscle if she eats and trains correctly.

### **3-5 Pounds Gain? - No Way - I want to lose weight not gain it!**

At first blush, 3-5 pound gain may seem like a lot. However, if you consider that by gaining 3-5 pounds of muscle weight your body can burn up 15 pounds of fat, then this does not seem like a bad trade off. Below is a photo of what a woman with a few pounds of well spread muscle looks like.



**Above: Now that's what I mean by a toned body.**

You see, that's the kind of physique that you can expect if you learn to build healthy amounts of muscle mass.

Yet it's amazing how many women will still be scared of doing weight training that builds the desired amount of muscle mass because of their fears about becoming a huge muscle bound freak. If you are one of these women, then consider this. If you are still not convinced that gaining muscle can actually make you thinner, more toned and more defined then start a balanced program that incorporates resistance training and give it a serious go. If at anytime you feel you are becoming too 'muscly', then simply stop. That's right, all you have to do if you find that you are gaining too much muscle is stop weight training and the muscle you have built up will slowly disappear.

If you are after a program which incorporates just the right amount of muscle gain to give you that slim and defined look than Successful Slimming is the perfect program for you.

So the next time a health or fitness professional talks about gaining muscle for fat loss, don't just assume that they are talking about massive physiques with muscles popping out everywhere. They are simply speaking of building a layer of muscle which will give you a toned and defined appearance as well as helping you burn fat around the clock!

## About the Author:

Hi, my name is Aman Singh and I am a Certified Personal Trainer specializing in the field of permanent fat loss. Over the years I have built up a wealth of knowledge and experience in the field of fat loss and now share this knowledge and experience with sufferers of obesity just like you.

To give you some idea of my professional experience, I have worked with individuals as young as 15 and as old as 50. I have worked with women who just wanted to lose a few pounds around their problem areas, and I have worked with men who wanted to drop pounds of fat and develop a lean sexy body to impress the 'missus'.

With all my clients I use [Successful Slimming](http://www.successfulslim.com) to help them achieve their fat loss goals. However, my highest achievement has been in helping my self to go from a fat-kid to the fit & healthy person I am today. After spending years perfecting the system through research, testing, trial and error and professional courses, I have finally decided to release the system to the general public – allowing anyone and everyone who is interested in losing fat and keeping it off to benefit from my years of experience and knowledge.



Fat Kid - Age 14

**I know the Pain.**



Fit & Toned - Age 18

## **Why I decided to release Successful Slimming?**

Well I won't try to sell you the usual rubbish about how I just want to help the world - it took a lot of time, money and effort to develop this system and to give it away for free would, quite frankly, not even make up for the cost involved in developing the book. In all honesty, it's a way in which I can be rewarded for the years of hard work and expensive training I've invested into developing the [Successful Slimming](#) Program.

That's not to say I don't want to help anyone. I love helping people; especially because I truly understand their pain as I was once in their shoes. So it's a win-win situation. You get the Best information on Quick & Effective Fat Loss for an Affordable Price. Plus you Save Time, Money and Headache from Useless Fat Loss Methods. In return I get a small reward as a Thank You from You for revealing these secrets. I can then use some of this money to find even more powerful fat loss tips that You can use :-)

[Click here](#) for more information

## Your Hidden Fat Loss Potential

I hope you have enjoyed the mini e-course on some of the misconceptions about fat loss. As you can probably see, the majority of these misconceptions are caused due to a lack of awareness in regards to fat loss.

If you found the information provided in the e-course insightful, then you will love [Successful Slimming](http://www.successfulslim.com). The e-book is full of eye opening information, while offering very simple techniques to get rid of fat once and for all!

Here is some of the amazing information you will find in the book:

- **The major factor which truly differentiates the winners from the losers. I guarantee you are falling prey to the negative side of this factor right now - guarantee.**
- **A simple technique you can use for increasing your ability to lose weight by 200%; and it only take a few minutes.**
- **The number one reason why you are obese today and the 3 part system you can follow to change yourself.**
- **The number 1 reason why most people fail to lose fat and keep it off - I bet your doing this right now. Learn what it is and stop it right now!**
- **How to turn your body into a fat burning machine that burns fat 24/7 - even while you sleep!**
- **The one thing which you can start doing right now that will lead to a reduction in cellulite and give you a tight & toned appearance all over your body.**
- **How to get your body to speed up your metabolism and keep burning fat hours after you've finished your workout.**

- The only time you should starve yourself and how to get the maximum fat loss out of this short period.
- How a small change in workout timing can help you burn up to 100% more fat.
- Why carbs don't make you fat, and then, why they do make you fat - this will put an end to all the confusion caused by the magazines. You will just be like 'WOW' at this one.
- How eating particular foods at the wrong time can lead to fat gain; and eating the same foods at the right times leads to fat loss. I guarantee you that you are eating these foods at the wrong time!
- The foods which you can eat unlimited amounts of and not gain fat. In fact the more you eat the more fat you burn.
- Why fruit juices and soft drinks make you fat. Also a simple way to reduce the fat storing characteristics of fruit juices.
- The two drinks which are not only ZERO calories but also amazing fat burners.
- How eating 3 meals a day is making you fat, and how to eat more meals and increase your fat burning.
- The difference between High GI and Low GI - and how one can make you fat and the other can help you burn fat.
- The true secret to getting toned - this is why the slim keep getting slimmer. Once you start doing this you will just keep getting leaner and leaner.
- How to get that sexy six pack - I guarantee you that you are sabotaging your own efforts in getting that toned and defined mid

section. This will change all your current beliefs on getting a six pack - truly revolutionary.

- **A new way to do sit ups that will give you those washboard abs faster than any ab machine. Don't buy any ab machines until you read this one.**
- **The 10 best techniques fitness models use to stop over eating and getting their dream body. These are extremely simple but are nothing short of magic.**
- **A simple trick you can use before going grocery shopping that will have you dropping pounds throughout the week. This is so clever that it seems to defy all logic at first look; but when you understand it you are just going to love it**

So if you are ready to discover your hidden fat loss potential, then you should download my e-book right now.

[Click here](#) to download the E-book right now.

Aman Singh

**Fat Loss Expert**

**Certified Personal Trainer**

[www.successfulslim.com](http://www.successfulslim.com)

[enquiries@successfulslim.com](mailto:enquiries@successfulslim.com)