

17 “CHEAT” FOODS THAT BURN FAT



JOEL MARION &
BRETT HALL, R.D.



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By Joel Marion & Brett Hall, R.D.

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Before we get started, I want you to know that this report is for YOU whether you're male or female, younger or more mature, and if you've tried yet failed to lose weight with cheap diet pills, pre-packaged diet meals, starvation diets, exercise DVDS, ab gadgets, or even “dieting” in general... believe me, there is a better way... that greedy weight loss companies hope you never hear about...



Hi, this is 4-time bestselling author and nutritionist Joel Marion, and here's a photo of me with my beautiful wife Lisa (look how great she looks at 40!) and our 1 year old daughter Lily...isn't she just adorable? She truly is my pride and joy...

Now, as a busy family man myself, I know your time is extremely valuable, which is why in this fast-paced weight loss report I'm going to quickly GIVE you 3 of my best rapid fat loss insider secrets, including how you can **strategically** begin using foods like **pizza** and **ice cream** to immediately accelerate your fat loss results as early as today's lunch, dinner, or whenever your next meal is scheduled to roll around.

(Sounds far-fetched, I know, but stick with me and I'll show you how.)

And to further thank you for downloading this report, not only will I share those 3 breakthrough strategies with you—easy-to-implement strategies responsible for literally hundreds of thousands of people all over the world walking around with slimmer, sexier waistlines by putting them to good use—but when you read this information packed report to the end, I'm also going to reveal to you a brand new trick my clients are using that's currently yielding results better than anything we've ever tried...and here's the best part...

It only takes 30 seconds to execute each day.

But before we jump in to those powerful fat-burning tips and tricks, I'm going to share a story with you that's pretty embarrassing... you'll see why in just a moment, so keep reading...

In fact, there's one part of the story that I almost permanently edited out of this report entirely because it really is that embarrassing...but I chose to leave it in so you can truly understand this one fundamental truth:

You see, while I've been fortunate enough to have my work positively affect millions upon millions of men and women via countless newsstand magazines, television shows, and news outlets for more than a decade, I wasn't always the "diet guru" I'm known as today.



In fact, if you were to come across me in my college days—a period of time in which most people are sporting the best bodies of their life—you wouldn't have a clue that I even worked out.



Sadly, I was working out...to the tune of 2 draining hours a day...and on top of that I was doing everything I thought I should do to “eat right” in an attempt to change my body. But as you may have also experienced at one time or another, or perhaps you’re dealing with it right now, despite all my hard work I wasn’t getting **anywhere**.

My body was still as pudgy as ever, my gut still hung over my belt buckle, and I was still struggling to get the attention from the opposite sex I was so desperately hoping to receive. In all honesty, my struggle with my weight was affecting all aspects of my life: my happiness, my dating and social life, my job... all the way down to my confidence and even my perception of how others viewed me.

And perhaps the most frustrating aspect of this whole time period was that no matter how much I starved myself or how long I worked out every day, my fat stores just wouldn’t budge.

Have you ever felt like being “lean” and having a desirable body just wasn’t possible for you? That no matter what you did or how hard you tried, that you’d still never succeed? I have, and I can tell you firsthand it’s not a fun feeling.

And if any of my personal experiences sound familiar to you, let me assure you... it’s not your fault.

You see, the unfortunately reality is that our bodies are naturally programmed (with good reason) to make weight loss painstakingly difficult.

Fortunately, there is a solution, which I’ll be sharing with you in just a minute... and I can honestly say that the catalyst for my “discovering” this solution were the events that played out on one sunny Saturday afternoon in Tulsa, Oklahoma...summer of 2000.

Although it was over 10 years ago now, I can still remember that day like it was

yesterday. It was hot...really hot... and a bunch of the guys from my dorm building were out on the campus basketball courts playing ball, so I decided to join.

I also knew that one girl in particular from my history class... a girl that I had my eye on since the beginning of the year was also there with a few of her friends. Her name was Becca... and man, she was gorgeous...

And sure, with my weight issues and resulting low self-esteem, I always assumed that Becca was more than just a little out of my league, but having played basketball practically my whole life (and actually being pretty good at it)... I thought maybe... just maybe... today would be the day I got her attention.

Well, I was definitely right, but **definitely** not in the way I had hoped...not in the least.

You see, having a belly and being rather self-conscious about it, I naturally wore baggier clothes to hide the bulge I was fruitlessly working so hard to get rid of. So when the guys told me I was going in on the "skins" team, I think I about half had a heart attack.

The truth is, if there was one thing I wanted more than **anything else** at that point in my life, it was to be able to take my shirt off in a situation like that and be proud of my body... I mean, it's everything I was working so hard for... the long hours in the gym, the skipping meals, the dry chicken breasts and bland vegetables... it was all in "hopes" that one day I'd have the body, the confidence, and the life that came along with achieving that **dream** body.

Instead, that day was far from a dream for me...in fact, as you'll quickly see it was just a few short moments later when that day transformed in to a total **nightmare**.

You see, just as I took my shirt off, I heard a female voice whisper something to the girl standing next to her that sounded more like a scream by the time it hit my ear...

"Eww, keep your shirt on...nobody wants to see that."

And it was **Becca**.

I was devastated. The girl I was hoping to impress just publically exposed the epitome of my self-consciousness... everything I was working toward and hoping for came crumbling down in an instant.

In fact, I was so mortified that just a few minutes in to the game I faked an ankle sprain just so I could get the heck out of there! Talk about embarrassing!

When I got back to my dorm room I don't think I could have felt any worse. Disappointment, frustration, guilt, self-pity... I had officially hit rock bottom.

And perhaps you can relate to some of those things...perhaps you're feeling some of those same emotions right now when you think about your own weight, how it's affecting your life and relationships, and all the things you've tried that have failed to make a difference for you.

Perhaps you're thinking, "What's wrong with me?... Why is it that no matter how hard I try, I still can't seem to drop the weight that I so desperately want gone?"

Listen: I was there. I lived it for many, many years...and believe me, some of those same questions ran through my head on an almost daily basis...

...until that one day.

You see, while that summer day in 2000 was truly one of the lowest days of my life, I can honestly look back and tell you, without a shadow of a doubt, it was that day that caused my entire life to change.

Truth is, as I sat there on my dorm room bed, embarrassed, discouraged and distraught, I still knew deep down inside that I couldn't give up.

And it was in that moment, that low, rock-bottom moment, that I made a vow to myself... a commitment that I was going to read every last weight loss research paper, academic journal, and book that I could get my hands on until I found out why, despite all my efforts, I just couldn't get rid of my troublesome body fat...and better yet, I wasn't going to stop until I found the **solution** that would help me overcome my struggles and finally

achieve the “dream” body that I desired, and deserved.

And that’s exactly what I did.

You see, it wasn’t even 6 months later that I was able to radically change my body and win one of the world’s largest body transformation contests, Body-for-Life, held by fitness legend Bill Phillips.



And over the last 10 years, I’ve been able to help literally millions of people world-wide **just like you** finally end the weight loss struggle and achieve their best bodies through my best-selling books and articles... but it never would have happened without first failing miserably and hitting rock bottom on that summer Oklahoma day.

Now remember, in just a moment I’m going to share with you those 4 simple, mind-blowing rapid fat loss techniques so you can experience even BETTER results than I did. After all, you have the advantage of benefiting from my more than 10 years experience that I didn’t have back then... and I’m only going to be GIVING you all the latest, cutting-edge strategies that are working BEST for my clients today...including the one critical strategy that produces the most profound results in literally just 30 seconds a day...so make sure you keep reading...

But, in order for any of those strategies to make sense, you first need to have an understanding of the one solitary hormone that can either make or break your weight loss journey...

In fact, if you don't learn to control this hormone, you might as well forget about losing fat at all...it really is that big of a deal.

You see, after several weeks of searching through countless research studies, I stumbled upon the hormone that I now refer to as the "Fat Burning Hormone", and that hormone's name is leptin.

Leptin (derived from the Greek word leptos, meaning thin), is essentially the "master" hormone that more or less controls EVERY other weight loss hormone in your body... and your ability to burn fat as a whole.

You see, when you have leptin on your side, fat loss becomes easy. When you don't, losing even a **single pound** can become virtually impossible.

And here's the unfortunate news: just about everyone is unknowingly fighting a losing battle with leptin each and every time they attempt to lose weight.

You see, the REAL underlying reason you've failed to lose weight in the past isn't for lack of trying, you don't have bad genetics, and there's nothing physically wrong with you... the truth is that you failed simply because you didn't know the simple ways to control your #1 weight loss hormone... leptin.

With that said, it's pretty easy to see why so many folks, and perhaps you're one of them, downright struggle to shed their unwanted body fat, month after month, year after year.

Let me explain...

First, in order to burn fat, your body depends on these two things:

- 1) high levels of leptin
- 2) highly sensitive leptin "receptors" (which acts as the "lock" to leptin's "key")

Now for the bad news...

Anytime you go on a diet and reduce your calorie intake, leptin levels plummet and fat burning is dramatically reduced to a snail's pace.

Why?

Because leptin's main function is to protect your body against starvation, and in the midst of decreased food intake (i.e. dieting), your body unfortunately views your **stored body fat** as a huge asset to survival.

After all, body fat provides a vast supply of stored energy and warmth, both highly-valued resources when food is in short supply.

You see, when you go on a diet, your body isn't aware of your hopes for a slim, tight waistline or your desire to drop 20 lbs in time for your high school reunion or summer beach season. In fact, the only thing it does know is that your calorie intake is now below "normal"... and to your brain, that's a big red flag.

The result: reduced leptin levels and dramatically decreased fat burning.

In fact, research has shown that leptin levels drop by as much as 50% after just 7 days of dieting. That puts you at only **50% of your fat-burning potential** just one WEEK in to your fat loss plan, and it only gets worse with each passing day.

And if that wasn't bad enough, with every pound you DO struggle to lose, leptin levels fall even further, making it even more difficult for you to continue to lose fat.

Why?

Because, as mentioned, in the face of calorie restriction, your body views stored body fat as an asset to survival. The more fat you lose, the more "danger" your body senses, and the harder it is to strip away that next pound.

Hello, fat loss plateaus!

Now, I hate to continue to be the bearer of bad news, but the scenario I just explained is actually only HALF the problem.

The other unfortunate reality is that the vast majority of people are ALSO suffering from a condition known as “leptin resistance” due to years of high body fat levels and a diet full of processed foods.

Leptin resistance simply means that even at high levels, leptin is no longer able to properly signal fat burning to your body, dramatically decreasing its fat loss effects.

That’s a pretty disheartening truth for the fat loss enthusiast, but as I mentioned earlier, there are 4 somewhat odd, but **extremely** effective strategies you can begin using today that will ultimately end your struggle with leptin once and for all and finally allow you to experience the excitement of seeing a thinner waist, flatter stomach, and a more defined body when looking back at yourself in the bathroom mirror each morning.

The first is the use of a technique known as periodic overfeeding, or more simply put, strategically “cheating” on your diet with all your favorites foods... like pizza and ice cream, or if you’re like me, my mom’s famous chocolate chip cookies or my grandma’s mac n’ cheese...now that’s good stuff. ☺

Now, you may be wondering how in the world eating these “bad” foods can actually have a positive effect on your waistline, and it all traces back to leptin.

Recall that leptin levels are highly correlated to your calorie intake, and that after only one week of dieting levels can drop by as much as half, putting you at a dismal 50% of your fat burning potential.

And while that’s clearly bad news for anyone looking to achieve a flat belly fast, there’s also a glimmer of hope hidden in that unfortunate truth.

You see, because leptin is so closely related to your calorie intake, research also shows that periodically going OFF your diet and indulging in your favorite high calorie foods can give suffering leptin levels a much-needed bump in the right direction.

For this reason, I recommend to all my clients that they incorporate a weekly “cheat day” in to their nutrition programs—adding an additional 1000 calories or more in one day—and it’s something you should definitely consider adding to yours.

See, even Lily enjoys a Cheat Day from time to time ☺



And here are some of my own favorite “Cheat” Foods:

Joel’s Favorite “Cheat” Foods			
New York Style Pizza	Grandma's Mac N' Cheese	Strawberry Cheesecake	Chocolate Chip Cookies
Homemade Cherry Pie	Fresh Baked Lasagna	Spaghetti & Meatballs	Rice, Beans, & Plantains
Cold Stone Ice Cream	Blueberry Pancakes	Stuffed French Toast	Raspberry & Cream Crepes
Philly Cheesesteak Sandwich	BBQ Bacon Cheeseburger	Japanese Hibachi	Crème Brulee

Of course, my Cheat Days aren’t exclusively made up of these “treat” foods, but a few sprinkled in here and there along with overall increased carbohydrate and calorie intake make for a very satisfying, leptin-boosting day.

The down side to cheat days is that the increase in leptin they produce is somewhat

short-lived and leptin levels will again begin to quickly decline once you return to a reduced calorie diet. Naturally, you can't have a cheat day EVERY day and expect to lose fat, so what else can be done to combat fallen leptin levels throughout the week?

This brings me to sneaky trick #2, something I refer to as **Reverse Carbohydrate Tapering** with my clients. You see, countless research papers have also concluded that of any nutrient, carbohydrates are capable of having the greatest net effect on leptin levels.

Here's how to use it: after a cheat day when leptin levels start to decline, add a small amount of additional carbohydrates—like 10 to 20 grams—to your diet each day until your next cheat day.

This “reverse carbohydrate tapering” technique will assist with preventing leptin levels from falling off too rapidly; the only limitation lies in the amount of carbohydrates we're able to use without negatively affecting fat loss. While eating even more carbohydrates daily would have an even greater impact on leptin, the extra carbs and calories would also negatively impact your waistline.

Somewhat of a catch-22, I know.

Now, while the above two tricks will certainly have a positive effect on your body's production of leptin as you attempt to lose weight, the extra leptin won't be very beneficial unless you also take steps to improve your body's **sensitivity** to leptin.

As mentioned previously, “leptin resistance” is extremely common due to years of high body fat levels and diets full of processed foods, and it essentially makes your body unresponsive to leptin, even at high levels...like a car with a full tank of gas and a broken starter.

This brings me to the third tip I promised: how consuming more of one specific type of food can actually increase leptin sensitivity.

Knowing that a large consumption of processed foods is one of the main contributors to leptin resistance, you can immediately begin repairing your leptin receptors as soon

as **today** by following this one simple rule: apart from your cheat day, strive to eat only one-ingredient foods.

What do I mean by one-ingredient foods? Simple. A one-ingredient food is a food whose only ingredient is that food.

Example One-Ingredient Foods			
Tomatoes	Spinach	Almonds	Yogurt
Chicken	Apples	Olives	Cherries
Beef	Pears	Avocado	Raspberries
Fish	Cashews	Black Beans	Blueberries
Green Beans	Walnuts	Eggs	

Other foods that fall in to this category? Pretty much any meat, vegetable, nut, seed, oil, bean, or fruit.

Unlike pre-packaged processed foods with a laundry list of artificial ingredients and food additives that you can't even pronounce, all of these foods are whole, natural foods that only contain one ingredient. And when you begin consuming a diet full of these types of foods—without all the junk—you'll immediately begin to repair your leptin sensitivity and make leptin even more effective at signaling fat burning to your body.

But what if I told you there is an even easier way to keep leptin levels high as you follow a wholesome diet plan that doesn't pose the limitations that cheat days and carbohydrates do?

And what's more, what if I told you this "simple" method also increased leptin sensitivity at the same time?

Is that something you might be interested in?

You see, if you could do that, you could essentially keep your body in a fat-burning state all the time... high leptin levels + high leptin sensitivity = high levels of fat burning... 24 hours a day, 7 days a week.

Can you just imagine how much MORE fat you'd burn if your body was no longer limiting your rate of fat loss?

That's right: A LOT more.

And here's the great news: there is indeed a drop-dead simple way to achieve exactly that, and even better, it only takes a measly 30 short seconds each day to implement.

You see, this simple "trick" involves a special combination of 5 odd flat-belly ingredients that researchers have discovered are able to tackle leptin from both problematic angles: production and sensitivity. And to tell you about each, I'd now like to turn things over to my colleague and one of the top Registered Dieticians in the world, Brett Hall.



Thanks, Joel. Hi, this is Brett Hall, and as Joel mentioned I'm a top Registered Dietician and nationally published nutrition author with more than 20 years experience helping literally tens of thousands of ordinary individuals, as well as dozens of professional athletes, achieve extraordinary results through sound nutrition and cutting-edge science.

One of coolest things about working in the nutrition field are the new discoveries constantly being made, giving us insight into the human body and how it works, especially with regards to fat loss and metabolism.

For example, a little more than 10 years ago we didn't even know that leptin existed, and now we know it to be perhaps the most critical metabolism-regulating hormone ever discovered.

Moreover, through research and progressive science we're now finding some pretty powerful ingredients that can actually have a profound impact on leptin production and leptin sensitivity...**huge discoveries** for those of us looking to achieve and maintain our best bodies.

The first ingredient I'm really excited to share with you today is called **Irvingia Gabonensis**, a powerful extract from the African mango seed that has been shown to **support leptin sensitivity** by inhibiting the production of C-reactive protein (CRP), a chemical in the body that has been linked with the development of leptin resistance, by up to 52%.

Want some pretty startling hard data supporting Irvingia's dramatic effect on weight loss? Check this out...

In a double-blind placebo controlled study (the gold standard of research design), 102 otherwise-healthy overweight volunteers received either 150 mg of Irvingia extract or a placebo, twice daily prior to meals, for a period of 10 weeks.

At the end of 10 weeks, the Irvingia group lost an average of **28 pounds**, shed **6.7 inches** from their waistline, and had reduced their total body fat by an average of 18.4%! And this occurred without any other changes in diet and exercise. (In other words, they didn't have to drastically cut calories and ate what they wanted.)

Furthermore, it was found that those who supplemented with Irvingia also experienced a 26% decrease in total cholesterol, and blood sugar levels dropped from an unhealthy fasting blood level of 85.5 to a much healthier 66.3!

As expected, those receiving the placebo—that contained no Irvingia—experienced no measurable results.

Next up is **Oleanolic Acid**, a compound extracted from olive tree leaves that has a stimulatory effect on a specific gut peptide called Glucagon-like Peptide-1 (GLP-1). Research shows that an oral dose of this extract can increase GLP-1 by 48%, which has in turn been closely linked to **increased leptin production**.

The third ingredient, **Modifilan®**, a potent seaweed extract harvested from pristine Arctic waters off the coast of Iceland, has been shown to stimulate increased leptin production in fat cells by up to 18% through its ability to stimulate Thyroid Stimulating Hormone (TSH) in the adrenal glands. Stimulation of TSH in turn stimulates the production of leptin in fat cells.

The fourth ingredient is **Panax Notoginseng**, a well-known and commonly used traditional Chinese herb called “Shan Qi” by master herbalists that was recently shown to also have unique metabolic properties, including naturally suppressing appetite and **increasing leptin sensitivity**.

And lastly is a potent blend of a rare green tea and South American yerba mate providing natural and unique caffeine extracts that together have been shown to synergistically increase resting metabolic rate and mobilize fatty acids from fat cells to be burned, all while suppressing appetite and **increasing leptin production**.

So what does all of this mean to you? It means that with the help of these 5 research-backed ingredients you can ensure your body’s #1 fat burning hormone, leptin, is working for you, not against you—an utter **impossibility** with traditional calorie restriction.

The end result? You burn more fat, in less time, and without the struggle.

At this point, I’m sure you’re probably wondering where you can get your hands on these 5 unique ingredients and what specific extracts of each you should be taking, along with how much of each to take and when... and that’s where we’ve made it really easy for you.

You see, in addition to being a Registered Dietician, I’ve also been researching and formulating all-natural dietary supplements to help people live better, fitter, healthier lives for more than two decades, and it wasn’t too long ago when Joel, along with his partner Josh, contacted me to put together a leptin-manipulating supplement for their clients based on some of the research I had been doing on the ingredients we just talked about.

What impressed me most about Joel, Josh, and their co-owned company BioTrust Nutrition is their commitment to the quality, potency, and purity of their products and their untiring dedication to each and every one of their clients.

In fact, I believe in BioTrust and what they’re doing so much that I now sit at the top of their Scientific Advisory Board as their VP of Research & Development.

This wasn't a decision I made lightly. Fact is, I'm an extremely well-respected formulator in the nutrition field who has worked with countless Olympic and professional athletes, along with hundreds of thousands of ordinary people looking to shed fat and get healthy, and I'd never put my name and reputation on the line for a company I didn't fully believe in and trust.

So what makes BioTrust different?

For starters, we only use the Scientific Dose™. This means that we use the exact amount of each ingredient in our products that the scientific research has shown to be effective. We never add a “dusting” of an ingredient just for window dressing or marketing hype, a HUGE problem that is extremely common even with many of the most popular brands found at your local supplement store. Cutting corners **increases profits**, but fortunately at BioTrust we're more concerned with you and your results than we are about our margins. Instead, we give you the **honest** amount of each ingredient that science shows will get you the best results.

Secondly, we search the globe for the highest quality, all-natural, purest forms of every ingredient we include in our products. For example, the Irvingia Gabonensis ingredient that we include in our leptin formula is **certified** as the **exact same** ingredient, from the same supplier, that was used in the study we referenced earlier where individuals lost nearly 30 pounds and 7 inches from their waist in 10 weeks in combination with a wholesome diet and exercise program. There are a TON of “imposter” Irvingia products on the market, so don't be fooled.

Third, all of our BioTrust products are manufactured in an FDA-registered facility. The facility is also certified by the National Nutritional Food Association's (NNFA) Good Manufacturing Practices (GMP). GMP is a third-party certification program which includes inspection of manufacturing facilities to determine whether stringent performance standards are being met.

Lastly, we have a system of checks and balances in place that even watches over our **certified** manufacturers through 3rd party quality assurance testing. After our products are manufactured, labeled and sealed, we voluntarily send random samples from each production run to an independent, FDA-approved laboratory to make sure that each

product contains **exactly** what is stated on the label and that it's free from harmful byproducts and contaminants.

All of these practices are **extremely rare** in the supplement industry—in fact, they are almost non-existent—as they all substantially drive up costs and decrease margin, but at BioTrust we feel that furnishing you with an **honest, pure, and potent** product that **works** and meets label claims is by far the most important part of helping you get the results you deserve.

You see, together the five ingredients I just went over make up what is a truly breakthrough formula solving your body's biggest fat-loss problem: your body's production of, and sensitivity to, the one solitary hormone that literally controls everything with regards to fat loss. We call it LeptiBurn™ and it is by far one of the most exciting, unique products I've ever had the opportunity to work on.

I'd also like to point out that LeptiBurn™ is 100% all-natural and contains no artificial flavors, colors, preservatives, or artificial stimulants. It's also gluten-free, and even approved for vegetarians and vegans due to our use of plant-based veggie capsules. It's really the best of the best—we've spared no expense.

Like Joel, I'm a leptin research junkie and the reality is that without leptin on your side, weight loss becomes exceedingly difficult.

Fortunately, all of the leptin and metabolism related problems that calorie restriction creates are easily correctable when you have access to the right ingredients, in the right form, at the right dose, from a company you can TRUST... and that's exactly what we created with BioTrust LeptiBurn™.

Now, before I show you how you can get LeptiBurn™ for yourself today at a huge discount, let's briefly take a look at the staggering costs of a few alternatives.

For those who choose to leave this video and do nothing, recent research from George Washington University estimates the annual cost of being obese to be a sizable \$4879 for a woman and \$2646 for a man. Where do those figures come from?



- » lost productivity
- » increased sick time
- » increased medical bills
- » increased insurance premiums

And even the fact that overweight individuals are less likely to get promoted or chosen for a job.

It's a sad, unfortunately reality, but it is reality...and we **don't** want that for you.

You could try one of those pre-packaged meal "diet" plans that will do nothing but destroy your leptin sensitivity for close to \$1500, and that only includes "some" of your food.

You could also go the personal training route, but honestly with so many unqualified individuals in the field it's a total crapshoot. Even so, assuming you're working with an entry level trainer at a low-end club in the suburbs you're still looking at a minimum of \$600 a month, quite a bit more to work with someone more experienced in a non-rural area. That's a lot of time and a LOT of money to invest in an option that has repeatedly been shown to have a very low success rate.

Now, let's talk about a much more affordable, much more effective option.

Because we only use premium ingredients and the true, scientific dose of each ingredient in LeptiBurn™, combined with the cost of 3rd party testing and A-rated manufacturing facilities, the cost to produce LeptiBurn™ is 400% to 500% higher than many of the low-quality, ineffective dietary supplements available on the market today.

Beyond that, science **proves** that LeptiBurn™ actually **works** and we stand behind that claim like literally no other weight loss product does or ever will.

What do I mean?

Simply put, we guarantee you will lose significant weight, and then we take things a step further by backing that promise with an unheard of **1-YEAR Unconditional Money-Back Guarantee.**

I want you to do me a favor: Think about all the money you've spent, and all the valuable time you've wasted over the years, on so-called weight-loss "solutions" that did nothing but leave you frustrated and disappointed. Now, how much would something that actually works—a **true solution** that definitively puts an end to your weight loss struggle once and for all—be worth to you?

\$1000?

\$500?

Heck, I'm sure you've probably spent at least that much over the years without much in the way of results to show for it.

And while we are **guaranteeing** your results with BioTrust LeptiBurn™, obtaining access to this true weight loss solution isn't going to cost you \$1000 or \$500. In fact, it's not \$400, \$300, or even \$200; although I'm sure you'd agree that finally achieving your weight loss goals without the pain and suffering of more wasted time, effort, and money would be completely worth that price.

Instead, the price you'll pay today for a 30-day supply of LeptiBurn™ is just \$97.

But you know what? Joel, Josh, and I want to make this even better for you. Because you showed us, and yourself, that you are committed to losing weight, or you wouldn't have read this entire report up to this point, if you order right now we're going to reward you with a 30-day supply of LeptiBurn™ for just \$67...and here's the best part: for those who decide to invest in a 2-bottle, 60-day supply of LeptiBurn™ today, we'll give you an additional 30-day supply for **FREE**. That's an entire bottle of LeptiBurn™ at no charge and a sizable **\$67 savings**.

That said, we're only able to guarantee this price until our current inventory runs out, as we recently received word from our manufacturer that the cost of the specialized Irvingia extract we've included in LeptiBurn™ is going up substantially on our next run... another reason why stocking up today is a smart option.

And by the way, that's not marketing hype; that's the cold, hard, honest truth.

It's also important to know that you cannot buy LeptiBurn cheaper at any other web site and it's not sold in stores. We guarantee the lowest price available by eliminating all the middlemen, and shipping direct to you straight from our state-of-the-art fulfillment center. So, below you will see a table with three money-saving options for you to choose from.

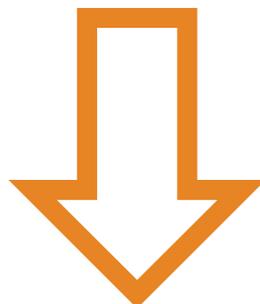
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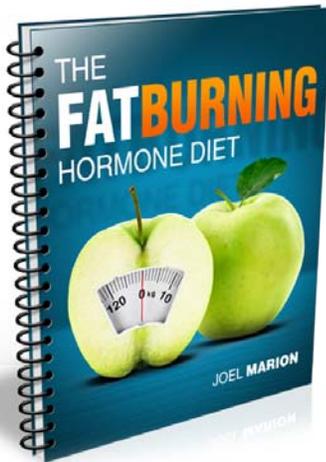
For fastest service, simply choose your money-saving package below and then click the yellow "Add to Cart" button to reserve your discounted order of LeptiBurn™ and proceed to our 256-bit secure order page. And don't worry; your order information is 100% safe and secure. We use the same online security system as trusted companies like Amazon.com.

And what's more, when you choose to invest in LeptiBurn™ today, we're also going to include a FREE fast-start guide called "The Fat Burning Hormone Diet" that puts all the nutrition tips Joel previously shared (and more) in to an easy-to-follow, step-by-step system that shows you exactly what to eat to ensure you get the greatest fat-loss effects from your use of LeptiBurn™... delicious food that you'll love and enjoy while achieving maximum results. This is another \$47 value, but we're including it with your purchase today at no additional cost.

And if that wasn't enough, you'll also receive FREE email diet support with our trained nutrition experts to make certain that every aspect of your transformation is fully supported...just one more way we assure your success at BioTrust with our industry-leading customer service team.

Choose Your Package
on the next page





EVERY ORDER COMES WITH A
FREE COPY OF
THE FAT BURNING HORMONE DIET!

Choose Your Package



1 Bottle
\$69



Most Popular!



Buy 2,
Get 1 **FREE**



(Save \$69!)



Buy 4,
Get 2 **FREE**



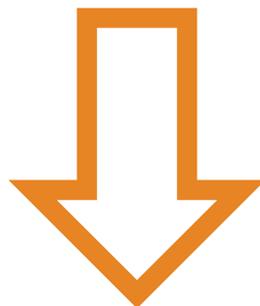
Now, as you can probably tell, at BioTrust we do things a LOT differently than the majority of companies in the weight loss industry. You see, instead of our wallets, our number one priority is you, your results, and making sure you are taken great care of, which is why I want to take a moment to reiterate our guarantee to you:

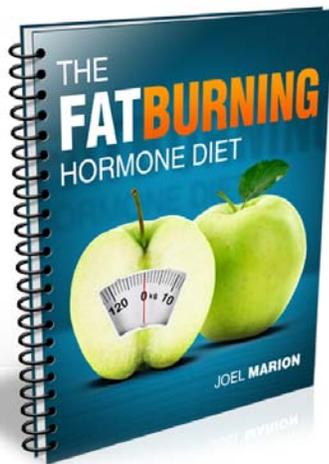
If you use LeptiBurn™, you will lose weight, **guaranteed**. We know it works, and so do the thousands of happy LeptiBurn™ customers world-wide. After all, the ingredients we've included in LeptiBurn™ are **clinically proven** to help you achieve the sizable, visibly obvious fat loss results you deserve.

At the same time, as a first-time LeptiBurn™ user, you have yet to experience those results and we understand that you may still be a little skeptical. Fact is, you work hard for every penny you earn and you deserve to know your purchase is fully protected—and it is—by our industry-best **1-Year Unconditional Money Back Guarantee**.

Simply put, that means you can try LeptiBurn™ today, and if at any point over the next **365 days** you feel LeptiBurn™ isn't for you, for any reason whatsoever, you can get a prompt, courteous, unconditional refund of even empty bottles by contacting our customer support at 1-800-766-5086, or by emailing support@biotrust.com, or by using the quick contact form on our website.

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Buy 4,
Get 2 **FREE**



At the same time, we won't **mislead** you and tell you that LeptiBurn™ is going to do ALL the work for you; that you can sit back, relax and enjoy a large pizza followed by dessert and all you have to do is take a couple of capsules beforehand... and voila, the weight will come falling off. That's fairy tale talk, and even with the development of a breakthrough formula like LeptiBurn™, the fact still remains that there is literally NOTHING in existence that will allow you to eat whatever you want, be lazy, and still lose weight.

But what we do guarantee, and what studies **prove**, is that LeptiBurn™ will make your weight loss program **infinitely** more effective by helping you avoid the negative metabolic and hormonal adaptations of dieting, circumventing the stalled fat loss and weight loss plateaus that are otherwise **completely unavoidable** with traditional dieting.

Think about this:

Wouldn't it be great if your weight loss program just did what it is supposed to do? If every time you stepped on the scale, you actually enjoyed the fruits of your effort and saw a lower number? If every time you enjoyed a week of "clean eating", you also enjoyed looking back at a slimmer, more attractive, more defined version of yourself?

You see, that's what LeptiBurn™ does...it allows your weight loss program to do what it **would be doing** if only your hormones weren't wreaking havoc on your metabolism and sabotaging your every attempt to lose weight.

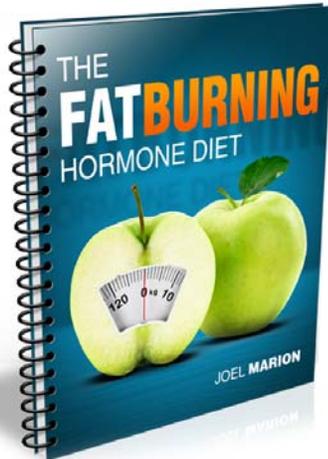
Listen: While you may be accustomed to nothing working, no matter what you try, Leptiburn™ offers a different reality...a world of steady, consistent, week to week progress toward your goals without setbacks, without plateaus, and without the frustration and disappointments of dieting that ultimately derail your desire to change and suck the life out of your drive to become better.

Simply put, weight loss doesn't have to be a struggle, and that's what LeptiBurn™ allows you to experience.

So now's your chance, your one opportunity to forgo your past and get started today toward a new, bright future where weight loss is an enjoyable process that quickly leads you to your new body... your new outlook... your new life.

I speak for Joel, Josh, and myself when I say that we couldn't be more excited to work with you and help you completely change your body and your life. You see, at BioTrust Nutrition, that's our sole purpose and only goal – you, and your results.

So make it a great day. Select your money-saving package below and then click the Add to Cart button to secure your discounted purchase of BioTrust LeptiBurn™ today.



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Choose Your Package



1 Bottle
\$69



Most Popular!



Buy 2,
Get 1 FREE



(Save \$69!)



Buy 4,
Get 2 FREE



FREQUENTLY ASKED QUESTIONS

Q: How many bottles should I order?

If you have more than 10 pounds to lose, we recommend you invest in the Buy 2, Get 1 Free option. If you have more than 30 pounds to lose, we recommend the Buy 4, Get 2 Free option. These recommendations will ensure you have an ample supply of LeptiBurn on hand to achieve your weight loss goals without the need to re-order often. You can always return what you don't use if you lose weight faster and you these packages allow you to take advantage of our lowest possible prices today.

Q: Why will LeptiBurn work when other weight loss supplements and diets have failed me?

That's a great question. Remember, the hormone Leptin literally controls every piece of the fat loss puzzle; however, research shows that Leptin production drops by over 50% in the first week of dieting and it gets progressively worse. That is why most people fail with long term calorie restriction and with other diet supplements— these approaches don't take Leptin into consideration. And that's exactly what LeptiBurn does. No other product contains the same 5 nutrients in the exact Scientific Dose™ used in research to increase fat burning by effecting the hormone Leptin's production and sensitivity.

Q: Is LeptiBurn a “magic” weight loss solution?

NO. We want to be very clear that LeptiBurn will not allow you to eat whatever you want, be lazy, and still lose weight. Instead, LeptiBurn makes a solid weight loss nutrition program more effective by counteracting the unavoidable decline in fat loss hormones that occurs with week to week calorie restriction. The result is consistent week to week fat loss without stalled results, no results, or weight loss plateaus.

Q: How do I use this product?

Simply take two LeptiBurn capsules on an empty stomach 30 minutes before breakfast and again in the early afternoon.

Q: How long before I see results?

We expect you to see noticeable, visual results within 30 days and more profound results with prolonged, continued use. Moreover, many users report feeling less hungry and a decreased appetite within the first few days of using the product due to an increase in leptin and a decrease in the “hunger” hormone ghrelin.

Q: How long do I need to take this supplement?

We recommend that you continue to take LeptiBurn as long as you are following a reduced calorie weight loss diet. Simply put, LeptiBurn helps to counteract the negative hormonal and metabolic adaptations that cause stalled fat loss and weight loss plateaus so you can enjoy consistent weekly progress toward your goals, instead of being derailed and discouraged by slowed fat loss and weight loss plateaus. That said, once you have achieved your goal weight and are no longer following a reduced calorie diet, LeptiBurn is no longer necessary.

Q: Are there any allergy concerns with this product?

Like every BioTrust product, LeptiBurn is all-natural and completely free of gluten, dairy, wheat, soy, egg, fish, crustacean shellfish, tree nuts, and peanuts. It also contains NO sugar and NO artificial sweeteners, flavors, colors or preservatives. And it's 100% vegetarian-friendly because we use only Veggie-capsules.

Q: If I have a medical condition, can I take this product?

LeptiBurn is an all-natural formula that is considered safe and extremely effective for nearly everyone. However, if you take prescription medications or have a medical condition, we recommend that you show a bottle of LeptiBurn to your physician and/or pharmacist for proper approval. You can always return it later with our 1 year money-

back guarantee. However, do not take LeptiBurn if you are pregnant, nursing or under the age of 18.

Also, there is a moderate amount of naturally occurring caffeine in LeptiBurn derived from the Yerba Mate and Green Tea included in the LeptiBurn formula. For 99% of users, this is a non-issue, but if you do have significant sensitivities to caffeine, please be aware.

Q: How will this product be shipped to me and how quickly?

We will ship your order directly to your home or office using USPS and you will have it within 5 to 7 business days. Rush shipping is available.

Q: Will anything else be sent to me, or billed to me, after I order?

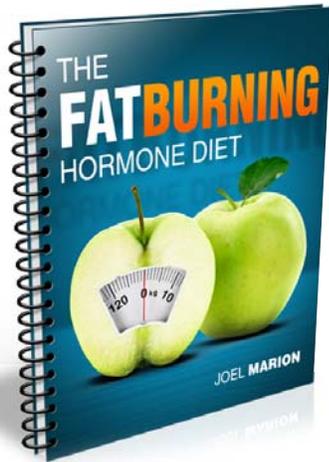
No. This is NOT an auto-ship program. You only get shipped what you order today and nothing more.

Q: Is it safe to order online from your web site?

Yes. We use a 256-bit secure ordering server so you are protected the same as if you were ordering from Amazon.com or any other trusted Web site.

Q: What if this product doesn't work for me?

While LeptiBurn was created to work, if for any reason at all you are unsatisfied with your LeptiBurn purchase, just let us know and we will refund even empty bottles without question. You're always protected by our industry best 1 YEAR Money Back Guarantee.



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