

Fat Loss Hacks Email Swipes

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<http://12345.xhtml.hop.clickbank.net/?pid=flh>

SUBJECT LINE: Fat Loss Hacks: The Secret To Almost Effortless Weight Loss

Exciting research into the science of fat loss has uncovered simple Fat Loss Hacks that reduce or eliminate most of the challenges you face if you're struggling with your weight

What are Fat Loss Hacks?

Fat Loss Hacks are innovative, researched, and tested techniques that accelerate fat loss and reduce the amount of effort required for fat loss.

Many Fat Loss Hacks are small adjustments that are almost effortless. For example...

- There's something you can eat that studies have proven can help you shed 57.2 pounds a year automatically
- A cooking hack that cuts the calories & glycemic impact of rice, pasta, and potatoes in half, making them weight loss friendly
- Researchers discovered that doing this before a meal makes you eat 22% less than you normally would

A few hacks take a little bit of effort but reward you with greatly enhanced results over the old ways of getting in shape that disappoint most people.

A few of these are...

- A way to add layers of tight, lean muscle to your body using a scientific weight training method that only requires two 20 minute workouts per week - People have added 18 pounds of muscle in 14 days using this method
- A \$75 procedure that experts say burns up to 800 calories in just 3 minutes
- A technique that early evidence suggests lets you reduce fat from specific parts of your body - if you have flabby arms, a pouch on your belly, or you're a man suffering from gynecomastia you might be able to get rid of it at home using this

That's just a tiny sample of the fat loss hacks you'll discover when you go to the website <http://12345.xhtml.hop.clickbank.net/?pid=flh>

There's more, including some really interesting ones like a type of art that makes you eat less just by looking at it (this one is really cool).

We Now Have A Better Way To Lose Weight

You don't have to be the hardest worker or the most dedicated person to make Fat Loss Hacks work for you.

All you have to do is try.

You don't have to know science or biology to make Fat Loss Hacks work for you.

The most brilliant minds in the world have done the research for you.

All you have to do is follow the simple steps outlined on the Fat Loss Hacks website and enjoy the feeling of large amounts of weight melting off your body.

Are you interested?

Every exciting detail about Fat Loss Hacks will be revealed when you click the link below.

<http://12345.xhtml.hop.clickbank.net/?pid=flh>

Warmest Regards

PS: When you go to that site you'll also get an Easy Weight Loss System that shows you how to lose weight without doing much work.

And for those of you who want to shed body fat as quickly as possible, there's a more intense Advanced Weight Loss System you'll be given to help you burn fat at a very high rate.

SUBJECT LINE: How To Burn Up To 200 Calories An Hour In Your Sleep

Today I want to share something really exciting...

Scientists have discovered a fat loss hack that automatically turns up your metabolism and helps you burn up to 200 calories an hour.

Best of all your body burns these extra calories while you sit and do nothing and even while you sleep.

How much weight can this help you lose?

Multiple studies have shown this technique can burn up to 200 calories an hour. That's 4800 calories a day you could be burning while you sit around the house doing absolutely nothing. (a pound of fat is about 3500 calories)

We've been promised "easy" weight loss for years with disappointing results. Finally, scientists have made the breakthrough that lets us lose weight while we sleep.

This is close to a weight loss miracle.

To see how it works take a second to visit this page >

<http://12345.xhtml.hop.clickbank.net/?pid=flh>

When you go to that page you'll also discover:

- How to automatically reduce the tastiness of chocolate cake - A study found that placing a specific item in the room you eat in made chocolate cake unappetizing (this works for all junk food)
- The strange reason why storing food in the basement can help you eat less
- A special kind of art that makes you eat healthy - just looking at this art causes you to make healthier food choices (this one is really cool)

If some of this sounds interesting you can find out more here

<http://12345.xhtml.hop.clickbank.net/?pid=flh>

Warmest Regards,

SUBJECT LINE: Strange Ways To Lose Weight Fast...

Today I want to talk about strange ways to lose weight fast.

They're called "Fat Loss Hacks".

This Is For People Who Enjoy Trying New Things

To get the most out of Fat Loss Hacks you should be an "outside the box" thinker.

Some of what you're about to discover is strange. Nothing crazy, just a little unconventional compared to traditional ways of dieting.

If counting calories and running a treadmill is what you're comfortable with then Fat Loss Hacks might be a little out there for you.

I get it...

As I looked into these Fat Loss Hacks they seemed strange to me too, but when I tried them was freaked out by how well they worked.

Switching over from an old diet to Fat Loss Hacks is like upgrading from a flip phone to the latest smart phone. It's fast & easy instead of outdated & inefficient.

You can grab Fat Loss Hacks from this website.

<http://12345.xhtml.hop.clickbank.net/?pid=flh>

If you're a naturally curious person who is willing to try new things Fat Loss Hacks can even be fun!

The experience of stored fat being quickly metabolized without much work makes losing weight an enjoyable process.

But the main reason people find it so easy to lose weight with Fat Loss Hack is you can keep enjoying foods other diets told you were off limits.

You can do this by using "Cooking Hacks" that make fattening foods, healthy. Sounds crazy, but they uncovered ways to do it.

For example...

One Cooking Hack takes *some* prep work but makes rice, potatoes, and pasta weight loss friendly. I'm serious, this cooking technique cuts the calories and glycemic impact of rice, potatoes, and pasta in HALF.

It's a game changer if you're a carb junkie like me.

Another lets you enjoy your favorite sugary treats like soda (no, it's not switching to artificial sweeteners).

Just-like-that you can say goodbye the biggest obstacle to getting into great shape.

These Cooking Hacks and all the other Fat Loss Hacks are available on this website <http://12345.xhtml.hop.clickbank.net/?pid=flh>

Here's some more of what's on that site...

- A field study conducted in restaurants discovered that this kitchen utensil has the surprising ability to make you eat less

- A study published in Psychological Reports revealed a way you can automatically eat 18% less
- Research from National Center for Biotechnology Information helped develop a way to speed up your metabolism to an incredible rate without exercise, supplements, or changing your diet
- How to add layers of tight, lean muscle to your body using a scientific weight training method that only requires two 20 minute workouts per week - People have added 18 pounds of muscle in 14 days using this method
- A \$75 procedure that experts say burns up to 800 calories in just 3 minutes
- Studies have shown that stomach microbes play a significant role in whether your body turns food into energy or stores it as fat - you'll learn how to repopulate your stomach with the type of microbes that turn food into energy
- A few small tweaks that can burn 1225 calories a week
- The Mayo Clinic's research into overeating helped develop a simple way to stop eating to fulfill emotional needs

"Stomach microbes, kitchen utensils that make you eat less, and something that burns up to 800 calories in 3 minutes...?"

Yeah, like I said these Fat Loss Hacks are a little strange and probably too unconventional & creative for traditional dieters.

But if you're an innovative person who likes to explore new ways of doing things then I'd like to invite you to check out Fat Loss Hacks.

<http://12345.xhtml.hop.clickbank.net/?pid=flh>

Warmest Regards,

PS. When you go to the Fat Loss Hacks website you'll also find out about a High-Performance Pre-Breakfast that you'll get when you download Fat Loss Hacks.

<http://12345.xhtml.hop.clickbank.net/?pid=flh>

Pre-Breakfast Landing Page Email

SUBJECT LINE: "Pre-Breakfast" An Enhanced Way To Start Your Day

What you consume when you first wake up programs your body to feel a certain way for the rest of the day.

Do you want to be hungry, tired, anxious and unable to focus all day long?

Or would you rather have reduced cravings, a smooth supply of energy, and be calm and focused?

Of course, we all would prefer the second one...

I want to share a super simple way to start your day. I call it a "pre-breakfast" and it literally takes a minute to help you feel focused and incredible for the rest of the day.

If your days typically start off sluggish, a pre-breakfast can help.

If you'd like to know how to put sugar and junk food cravings on mute, a pre-breakfast can help with that as well.

The 2-Step Pre-Breakfast Routine Is Outlined Here ==>

<http://12345.xhtml.hop.clickbank.net/?pid=flhpre>

When you check it out and see that it's so basic I'm worried you won't try it because it seems too simple to do much. Give it try. You'll be surprised at what a difference it can make!

Warmest Regards,

PS: That site also reveals a way to burn hundreds of calories an hour while you sleep or sit at your computer, and a special kind of art that seduces you into eating healthy.

Just looking at this art causes you to make healthier food choices (this one is really cool).

Green Banana Landing Page Email

Subject Line: The Secret Behind A Strange Japanese Diet

A strange diet using a certain unripe fruit has become popular in Japan. *The Japanese always come up with cool stuff, don't they?*

At first, it seemed like a joke - like those weird Amazon berry diets that pop up every couple years.

But the science appears to check out. It can help you lose weight.

Sumiko, a 31-year-old pharmacist, studied preventive medicine and came up with the diet for her then-boyfriend Hitoshi Watanabe.

The secret is this special fruit in its unripe form is loaded with something called digestive-resistant starch.

Digestive-resistant starch is a complex carb that has fiber-like properties.

It escapes digestion in the small intestine and ends up reaching the large intestine, where it feeds the friendly bacteria in your gut.

Feeding these bacteria is a good thing. They produce short-chain fats, which contribute to digestive health and help boost your metaboli

Rodney Bilton, a Biochemistry Professor at Liverpool John Moores University also discovered that this unripe fruit stimulates the release of a hormone called glucagon, which encourages your body to burn fat at a higher rate.

Want to know more about this strange unripe fruit?

Find out what it is and more about it on this page...

<http://12345.xhtml.hop.clickbank.net/?pid=flhgr>

Warmest Regards,

PS: The fruit you'll learn about when you visit the link above is one of the least expensive items in grocery store. The wonderful people of Japan really came through with this one!