

Do you find it MADDENINGLY DIFFICULT to stay on a healthy diet, even when you really want to?

Hi, my name is BLANK, sports nutritionist.

And what I'm going to share with you today is something that will shock and amaze you, because it's something most people would say is IMPOSSIBLE.

Very simply, I'm going to show you...

How To Make Eating Healthy Even Easier And More Desirable Than Eating "Junk!"

Now, you probably already know WHY you should be watching what you eat.

Weight loss. A better, more defined physique. A body that will repel illness like a steel wall repels bullets.

It can be the difference between “raring to go” every morning and wishing you could crawl back underneath the covers.

But, as you also know... it's hard to eat healthy.

To ONLY eat the right kinds of food over weeks... or months... or years.

A typical "healthy" meal takes TIME and ENERGY to prepare, and can leave you unsatisfied, and worse...

Still hungry.

When you compare that to the sheer ease of ordering some quick and tasty takeout after a busy day...

It's no surprise that most people just can't stick to a well-balanced diet.

Which Is Why What I'm Going To Show You In The Next Few Minutes Is So Exciting!

I promise that if you stick around to the end of this short presentation, you'll discover that eating food that's actually GOOD for you doesn't HAVE TO BE PAINFUL. In fact, it can be easier, more delicious, and more sustainable than ANY normal food routine.

Plus, you'll learn:

- How to completely ELIMINATE the #1 reason that almost all diets fail: temptation.
- You'll understand how you can spend almost no time or effort on what you're eating and STILL get delicious, nutritious meals every day.
- You'll discover how to increase the effectiveness of almost every kind of exercise WITHOUT any special supplements or pills.
- You'll learn how to lose weight in a way that KEEPS IT OFF... without ever touching a treadmill!
- In fact, by the time you finish this video, you'll be able to skip all the tedious calorie counting, recipe hunting, planning, shopping, and label scanning that usually follows any diet plan... and still reap ALL THE BENEFITS OF ALL THAT.

Before we go any further though...

Here's What I WON'T Be Talking About.

Let's be clear.

This isn't a new diet plan.

It's not an exercise routine.

This isn't a cookbook or some special pill or berry or the new hottest fad.

And that's because every single one of these methods shares a HUGE weakness that makes it almost IMPOSSIBLE for normal people to overcome.

And I'll tell you what that is AND how to avoid it in just a few minutes, but first, let me explain to you why I'm going to be focusing on what you are eating, rather than how you are exercising.

Simply, it's because...

How You Feel And Look Are Mostly Due To What You EAT!

Any fitness expert will tell you that you can lift weights and run on treadmills all day long... but if you aren't putting the right food into your body you'll NEVER get the kind of physique you want.

How you feel, how your body grows, even your risk for most health problems - all comes from WHAT YOU EAT.

And for weight loss?

Shawn M. Talbott, PhD and former director of the University of Utah Nutrition Clinic notes that "As a rule of thumb, weight loss is generally 75 percent diet and 25 percent exercise.

"An analysis of more than 700 weight loss studies found that people see the biggest short-term results when they eat smart."

Think about it. Food is how your body obtains the energy to do, well, just about anything. The blood sugar to regulate your energy levels. The carbs to provide fuel to your muscles. The overall nutrients to keep every inch of your body working.

Which is why WHAT you eat is so important.

If you feed your body junk, your body will FEEL and LOOK like junk. Diet is the single biggest reason why people are overweight, and diet is what you need to really nail down to get that body you've always wanted.

And the key to doing that is recognizing that...

Your Body Was Built To Eat Very Specific Types Of Foods!

A lot of what the average American eats these days wasn't what human beings evolved to eat.

Processed foods. High fat red meats. Dairy.

These didn't become a regular part of our diet until the last few centuries, which is a TINY PERCENTAGE of the time humans have walked the Earth. That means that your body isn't able to properly break down and utilize such foods. Not as well as what you should be eating, anyway.

For example, today the average person consumes 150 pounds of sugar per year, versus just 7 1/2 pounds a few hundred years ago.

That's over TWENTY TIMES AS MUCH!

Think of your body as an engine designed to burn a certain type of refined fuel. When you're using the right KIND of fuel, your body is running at peak efficiency - 100%.

CAN you use a different kind of fuel? A cruder, unrefined version?

Sure. And the engine will still run. But it'll run WORSE. And in time, all the impurities in that fuel will mess up your body.

So you need to eat the right KINDS of food. Stuff your body was designed to burn.

But even if you do that, even if you exercise, even if you do EVERYTHING RIGHT, there's still that ONE PROBLEM that prevents almost every diet, exercise regime, or other method from succeeding.

And That Problem Is That Being Unhealthy Is Just Too Dang Easy!

Picture this.

One morning, you get up and REALLY don't feel like going to the gym, but you know it's something you HAVE to do. None the less, your mind instantly jumps through a thousand excuses on why you shouldn't go.

Not only do you then have to muster up the willpower to move your body to the gym... it's just so much easier NOT to go. Because all you have to do... is nothing.

And it's the same with eating healthy.

You can walk down the street to any store, any supermarket, any restaurant, and get your meal in minutes, no cooking required. No matter WHERE you are, the chances are good that you can get an inexpensive, fast, delicious meal almost instantly.

That it will be unhealthy is besides the point.

Compared to the time-consuming tasks of planning, shopping, and cooking... is it any surprise you have to force yourself to really do the right thing for your body?

That's not to say that eating healthy every day is impossible.

In fact, it's INCREDIBLY EASY once you know how. And I'm going to tell you exactly how to do that, but before I do, let's talk about what's stopping you from eating healthy all the time.

There are three "roadblocks" that are holding you back.

--END OF SAMPLE--