

Hidden Secrets for Lasting Weight Loss



**Start your weightloss
Journey to Look Better &
Stay Confident**

The information provided herein should not be used for the diagnosis or treatment of any medical condition. Your own doctor should be consulted for diagnosis and treatment of any and all medical conditions.

The suggestions, ideas and treatments described in this book are not intended to replace the care and supervision of a trained health care professional. All problems and concerns regarding your health require medical supervision. If you have any pre-existing medical disorders you must consult your doctor before following any suggestions or treatments in this book. If you are taking prescribed medications you should check with your own doctor before using any treatments discussed in this book.



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Together we can change our health

Everyone needs mentors or guides who have wisdom and experience. Let us share with you the secrets to weight loss.

Most people who go on a diet and lose weight end up regaining that weight within a year. Why does this happen ?

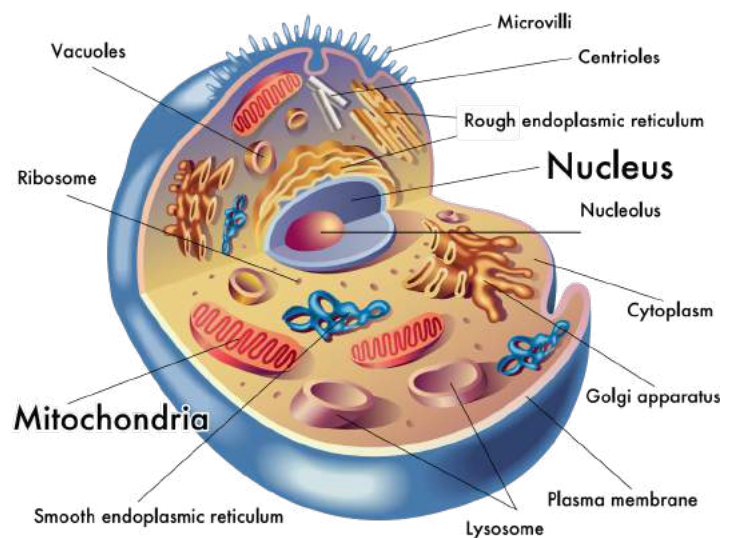
There are many reasons why people fail to lose their excess weight with the most common being –

- They lose their focus on their own wellbeing - that's why you can not do it alone
- Stress gets in the way
- They do not keep healthy food close to them
- They lack self belief – I like this saying “whether you think you can, or think you can't, you're right!”
- They have hidden problems with metabolism that have never been treated

Metabolism

Metabolism is the term used to describe the inner chemical processes that occur in the mitochondria inside the cells during which food energy is turned into cellular energy. The rate at which you **turn food energy into cellular energy** is called the **metabolic rate**. If you have a **high metabolic rate** your cells will convert food energy into cellular energy **efficiently**, which means that you will not store excess or unused calories as fat so easily.

Conversely if you have a low metabolic rate, you will not convert food energy into cellular energy efficiently and food energy (measured as calories) will be stored as body fat after your glycogen stores are full.



- It is well recognized that metabolism has a lot to do with excessive weight gain and those with a slow or sluggish metabolism will gain weight very easily and tend to develop cellulite. **Fat cells** in areas of cellulite have a **very low metabolic rate** and this is why it is so **hard to burn fat** off from these affected areas.

[Are you Looking for the most potent, Fast-acting formula to activate your metabolism?](#)

If YES, [Click Here to get the powerful juice](#) which is made up of a UNIQUE combination of 8 natural fat-burning nutrients + A proprietary blend of 8 super antioxidants. This Powerful Juice speeds up your metabolism and burns a few pounds of fat per week.

[Proven Results from this powerful Juice:](#)

- People are losing from 28 lbs to 62 lbs on average...
- It's up to 276% more effective than most diet and exercise plans...
- And it has a whopping 93% success rate.

[Watch this Video](#) to see how our **PROVEN WEIGHT LOSS JUICE** helps 184,129 USA people to drop their weight from 10 lbs to 90 lbs in weeks. See How 1 cup of this fizzy juice helped me to slim down in record time.

The **\$80 billion-dollar weight loss industry** and Big Pharma are preparing to file a lawsuit to **take this video off the Internet...**

So, **watch this controversial video** right now before it's too late.



Many factors influence the rate at which you burn fat

These include:

- Leptin resistance – leptin is a hormone that regulates hunger and it may stop working if you have been overweight for several years.
- Fatty liver or sluggish liver function.
- Excess cortisol levels caused by prolonged stress – cortisol is an adrenal hormone and it promotes weight gain and fluid retention.
- Thyroid gland problems such as thyroid resistance and/or low levels of the thyroid hormone called T 3 (triiodothyronine).
- Our genes – this is our unique DNA which we inherit from both parents.
- Body toxicity - toxins impair the energy factories inside the fat cells, which reduces their ability to burn fat.
- Lack of exercise, which will reduce blood supply to the fatty areas and increase fluid retention in cellulite areas.
- A negative self belief pattern – this can be helped by counseling, clinical hypnosis, meditation techniques and by getting expert advice – my team of Weight Loss Detectives are here to help you.
- Imbalances in sex hormones such as oestrogen dominance and/or androgen excess in women. This is common in Polycystic Ovarian Syndrome (PCOS).

Hormonal changes may cause weight gain. Many women complain of weight gain before menstrual bleeding and during and/ or after pregnancy. This can be prevented by a correct diet and keeping your metabolism at efficient levels. Hormonal imbalances can be treated by using bio-identical hormones such as natural progesterone. The synthetic hormones in the contraceptive pill, and many types of Hormone Replacement Therapy, can lead to weight gain. Bioidentical hormones do not cause weight gain.

Let's examine some of the common factors that may cause weight gain

(1). Liver Function

The liver is the major fat burning organ in the body and regulates fat metabolism in several very sophisticated ways. In simple terms we can describe the liver as an organ which can burn fat and can also pump excessive fat out of the body through the bile into the intestines.

In the Medical Observer Journal in July 2004, Non-alcoholic fatty liver disease was called the new epidemic of liver disease facing the Western world.

A fatty liver is far from healthy, basically it is being choked with unhealthy fat building up within The liver cells and the spaces that form the structure of the liver filter become swollen and distorted with unhealthy fat so that they cannot function.

Today fatty liver is now recognized as the most common cause of abnormal liver function tests in the USA, UK and Australia. Around 20% (or one in five persons in the general population) in Australia and the USA has fatty liver diseases.



Fatty Liver



Healthy Liver

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If you have watched the above video, you are just one step ahead to your success.

[Click Here to Start Your weight loss Journey](#)

Look Better, Stay confident and stay away from the CROWD.

How do I know if I have a fatty liver?

Blood Test

You can ask your doctor to order a Liver Function Test. This takes the form of a routine blood test. If your liver enzymes, known as ALT and AST, are raised above normal levels, this signifies inflammation and damage to the liver cells caused by the fat building up inside them.

Ultrasound

You can ask your GP for an Ultrasound Scan of the abdomen. The ultrasound scan reveals the shape, size and texture of the liver. The fatty liver has an abnormal texture which will be seen on the ultrasound scan. The liver may be enlarged – the enlargement is often only slight and is due to the fact that the liver cells are being swollen with fat building up inside them. It will also show the presence of liver diseases such as liver cancer, cysts and tumors.

(2). Thyroid Gland Function

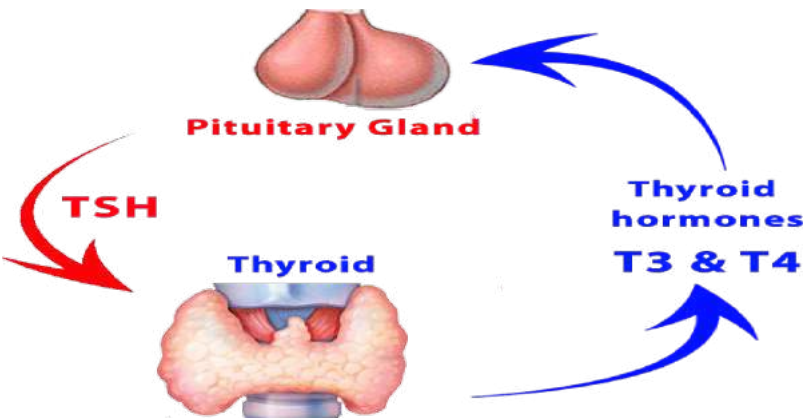
The thyroid gland is located in the front of the neck attached to the lower part of the larynx (voice box) and to the upper part of the trachea (windpipe).

The thyroid gland produces a thyroid hormone called thyroxine (T4) because it contains 4 molecules of iodine. Most of this conversion of T4 into T3 occurs in the liver, so you need a healthy liver for efficient thyroid function. The conversion of T4 into T3 is also improved by the minerals selenium and zinc. Many people are deficient in the



minerals selenium, zinc and iodine, and this leads to sluggish thyroid function and consequent weight gain.

T 3 acts directly upon the energy factories inside the cells (mitochondria) to speed up the rate at which they convert food energy into physical energy. In other words T 3 speeds up the metabolic rate.



The conversion of T4 into T3 can slow down with advancing years, fatty liver, liver disease, poor diet, or exposure to various toxins such as some prescription drugs, excessive alcohol or insecticides.

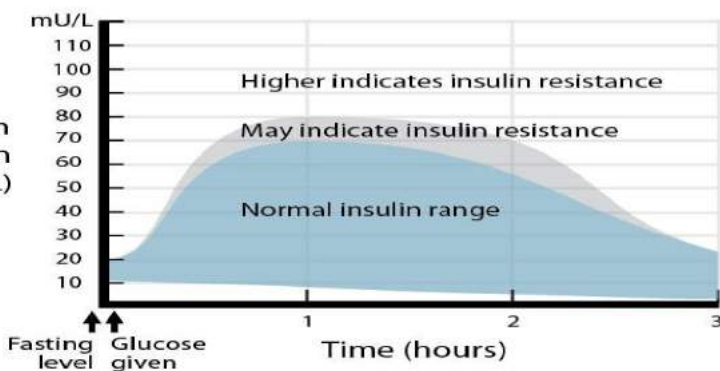
People with low levels of T3 or the wrong shaped T3 (known as Reverse T 3) will have a very slow metabolic rate and will find it very hard to lose weight. They will age more rapidly and be fatigued.

(3). Insulin – the fat storing hormone

Imbalances in insulin are a very common cause of weight excess and inability to lose weight. Insulin imbalance is known as Syndrome X and causes a problem with the metabolism of sugar and fat. Syndrome X is also known as metabolic resistance.

Syndrome X is caused by a disturbance in the function of the hormone insulin, which is really the root cause of the problem. I describe Syndrome X as a chemical imbalance that makes you fat. Syndrome X makes it virtually impossible to lose weight unless it is specifically treated so that insulin levels come down.

Blood Insulin Curve



Syndrome X is often on multiple drugs such as cholesterol lowering drugs, blood thinners, antihypertensive drugs and blood sugar lowering drugs – just imagine how hard their fatty liver has to work to break down all these drugs? Overworking the liver like this often leads to weight gain because all the

liver's energy is used up to break down the drugs and there is less liver energy to burn fat—
wow what a vicious circle we can create if we only treat the symptoms!

Which foods elevate insulin?

- Refined sugars and processed grains and sugary soft drinks
- High carb foods such as bread, biscuits, crackers, cakes, pasta, noodles, pastries, muffins, donuts, cereals etc.
- Trans-fatty acids - Deep fried foods, margarine, hydrogenated vegetable oils



[Are you having Difficulty to leave your favourite Food? Looking for a weight loss solution that really works without Dieting & Exercising While having your favourite food?](#)

If YES,

Watch this Video to see how our weight loss solution helps 184,129 people to lose their weight anywhere between 10 lbs to 90 lbs without Dieting & Exercising while having their favourite food. See their success stories and testimonials.

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To see a powerful transformation with Life-changing benefits,

Click Here to achieve your weight loss goals without Dieting & Exercising

and get our PROVED weight loss solution and take the advantage of **80% OFF PLUS \$563 FREE BONUSES through this link only** and **FREE DELIVERY. Limited Time Offer!!** See the Life Changing benefits with one click.

Don't miss out on this opportunity to transform your life!

The Hunger Hormones – Leptin and Ghrelin

Our bodies manufacture hormones to regulate weight and appetite(hunger).

Our bodies don't generally want to change. They like everything to stay the same. If we try to change things, our bodies will respond with compensation mechanisms, such as revving up our appetite hormones.

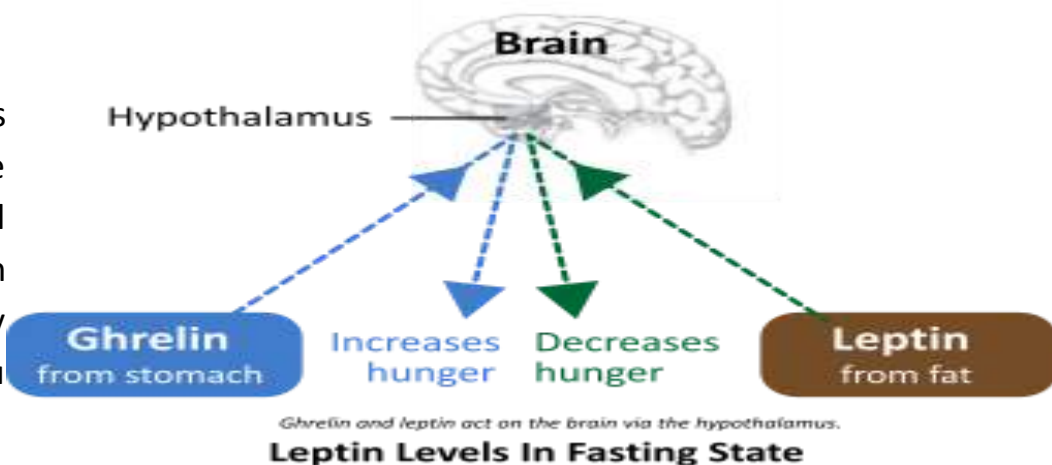
If we consistently consume less energy (in the form of food) than we expend through physical activity and basal metabolism (such as during a very low calorie diet or famine), our bodies react by making us hungrier. This is why diets generally fail.

Leptin and ghrelin are the major hormones which regulate appetite. Leptin and ghrelin regulate the hunger centre situated in a primitive part of your brain called the hypothalamus.

Ghrelin

The hormone ghrelin is secreted from the lining of the stomach. Your stomach will secrete a lot of ghrelin when you have not eaten for many hours to remind you that you need to eat NOW!

In summary, ghrelin increases hunger.



Leptin

Leptin is made by our fat cells (adipose tissue) and is secreted into the circulatory system, where it travels to the hypothalamus. Leptin tells the hypothalamus that we have enough body fat, so we should eat less or stop eating.

Ideally the fatter you are the more leptin you make; thus you will eat less food and have a higher metabolic rate. Conversely, the less fat you have, the less leptin you make and your hunger will increase.

Thus leptin correlates to fat mass — the more fat you have, the more leptin you will produce.

Under normal conditions, leptin tells the brain that you are not hungry, and it tells the body to burn fat. Leptin decreases hunger and for weight loss — the more leptin the better!

How do the hunger signals get messed up?

Both Leptin and Ghrelin are designed to regulate hunger so that you stay in the healthy weight range – but the system is not perfect, as both these hormones and their signals get messed up with long term weight excess. As you become more and more overweight, the signals from these hunger hormones become more and more deranged and eventually stop working.

Leptin resistance

If the system worked perfectly you would think that fat people would somehow naturally stop eating or start losing weight once their leptin levels were high enough. Unfortunately, you can become leptin resistant; this is similar to the way that insulin resistance develops in overweight people.

If you are overweight, you can have a lot of fat making a lot of leptin, but the leptin doesn't work. The brain isn't listening to the leptin, so there is no drop in appetite and no increase in metabolism. Your brain might even think you're starving, because as far as it's concerned, there's not enough leptin. So you become even hungrier.

Leptin resistance is similar to insulin resistance

Both insulin and leptin resistance seem to occur together in obese people but there are differences between the sexes. For example obese men who tend to have more internal belly fat (visceral fat) have higher insulin levels. Women who tend to have more fat under their skin have higher leptin levels.

In summary, once you are overweight, and the amount of fat you have reached a critical amount, having slightly more body fat can mess up your appetite signals and actually make you hungrier.

Your stomach makes ghrelin when it's empty. Ghrelin is secreted into the blood, crosses the blood-brain barrier, and goes to your hypothalamus, where it tells you that you are hungry. Ghrelin is high before you eat and low after you eat.

If you want to lose weight you want less ghrelin, so you don't get hungry. If you want to gain weight, say if you are very skinny, then you want more ghrelin — or at least you want it to stay high as you eat, so you'll want to eat more.

The biggest hurdle dieters face is weight regain — and unless you have an eating plan to control your hunger hormones, dealing with rebound weight gain is a daunting prospect.

A study in the Journal of Clinical Endocrinology and Metabolism, 2010 Nov; 95(11):5037-44. Epub 2010, found interesting conclusions, which suggested that **in obese people, leptin and ghrelin signals may not always work in ways that we expect. They concluded that obesity can disrupt normal appetite signalling.**

The specialty of metabolic endocrinology is very complicated because no single hormone controls body composition, appetite and hunger. To be successful we need an eating plan that balances all our metabolic and hunger hormones and this book provides you with just that! Your individual hormonal profile may be relatively unique and needs to be considered.

There are proven things that you can do that will lead to a lasting change in body composition in a desirable way, namely less body fat and more muscle.

- Consume a diet that contains adequate protein and healthy natural fat so that your hunger hormones have a better chance of staying balanced and functional. The eating plan in this book is designed to do that and will keep your leptin, ghrelin and insulin levels under control
- Keep your liver healthy, as it helps to keep your hormones in balance
- Treat imbalances in sex hormones, especially progesterone deficiency and androgen excess
- Get adequate sleep, as a lack of sleep leads to more ghrelin and leptin imbalance
- Think positive and make a commitment to behaviour change and regular exercise. Stay focused on your success. Stay focused on you. Ignore the negative thoughts that tell you that you will not succeed.

- We've helped thousands of people just like you lose weight and keep it off for good – see our videos of testimonials on [This Video](#).

[Click Here to Start Your weight loss Journey](#)

Fat makes hormones

Most people know that hormones are manufactured in our various glands, such as the pituitary gland, pancreas, the thyroid gland, the adrenal glands and the ovaries and testicles. However it may come as a surprise for you to learn that plenty of hormones are also manufactured in our fatty tissues.

Excessive amounts of upper level body fat produce more male hormones (androgens), which can increase insulin resistance and weight gain. Excessive production of androgens may cause “androgenization”, resulting in excess facial and body hair, acne and thinning of the hair in a male pattern. This is what we find in many women with polycystic ovarian syndrome, especially if they carry a lot of weight in the upper body and abdomen.

Lower body fat produces the female hormone called estrone, which if excessive, can increase fat deposits and cellulite in the thighs and buttocks.

The hormone leptin is produced in our fat tissues. Long term obesity disrupts the action of leptin, so that we feel excessively hungry all the time.

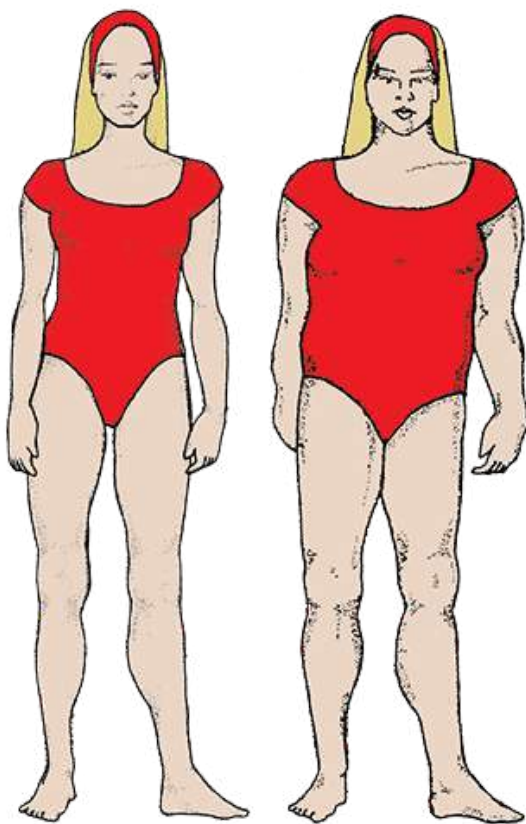


There are 4 different body types

Android, Gynaeoid, Thyroid and Lymphatic



These 4 body types have unique hormonal and metabolic characteristics. Some body types gain weight easily and are also more susceptible to cellulite. The Body Type supplements are designed to balance your metabolism and hormones for your body type.



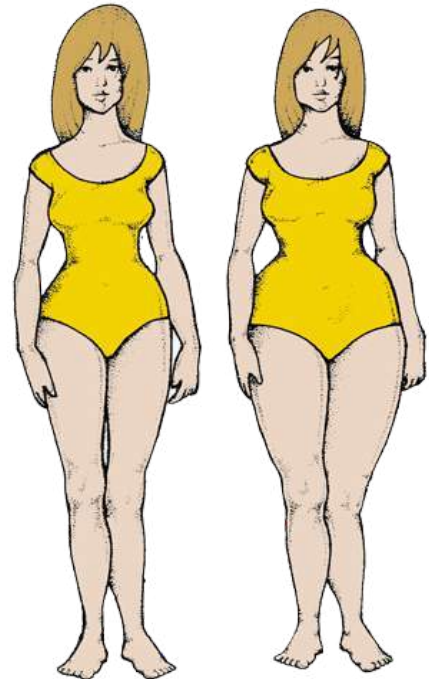
Android type

The Android body type has broad shoulders and strong muscular limbs. The trunk is somewhat straight up and down and there is not much of a waist. The pelvis is narrow and the hips do not flare. Android types have an anabolic metabolism, which means that they tend to be “body-building” and will gain weight in the upper part of

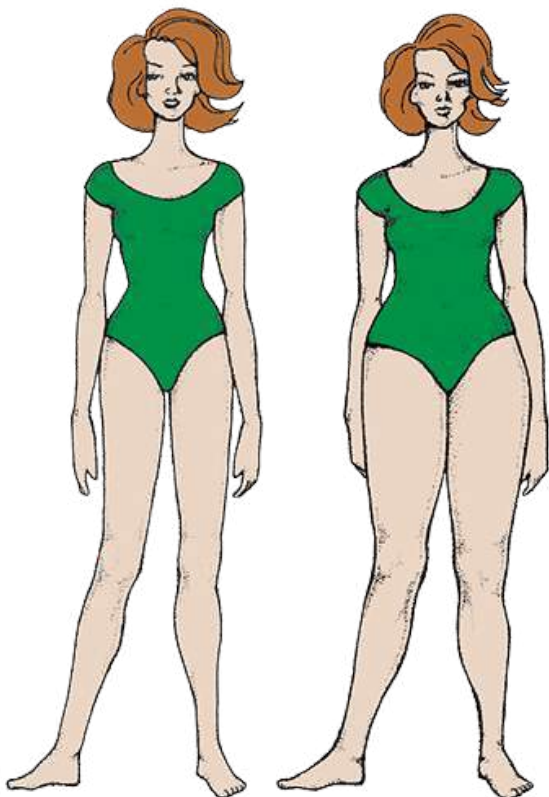
their body so that they may become apple-shaped. Most of their weight gain occurs on the front of the abdomen. They build muscle mass easily and make good athletes. They tend to produce more male hormones than do the other body types.

Gynaeoid type

The gynaeoid body type is the curvy shape with small to medium shoulders tapering to a small waist and then flaring below to wide curvaceous hips. Weight gain occurs only on the thighs and lower buttocks and gives a very feminine and curvy shape. Many gynaeoid types will have a big problem with cellulite accumulating around the upper thighs and buttocks. They often have a hormonal imbalance called “oestrogen dominance” which means that there is too much oestrogen compared to progesterone. Gynaeoid types often crave foods containing high amounts of fat and sugar, which will increase their sensitivity to oestrogen leading to more cellulite in the buttocks and thighs. Pear shaped obesity or lower body weight gain in the buttocks, hips and thighs is



found in Gynaeoid Body Types. This is associated with oestrogen dominance and can be overcome with natural progesterone cream (5-10% strength), the Body Type Supplements and the correct exercise program.



Thyroid type

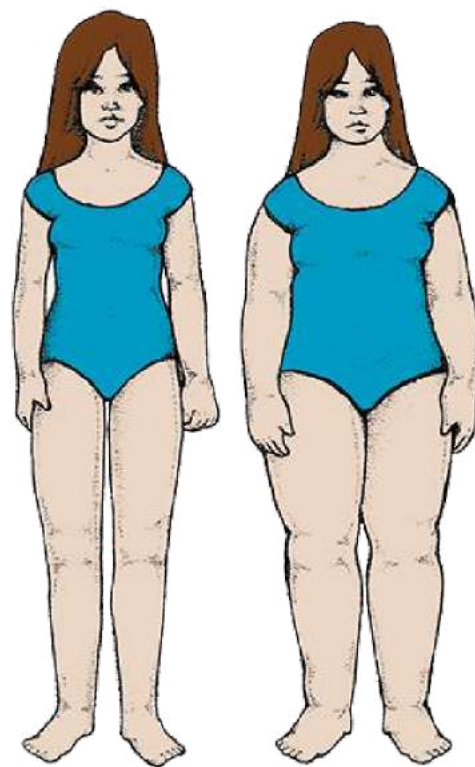
This body type is characterized by a fine narrow bone structure and long limbs. This body type often has a “race-horse” appearance. Many dancers and models belong to this body type. Thyroid types often crave stimulants such as caffeine, nicotine and sugar or artificial sweeteners and may miss meals. They often have problems with unstable blood sugar levels, which can cause fatigue and cravings for sugar and stimulants. Generally speaking thyroid types do not gain weight easily and have a very high metabolic rate.

Thyroid Body Types do not have many fat cells (they are born this way) and so they do not have many areas to store fat.

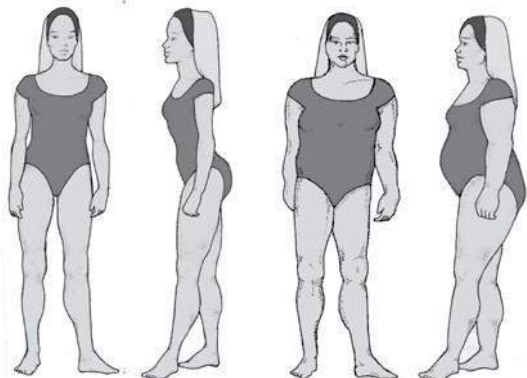
Of all the body types they are least likely to develop cellulite and if it does occur it is on the buttocks.

Lymphatic type

Lymphatic body types gain weight all over the body, and have a “cuddly baby doll” appearance. Weight gain occurs very easily because lymphatic types have a very low metabolic rate. They also have a dysfunctional lymphatic system resulting in generalized fluid retention, which makes them look fatter than they are. They are prone to deposits of fat swollen with lymphatic fluid, which can cause severe cellulite. This type of fluid retention gives them thick puffy limbs so that it is hard to see their bone structure. They often avoid exercise and prefer indoor and creative hobbies instead of physical pursuits.



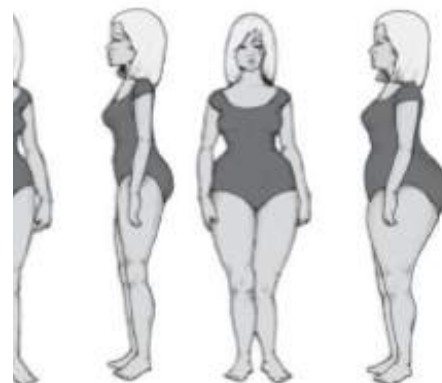
Android Body Type



Normal

Overweight

Gynaecoid Body Type

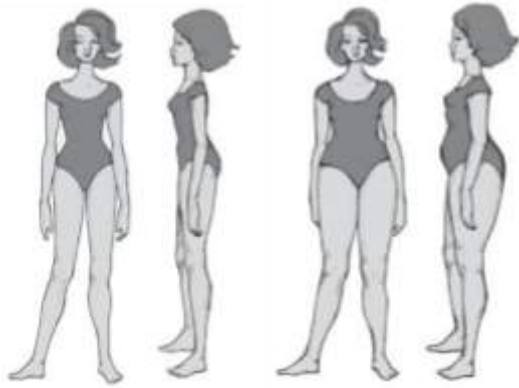


Normal

Overweight

Thyroid Body Type

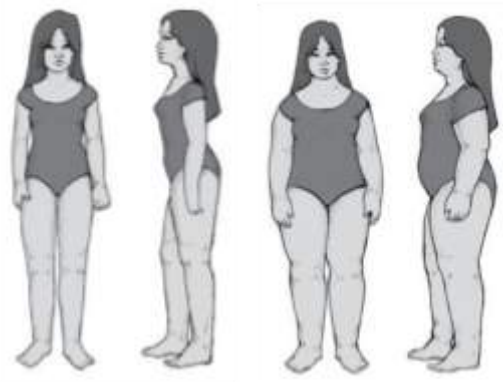
Lymphatic Body Type



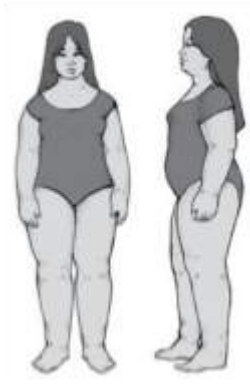
Normal



Overweight



Normal



Overweight



Stress, Depression and Anxiety



Stress can undo everything you are trying to achieve – and it will undo it quickly . Stress makes you lose your focus . To be successful you must be focused on yourself in a positive way – this is number one! You must work on your self esteem – you are worth it! I have a saying which is “Love Yourself to Health”

Emotional eating may account for up to 80% of over eating. Emotional eating is dysfunctional and is the use of food to control negative emotions, anxiety or stress. The stress hormone cortisol also contributes directly to weight gain by increasing insulin resistance.

If you are addicted to food, stress will cause a drop in brain dopamine and blood sugar levels, and this will cause powerful cravings for your comfort foods, or in other people cravings for alcohol or cigarettes etc. The stress can be high and your mind may try to fill you with negative thoughts that sabotage your efforts. Low self-esteem is at the root of most failures and causes us to give up - we may need help to maintain our self worth and confidence.

You do not have to be perfect and everyone needs little treats and comforts occasionally, especially if they feel empty and unloved.

You may think you can fill up emptiness with chocolate, sugar, carbohydrates, cigarettes or alcohol etc., but for many addicts, it is a case of one is too many and a thousand is not enough. You can replace emptiness with a positive feeling if you work on yourself to be the best you can possibly be, so that you will attract a fulfilling life.

But remember that you need to *Love Yourself to Health*.

Strategie For Fat Burning



How to Improve Liver Function

This will increase the ability of the liver to burn fat and pump fat out of the body through the bile. It will also help to break down fat-soluble toxins that would otherwise become trapped in the fatty tissues and lead to cellulite. Liver tonics are the most effective strategy; however you will need a [powerful juice](#) that can really improve liver function. I recommend a liver tonic that contains Milk Thistle, vitamin C, vitamin E, B vitamins, zinc, selenium, taurine, NAC, L-Glutamine, Glycine, natural carotenoids, green tea and L - glutathione.

Eat plentiful amounts of vegetables and raw fruits. Avoid dried fruits as they are too high in carbohydrates. The best fruits for weight loss are citrus, passion fruit, kiwi fruits, prunes and apples. Drink at least 8 glasses of filtered water everyday.

How to Improve Thyroid Function

The thyroid gland has a high requirement for trace minerals because the enzymes that produce thyroid hormone and convert it to the active form (T 3) are dependent upon trace minerals. The most important minerals for this process are selenium, zinc, and iodine. Many people with a weight problem and/or cellulite have a deficiency of these trace minerals, which leads to sluggish thyroid function and a lower metabolic rate.

Tyrosine is the amino acid required to manufacture thyroid hormone, so a tyrosine supplement can improve thyroid function, especially in vegetarians or those with digestive problems. Many people with an underactive thyroid gland do much better on a gluten free diet.

Stimulate Your Cells to Burn Fat

The following natural supplements support and stimulate the metabolism -

- Fucoxanthin
- Panax Ginseng
- Bioperine
- Resveratrol
- EGCG
- Taraxacum
- Citrus Pectin
- Milk Thistle



Fucoxanthin : one of the **most powerful metabolic boosters** on the planet and has been used for centuries in Asia. It acts as a **fat-blocker**. It also plays a vital role to **convert fat cells to energy and speed up metabolism**.

Panax Ginseng: is the most valuable of all medicinal herbs. This herb supports the production of healthy gut bacteria that changes the pattern of



calorie burn, which helps **shrink fat cells, boost metabolism and accelerate weight loss.**

Bioperine: High-quality Bioperine extracted from black pepper has been used in various traditional medicines for over 1000 years. What makes Bioperine so special is that it helps your **body reduce fat cell formation**. This is done by increasing thermogenesis, which leads to **more energy consumption and weight loss**.



Resveratrol: Resveratrol has been used in traditional Chinese and Japanese medicine for weight gain prevention and for supporting healthy arteries. Studies showed that it supports **reduced fat mass while increasing lean mass**. This powerful nutrient also supports a healthy heart, and healthy cells.



EGCG: EGCG from green tea has been used in ancient China since 600 AD to support healthy blood pressure and a healthy heart. EGCG has a direct effect on **fat oxidation**; the body's ability to **use body fat for energy** and boosts your ability to **target excess calories** and also boost energy and vitality.



Taraxacum: *Taraxacum* is a flowering perennial plant used traditionally for supporting healthy digestion and blood pressure. This fascinating nutrient works to **target clogged fat** by promoting optimal digestion and **supporting liver health**.



Citrus Pectin : Citrus pectin can help fat loss by optimizing digestion and delaying stomach emptying. This can make it easier to lower food intake and reduce cravings, leading to faster weight loss. It also supports cognitive health and clarity by targeting toxic metals in the body.



Milk Thistle : Milk thistle contains an active ingredient called silymarin that actively supports liver health. The liver is the most powerful fat-burning organ in the body because it metabolizes fat and breaks down stubborn visceral fat pockets. Furthermore, it targets harmful toxins , helping us feel energized.



Antioxidants: Beet Root, Hibiscus, Strawberry Extract, Acai Extract, African Mango Extract, Black Currant Extract, Blueberry Powder.



BeetRoot



Hibiscus



Strawberry Extract



Acai Extract



Blueberry Powder



Black Currant Extract



Blueberry Powder

All these are the hand-picked, rare and powerful nutrients from the purest and highest-quality sources.

Ohh!! Are you worried about How I get all these natural ingredients in one solution?

If YES, This is for you.

IKARIA LEANA BELLY JUICE - **UNIQUE** combination of **8 natural fat-burning nutrients** PLUS **A proprietary blend of 7 super antioxidants.** Its worked for me and 189,124 Americans to drop their weight anywhere from 10 lbs to 90 lbs **without dieting & Exercising while having their favourite food.**

Proven Results from this powerful Juice:

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- It's up to 276% more effective than most diet and exercise plans...
- And it has a whopping 93% success rate.



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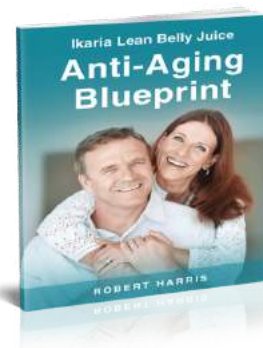
Start your weightloss journey and Look Better and Stay Confident with one click.

FREE BONUSES:

Bonus 1 – Anti-Aging Blueprint

RRP: \$97 Today: FREE

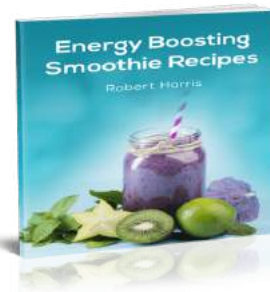
Discover breakthrough ways to help you **feel years younger than your real age**. Power up your daily energy levels, sleep better and boost your love life with our powerful aphrodisiac foods and drinks.



Bonus 2 – Energy Boosting Smoothies

RRP: \$69 Today: FREE

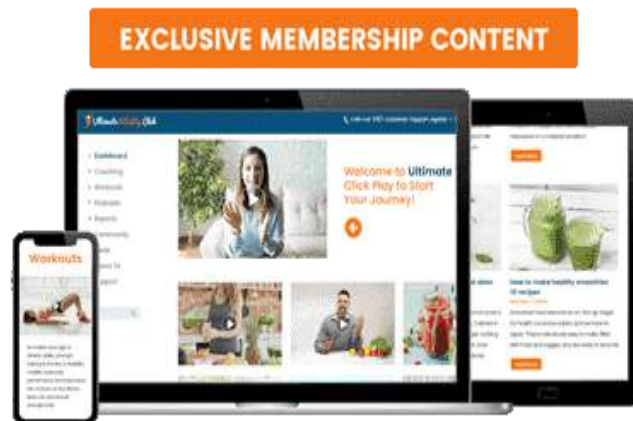
These delicious, nutrient-rich smoothies will have you **bursting with energy all day long**. The herbs, foods and spices allow you to curb cravings and help you to stay fuller for longer. They also help your body to **fight against discomfort and aches**.



Bonus 3 – VIP Coaching

RRP: \$397 Today: FREE

Receive unwavering support and motivation from our team of experts to help you stay on track to **reach your goal weight even faster**. Get full access to mouth-watering healthy recipes, key nutrition guides and strategies and body movement videos.



[Click Here to Start Your weight loss Journey](#)

Take the advantage of **80% OFF PLUS \$563 FREE BONUSES** through this link and **FREE DELIVERY. Limited Time Offer!!**

Recipes

Breakfast Recipes

Omelette

Use any combination of vegetables, herbs and/or meat that you enjoy – such as bacon, chicken, salmon, tuna, broccoli, finely chopped spinach, mushrooms, onion, chives, parsley, garlic, chilli, bell peppers (capsicum), cilantro (coriander), rosemary, tomatoes (fresh or sun dried and chopped), black pepper and sea salt to taste. You may also add 2 tbsp of grated parmesan cheese.

Method: Combine 2 to 3 eggs in a bowl and whisk, add all the other chopped ingredients and mix. Pour into a fry pan on a low to medium heat. Then flip mixture in the pan to cook the topside, or place the pan under the grill to cook the top of the omelette. *Serves one person*

Protein Smoothie Drink

1-2 cups Milk – choose dairy milk or sugar free milk alternatives such as unsweetened soy, almond milk or coconut milk.

2-3 tbsp Synd-X Slimming Protein Powder or whey protein powder

½ cup Berries such as strawberries or frozen berries such as blueberries and raspberries Mix all ingredients in a blender.

1 tablespoon of LSA or hemp seeds or chia seeds can be added for extra fiber and essential fatty acids

Water can be used instead of milk if preferred – *Serves one person.*

Victoria's Vegan Breakfast Bickies

½ cup freshly milled chia seed

- ½ cup pea protein powder – vanilla or chocolate*
- ½ cup coconut flour*
- ½ cup coconut oil*
- ¼ cup hemp seeds*

225ml (8oz) coconut cream

½ cup freshly milled raw nuts (not peanuts)

Additions may include cacao nibs, cinnamon, nutmeg, antioxidant powder (acai, goji,)

Add some coconut water - add slowly until soft drop consistency is reached. Mix dry ingredients thoroughly, then combine with coconut oil and cream. Add enough coconut water to make a smooth batter consistency and drop dessert spoonfuls onto a baking tray covered with baking paper, approximately 12/tray.

Bake at 180°C (350°F) until the base is golden brown. Allow to cool on the tray. These are high protein and best stored frozen wrapped in parcels of 4, which is sufficient for a sustaining breakfast or lunch.

Healthy Lunches

Zesty Beetroot and Carrot Salad

- 1 large Raw beetroot, peeled and grated or sliced into small julienne pieces*
- 2 large Carrots, peeled and grated*
- 1 large Avocado, chopped*
- ½ cup White cheese (such as feta, ricotta or cottage), crumbled*
- 1 Red onion, finely chopped*
- 2 tbsp Fresh mint and basil leaves, finely chopped*
- 1 tsp Lemon rind, grated*
- 2 tbsp Cold pressed olive oil*
- 1/3 cup Lemon juice*
- ½ tsp Chilli flakes (optional)*
- Salt and pepper to taste*

Preparation

Combine all ingredients.

This salad is ideal to serve with warm cooked lamb or beef, or as a side dish for grilled fish. It will be stored in the fridge for 2 days.

Serves 4 to 6.

Tasty Chunky Tomato Lentil Soup

28oz (810g) Fresh tomatoes or canned chopped tomatoes
1 cup Red lentils, soaked for one hour in 2 cups of boiling water
1 cup Celery stalks with leaves, chopped
2 tbsp Fresh basil leaves, chopped
1 cup Coriander, chopped
½ Chilli, chopped finely (optional)
2 tsp Paprika
½ cup Fresh parsley, chopped
1 large Onion, chopped
½ tsp Cracked black pepper
½ tsp Rock salt or sea salt
2 tbsp or more Tomato paste
2-3 tsp Cold pressed olive oil
Garlic, chopped according to your personal taste

Preparation

Brown the onion and garlic in a small amount of oil. Then add to all other ingredients in a large pan. Simmer gently until all is tender for approx. one hour.

Add more water if necessary. Season to taste before serving. This soup can be served chunky, or if preferred smooth - purée with a hand held food processor. Serve sprinkled with chopped parsley.

Suitable to freeze in meal size portions **Serve tomato and lentil soup, with a tossed salad (sprinkle chopped nuts and sesame seeds through the tossed salad)** *Serves 6.*

Shellfish & Avocado with Spicy Dressing

1 cup Lettuce leaves, or rocket torn into bite size pieces

- 7-8 oz (210g) *Fresh or canned prawns, shrimp or crab meat, drained*
- 1 *Avocado, chopped*
- 1 small *Lebanese cucumber, diced*
- 2 - 3 *Spring onions, chopped, or 1 red onion, chopped*
- 1 *Red capsicum (Bell pepper), chopped*
- ½ cup *Celery stalks and leaves, chopped*
- ½ cup *Fresh coriander, chopped*

Dressing

You can have a simple dressing of cold pressed olive oil and freshly squeezed lemon juice.

Alternatively choose the following spicy elaborate dressing consisting of -

- ½ *Avocado*
- ¼ cup *Sugar free mayonnaise*
- 1 tsp *Seeded mustard*
- 2-3 tsp *Cold pressed oil*
- 2-3 tsp *Fresh lemon juice or apple cider vinegar*
- 2-3 tsp *Tomato paste*
- 1 tsp *Horseradish sauce*
- 1 tsp flat *Nature Sweet Sugar Substitute or pinch stevia if you desire to sweeten the dressing*
- 1 pinch *Chilli flakes or one small fresh chilli chopped finely (optional)*

Preparation

Toss salad and seafood together. Blend dressing ingredients all together in a food processor then pour over the salad.

Store dressing in the fridge in a screw top jar for up to 4 days.

Serves 2.

Dinner

Coriander and Lemon Chicken

2 large bunches	Coriander, chop leaves coarsely
2	Garlic cloves, finely chopped
2" (5cm)	Ginger, thinly sliced
2	Lemons, juiced
½ tsp	Garam masala
1 tsp	Paprika
½ tsp	Chilli powder (optional)
1 tsp	Cumin seeds
1 tsp	Sea salt
35oz (1 kg)	Chicken thigh fillets
2 tbsp	Olive or coconut oil
5	Fresh tomatoes, chopped

Preparation

Combine coriander, garlic, ginger, lemon juice, garam masala, paprika, chilli, cumin and salt, and mix well

Add chicken, toss well and leave in marinade for 30 minutes, stirring from time to time

Heat oil in a pan, add chicken with marinade and cook over moderate heat until tender. Add tomatoes and cook for 10 minutes over low heat. Serve with steamed vegetables and salad.

Serves 4 to 6

Cajun Fish

18oz (500g)	Thick fish fillets – John Dory, snapper, deep sea bream, mullet, swordfish or gem fish are all suitable.
¼ cup	Cold pressed olive oil
2	Shallots or 1 small onion, finely chopped
2 cloves	Garlic, minced
1 tsp	Sea salt
½ tsp	Garam masala

<i>½ tsp</i>	<i>Paprika</i>
<i>½ tsp</i>	<i>Cayenne pepper</i>
<i>½ tsp</i>	<i>Freshly ground black pepper</i>
<i>2 tbsp</i>	<i>Fresh parsley, chopped for garnishing</i>

Preparation

Cut fish fillets into 2 inch cubes.

Mix oil, onion and all seasonings together in a bowl.

Add fish pieces and stir to thoroughly coat all pieces. Let stand for at least 15 mins.

Smear some extra olive oil in a pan and heat the pan.

Add fish in a single layer and turn often until fish is cooked.

Do not overcook fish.

Repeat with the remaining fish.

Drain fish on a paper towel. Serve hot with a cool green salad.

A squeeze of lemon juice is often a piquant addition just as you serve.

My son often adds a little plain yogurt and lemon or lime juice to the pan juices after cooking the fish, to make a very nice spicy, creamy, piquant sauce.

Note: Cajun seasoning is available ready prepared at many supermarkets. If you prefer to use these blends, sprinkle liberally over fish before cooking in oil. Be cautious with Cajun seasonings. Hot for some can be very hot for others. Remember you can always add more seasoning if desired.

Chicken, lamb and pork are delicious prepared Cajun style.

Beef in Black Bean Sauce

<i>26oz (750g)</i>	<i>Lean rump steak – cut into strips</i>
<i>1 tbsp</i>	<i>Dry sherry</i>
<i>2 tbsp</i>	<i>Soy sauce</i>
<i>2 tbsp</i>	<i>Black bean sauce</i>
<i>1/3 cup</i>	<i>Cold pressed olive oil</i>
<i>4</i>	<i>Spring onions, sliced</i>
<i>2</i>	<i>Celery stalks, sliced</i>
<i>1</i>	<i>Red capsicum (bell pepper), seeded and sliced</i>
<i>½ cup</i>	<i>Bamboo shoots, sliced</i>

1 tsp *Curry powder*

Preparation

Marinate beef strips in sherry, soy and black bean sauce, stir in flour and let stand for 30 minutes.

Heat oil in wok, add onions, bell pepper, celery, bamboo shoots and curry powder and sauté for 2 minutes.

Remove vegetables from wok with a slotted spoon. Add meat to the remaining oil in wok and cook until browned and tender – approx 5 minutes.

Return vegetables to wok and heat through and serve with steamed carrot, broccoli and cauliflower.

Green prawns can be used in place of steak for a change. *Serves 4 – 6.*

Desserts

Coconut Baked Apples

Ingredients

4	<i>Large apples</i>
3/4 cup	<i>Coconut syrup</i>
½ cup	<i>Walnuts</i>
¼ Cup	<i>Raisins</i>
2 tbsp	<i>Dairy butter, cut into pieces</i>
<i>Cinnamon</i>	

Serve with plain full fat yogurt

Directions

Heat oven to 200 degrees Celsius (390 degrees Fahrenheit)

Remove the apple cores and trim about a ½ inch (1cm) slice from the bottom of each apple, so they sit flat. Place the apples in an ovenproof dish.

Drizzle the apples with the syrup. Divide the walnuts and raisins among the apples, filling the cavities, and place any extra in the dish. Dot the apples with the butter. Bake until tender, 40 to 50 minutes.

If using a baking dish, pour the liquid from the dish into a skillet. Bring to a boil over medium heat. Cook until it thickens slightly, 2 to 3 minutes. Spoon the sauce over the warm apples, sprinkle with cinnamon and serve with yogurt if you choose.

Coconut syrup has a glycemic index in the low 30s- which makes it low on the Glycemic Index in comparison to Maple Syrup which has a Glycemic index in the 50's. Coconut sugar also retains quite a bit of the nutrients found in the coconut palm. It also contains inulin, a fibre which slows glucose absorption; this explains its lower glycemic index.

Last but not least . . . exercise



It's no secret that exercise is vitally important to facilitate and maintain weight loss. You may find the thought of exercise troubling. At its simplest, losing weight means burning more calories than you consume. So, it makes sense to include exercise in your routine, since it helps you burn more calories.

Both Diet and Exercise Are Critical for Long-Term Success. One scientific review including over 400 people examined the weight loss effects of diet plus exercise and compared them to the effects of dietary changes alone. The researchers found that the combination of dietary changes plus exercise led to 20% greater weight loss than dietary changes alone after a period of 10 weeks to one year.

Factors like age, gender, and your starting point can affect how long it takes you to lose weight. The timeframe can also depend on how many calories you take in relative to how many you spend.

How weight loss occurs

Weight loss occurs when you consistently consume fewer calories than you burn each day.

Conversely, Weight gain happens when you consistently eat more calories than you burn.

The number of calories you burn each day, which is known as energy or calorie expenditure, is a bit more complicated.

Calorie expenditure is composed of the following three major components

- Resting metabolic rate (RMR). This is the number of calories your body needs to maintain normal bodily functions, such as breathing and pumping blood.
- Thermic effect of food (TEF). This refers to the calories used to digest, absorb, and metabolize food.
- Thermic effect of activity (TEA). These are the calories you use during exercise. TEA can also include non-exercise activity thermogenesis (NEAT), which accounts for the calories used for activities like yard work and fidgeting.

If the number of calories you consume equals the number of calories you burn, you maintain your body weight.

BONUS TIP

Do you feel that weight loss is impossible for you? Do you want to achieve weight loss results without Exercising & Dieting?

We have a UNIQUE combination of 8 natural fat-burning nutrients PLUS + A proprietary blend of 8 super antioxidants.

PROVEN Weight Loss Formula – No Dieting & No Exercising

Ikaria Leana Belly Juice: The most potent, fast-acting formula for incinerating stubborn fat and Certified by **FDA**. It is proven by doctors to be the best and safest way to burn the clogged fat and free up your metabolism, energy and sex at any age.

184,129 American people have now used it to drop anywhere between **10 lbs to 91 lbs in weeks**. It worked for me! and worked for millions of regular men and women. They have seen massive results without dieting & exercising while having their favourite food in weeks.

Proven Results from this powerful Juice:

- People are losing from 28 lbs to 62 lbs on average...
- It's up to 276% more effective than most diet and exercise plans...
- And it has a whopping 93% success rate.

you'll see their success stories, testimonials in this video. Spend 2 minutes of your time to **Watch this Video** and see the Life changing benefits.

The **\$80 billion-dollar weight loss industry** and Big Pharma are preparing to file a lawsuit to **take this video off the Internet...**

So, watch this **controversial video** right now before it's too late.

To experience a powerful transformation with life changing benefits, [Simply click Here](#) to visit our official site and take the advantage of **80% OFF PLUS \$563 FREE BONUSES** through **this link** and **FREE DELIVERY. Limited Time Offer!!**

Click Her to get the Delicious Juice that burns 62 lbs of fat

Start your weightloss journey and stay away from the crowd with one click.

Why should I buy Ikaria Juice while there are multiple products in the market ?

YES. There are many products available in the market with low prices compared to Ikaria. But most of the products won't promise you the weight loss results and don't have scientific proofs, Certifications, testimonials, 100% Money Back Guarantee.

Our Product Ikaria Lean Belly Juice is - a **UNIQUE combination of 8 natural fat burning nutrients + A proprietary blend of 8 super antioxidants** and **Certified by FDA**. Ikaria is made up of hand-picked, rare and powerful nutrients from the purest and highest-quality sources. **Ikaria is**

(((100% Natural ¹⁰⁰🌱 + UNIQUE Combination + Certified by FDA + Proven and Fast acting Weight Loss formula for 184,129 American People 📈🎥 + No Dieting & No Exercising Required 🚫🏃 + 100% Full Money Back GUARANTEE for 180 days ¹⁰⁰💰 - No Questions asked - 100% RISK FREE.)))

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It is proven by doctors to be the best and safest way to burn the clogged fat and free up your metabolism, energy and sex at any age.

I have a question for you.

Do you need a weight loss product at a low price irrespective of its results or You need a Proven Weight Loss solution that really works – 100% Full Money Back Guarantee for 180 days?

If you need a Proven Weight Loss solution to experience a powerful transformation with life changing benefits,

[Click Here to Start Your weight loss Journey](#)

and take the advantage of 80% OFF PLUS \$563 FREE BONUSES through this link and 100% Full Money Back GUARANTEE for 180 days. FREE DELIVERY. Limited Time Offer!!

Don't miss out on this opportunity to transform your life!

What if it's not work for me?

Ikaria Lean Belly Juice gets amazing results for many people. It may take you longer to notice the positive effects. Because, Not all body types are the same. If you are not satisfied, you're covered by our 180-day money-back satisfaction guarantee.

The IKARIA LEAN BELLY JUICE is backed by a **100% Money - back guarantee for 180 days of your purchase**. If you are not satisfied with Ikaria belly juice, You will receive a refund within 48 hours of the product being returned. Simply return the product, even empty bottles, anytime within 180 days of your purchase and you will receive a full, no questions asked refund.

Start your weight loss journey to LOOK BETTER and STAY Confident !!

[Click Here to Start Your weight loss Journey](#)

Look Better, Stay Confident and stay away from the crowd from today onwards!!