



**Special Report:**  
**Secrets of Easy Weight Loss**

**By Angela Griffin**

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## Introduction

Losing weight easy? No way! This is probably your opinion, and it was mine for years too. That was until I discovered once and for all a truly easy workout that tones my entire body while burning calories and fat. I also discovered foods that burn fat as I eat them, *and* that I can eat whatever I want, including the most decadent desserts, and still lose weight. It works so well, I decided to turn it into a program I could share with others.

I believe this program can work for just about anyone who wants to lose weight, barring any major disabilities or health conditions. This program can work for you whether you've been working out for years, or have never worked out before. If you are a diabetic, this program can help you decrease the amount of medication you take. It also works similarly for those who take medication for heart problems, high cholesterol, high blood pressure and a multitude of other health problems. In some cases, it can even eliminate the conditions altogether.

It's powerful, to say the least, and will be perhaps the easiest program you've ever tried. It's not a fad diet; it's a life program, and it's one you'll enjoy! So what are the secrets to this amazing program? I'll reveal some of them in this Special Report, so read on...

## Take it Easy

I think probably the biggest misconception people have is that they have to work themselves to death to lose weight. It's just not true! In fact, when you work out too hard, you can actually cause your body to gain weight instead of lose it. Obviously, this can be disastrous for your weight loss goals.

I want to change your mind about what it means to workout. Why do you work out? Well, you do it so you can burn calories and lose weight, and this is true. But working out to burn calories is only a small part of the picture. There are other factors in losing weight. Diet, of course is one of them, which we will discuss in a later section. But another factor in losing weight is stress management. This may be surprising to you, but it's a fact that stress makes you gain weight. So reducing stress should be a goal in your workout as well as burning calories.

You can reduce stress and burn calories by doing a less strenuous workout. A workout that doesn't require a lot of jumping around and putting pressure on your joints is great for reducing stress. One that includes strengthening and stressing your muscles, as well as easy, flowing movements to get your heart rate up is ideal. The idea is to be active and reduce stress, and you don't need to push yourself to the point of exhaustion to do this. A moderate exercise program is always best.

The type of exercise I discovered that does all the things above is yoga. I've created a complete yoga routine that will have you toning your muscles and burning fat and calories right away. It will also prevent you from storing fat. This is all explained in my ebook, *Yoga for Weight Loss—Why it Works*.

My yoga routine is explained step-by-step, and you'll learn why this is the workout for everyone from children to senior citizens, and why you'll never look for another workout again.

## Eat Foods That Burn Fat

Can eating food help you burn fat? It doesn't seem like it would, but in fact, if you are eating the right foods, you can begin the fat-burning process while you're eating. You may be thinking this sounds too good to be true, but it's not. There are certain foods you can eat that will raise your metabolism, some that will block the absorption of fat, and others that literally melt fat so it can be disposed of easily. One example is a jalapeño. It burns fat as you eat it by raising your metabolism. It does this by speeding up your heart rate. Fascinating, right?

There are other foods with specific vitamins and minerals in them that aid in burning fat, and still others that actually have fewer calories than it takes to prepare and eat them. You can easily see where this kind of eating can lead. Food is powerful; it's fuel for our bodies, and eating the right ones makes it not only fuel, but also vehicles for transporting our loathed fat away.

There are so many of these special "super-foods" out there that perform the amazing job of helping you to get rid of fat, simply by eating them. Of course, the effect is multiplied when combined with a good workout program, which I told you about in the previous section. These foods are readily available to you at any grocery store, and you'd be surprised by how many are on the list that you may consider forbidden. Myths abound about foods that cause weight gain. Nuts, are an example. You've probably read over and over to go easy on nuts because of their high fat content, but there is no reason to. The type of fat they contain is healthy, and actually helps your body burn fat. Yes, fat can help burn fat! I explain all the details and reveal the best fat-burning foods in my ebook, *Rev Up Your Metabolism—Burn Fat While You Eat*.

## Eat What You Want

One pitfall you have encountered on your journey to losing weight is your love of food. If you're anything like me, you love all kinds of food, both healthy and not-so-healthy. You commit yourself to a new diet, swearing off chocolate chip cookies and ice cream, and resign yourself to eating salads and prepackaged diet food that's all too often not very savory.

Why do you do this to yourself? Well, you believe that by depriving yourself of the foods you love, those foods that are laden with sugar and fat and pure decadence, you will lose weight. And you probably would, if you had more will-power and no problem at all giving up your favorite foods. But most of us don't have that power. I mean, we do well for a while on a rabbit-food diet, and often even see some pounds begin to come off. But eventually we get tired of eating the same things over and over, and the ice cream begins to call our name. You know what I'm talking about. It's easy to get motivated in the beginning and feel like you're powerful enough to resist the biggest temptations, but you end up giving in and then bingeing on your beloved comfort foods. Believe me, I know what it's like; I've been there.

But there is a way to have the foods you want and still lose weight. By simply allowing yourself to have a little of your "forbidden" foods, you can literally have your cake and eat it too! You're probably thinking right now, "Yeah, Angela, but once I get started eating something I really love, I can't stop! I don't know how to just eat a little of it, so this won't work for me!" I can completely identify with your thinking, but it's really not hard to do when you have the right tools. I

discuss the details of this concept in depth in my ebook, *The Ultimate Diet for Food Lovers—Eat Whatever You Want and Still Lose Weight!*

There's absolutely no reason why you should have to give up any food you love. You can easily eat them and still lose weight.

## Conclusion

The truth is, we can be brutally hard on ourselves when it comes to losing weight. We push ourselves in our workouts to the point of what feels like punishment. We know this only works for a short time and then we get tired of it and give up. We starve ourselves, not realizing there are so many delicious foods that actually burn fat for us, so there's no reason to not eat while dieting. We also deprive ourselves of the foods we love unnecessarily, unaware that doing this is actually sabotaging our weight loss.

Right now you can take a deep sigh of relief knowing that you don't need to do any of these things to yourself anymore. You can be kind to yourself, do a simple workout that works, eat enough food so that you're not hungry, and still eat all the "forbidden" foods you love. And you can start **right now**. All the tools you need to get started are provided in my ebooks, so don't delay in getting what you want for the looks and health of your body.

I wish you all the best as you get started on your weight loss journey.

*Angela*

*P.S. Be sure to scroll down for more information on weight loss and health.*

If you enjoyed this ebook, you may be interested in ***Yoga for Weight Loss: Why it Works and How to Get Started***, in which I teach you an easy workout you can do every day in just minutes to boost your weight loss even more! In this ebook, you'll learn:

- Why yoga is the ideal workout for anyone
- How yoga helps you lose weight
- The REAL reason you've been unsuccessful at losing weight
- How fast and easy it is to get started and start seeing results

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