

Read This Report NOW to Learn How...

High-Acid Foods Can Make You VERY Fat

BY MICHELLE SCHOFFRO COOK, PHD



**HIGH-ACID FOODS
= WEIGHT GAIN**

Switching to the acid-neutralizing foods listed inside can help you **lose 20, 30, or even 50 lbs of fat fast and forever.**

Once you restore your body's normal pH levels, the fat that's locked inside your cells is suddenly released. Yes, the chemistry of fat loss has finally been solved...

(Continued inside...)



**LOW-ACID FOODS
= WEIGHT LOSS**

**PLUS GET 3
FREE GIFTS!**

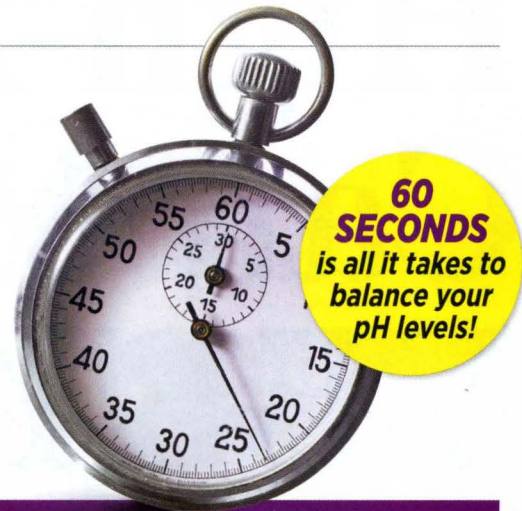
*See inside for
details*

Illustrated for dramatization purposes.

**YOUR
BODY'S
ACID LEVELS**

The chemistry of fat loss has finally been **SOLVED...**

After 20 years of medical research, the true chemical cause of obesity has been found. It's NOT the fat in your foods, *it's the acid*. The best news of all is that the acid problem can be solved in as little as **60 seconds a day...**



CONTENTS

BOOST FAT LOSS 400%.

This simple secret helps multiply your fat-melting ability like nothing you've ever experienced. Page 14



LOSE UP TO 20 POUNDS AT BREAKFAST.



Just eat this acid-balancing food. A major study confirms it. Page 15

LOSE UP TO 11 TIMES MORE FAT

by taking this muscle-building supplement. Without this nutrient, weight loss will never happen. Page 12

SWITCH OFF THE BELLY FAT GENE

to LOSE WEIGHT and fight aging, wrinkles, and even cancer. University research, page 18.

ARE HIDDEN FOOD ALLERGIES MAKING YOU FAT?

Why 90 million Americans may be bloated and overweight thanks to a hidden food allergy. Page 17

BURN 200 EXTRA CALORIES A DAY without exercise.

You'd have to walk 30 minutes to burn that many calories—now you don't have to. Page 9



EAT TO BEAT YOUR BELLY FAT.

The *real* reason you can't lose the extra pounds could be that it's *trapped* in your liver. See page 13 for two foods that "open" the pathways that flush fat from your body.



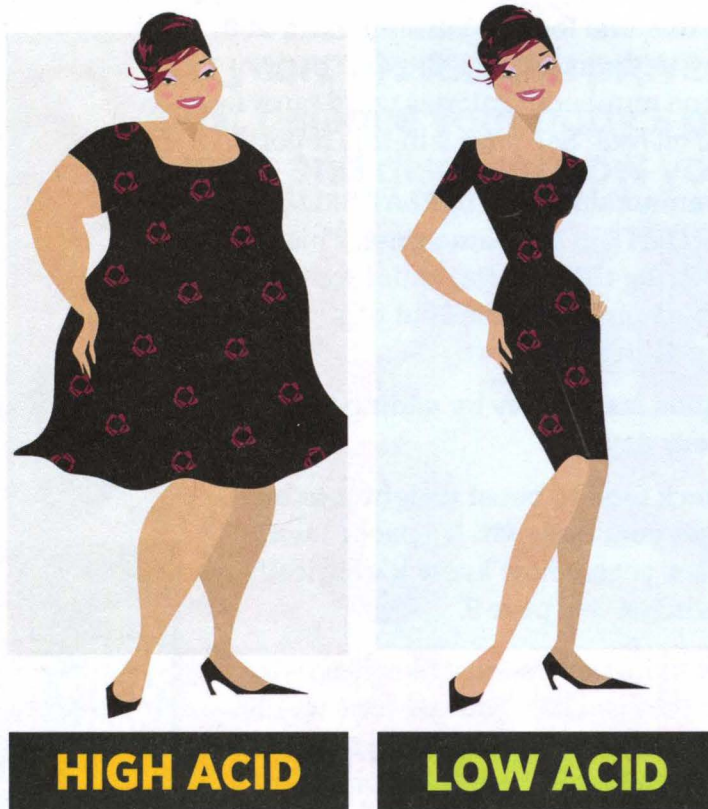
DRINK THIS TO BEAT CELLULITE

and belly fat. Solves a problem faced by 8 out of 10 women! Page 11

EAT COCONUT to boost your calorie-burning power by a stunning 50%. It's a surefire way to jumpstart a sluggish metabolism. Page 6

BEAT THE TOXIC EMOTIONS

making you fat. These emotional antidotes are all it takes to dissolve away your emotional issues into thin air. Page 17



Illustrated for dramatization purposes

20 years of external research that cost a BILLION dollars exposes...

The REAL Reason You Still Need to Lose Weight

My name is Michelle Schoffro Cook, PhD. I have the most amazing weight loss news EVER.

Forget about dieting. Forget about counting calories or killing yourself in a gym. Thanks to a recent medical discovery, the key thing you really need to do to lose weight (a lot of weight) is to lower your body's acid levels and *balance* your body chemistry. **The result? Weight loss just happens naturally.**

You see, when your whole system is too acidic, your fat cells *hold on* to your fat for dear life. So HIGH acid equals FAT. And LOW acid means thin!

That's actually *fantastic* news. Why? Because you can fix your pH levels in as little as 60 seconds *flat*—using simple secrets like *these...* (Over, please...)



natization purposes

rmone levels,
sult, your
possible to

nes becomes
ant symptoms

rates—so you

eally quite
before it can
uses FAT as a

more FAT
n hard to lose
d, your fat
on next page...

DS TO SLIM **5**

The has

After 20
true che
found. I
the acid
acid pro
60 secon

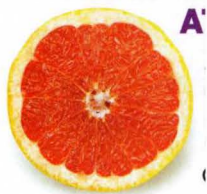
CON

BOOST FAT

This simple se
your fat-meltin
you've ever ex



LOSE UP TO A



2 60 SECON

- **EAT more of this one food to burn an extra 200 calories a day without lifting a finger.** That's about the same number of calories you'd burn by jogging for half an hour! See page 9 in this report.
- **DRINK this remarkable juice to BEAT BELLY FAT and CELLULITE at the same time.** This trick works by repairing the real, root cause for those extra pounds—a problem that 8 out of 10 women face. See page 11 in this report.
- **LOSE 20 pounds fast simply by adding THIS to breakfast every day.**
- **EAT THIS snack food to boost weight loss by 64% and target your belly fat.** It's packed with fat and calories, yet we now know it's basically a weight loss winner. See page 9.

There are *dozens* more secrets—just like these—in this report. And they can help you lose *more* weight, *more easily* than you ever imagined. Even if you do *nothing* else but use a few of these 60-second secrets, you will lose fat. Your body has no choice.

I know, it seems impossible that some 60-second tricks can help you lose 10, 20, 30, 50 pounds or more. But once you read this report and see the research and RESULTS with your own eyes, you'll realize that you've been working way too hard to lose that weight. Why struggle when you don't have to?

Interested? Great. You can start losing weight *right now*—with the free tips and tricks in this report.

Sincerely,

Michelle Schoffro Cook

Michelle Schoffro Cook, PhD



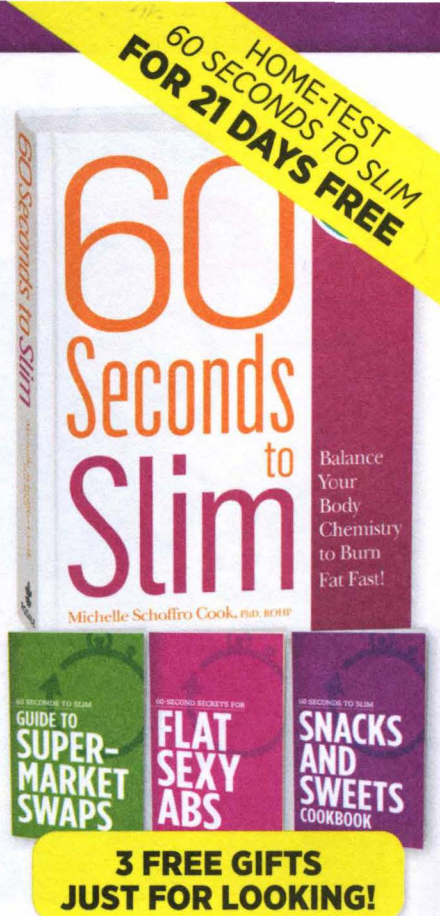
MICHELLE SCHOFFRO COOK,
MSc, PhD, DNM, RNCP, ROHP


ABOUT THE AUTHOR

Michelle Schoffro Cook is an international best-selling and eleven-time book author. She holds a PhD in traditional natural medicine, a master of science in natural health, a bachelor of science degree in holistic nutrition, and a diploma of orthomolecular nutrition.

With two decades' experience in the nutrition and natural health field, Dr. Schoffro Cook is a registered nutritional consulting practitioner, registered orthomolecular health practitioner, Reiki master, Reconnective Healing® Practitioner, and bioenergetic medicine practitioner.

Dr. Schoffro Cook received the World Leading Intellectual Award for her contribution to natural medicine, a Forty Under 40 Award, a Crystal Communicator Award, and numerous other communications awards. She has made over 1,000 media appearances.





20 years of research proves it.
Just balance your body's pH (acid)
levels and discover how you can...

LOSE 20-50 POUNDS

NORMAL
(perfect pH)

HIGH ACID

in just 60 seconds a day.

Illustrated for dramatization purposes

If you can spare just 60 seconds a day,
we can help you rebalance your body
chemistry so **FAT MELTS** away relentlessly
with every tick of the clock.

It all begins with ACID

Any way you look at it, excess acid (from the foods
you eat) is a bad thing. **The more acid in your blood
cells and whole system, the more fat on your body!**

Here's how it works

The same way "acid rain" pollutes the environment,
acid in your foods "pollutes" your body. And as
the acid levels keep building up, your body tries
desperately to compensate in order to protect your
organs, your blood, and every cell in your body.

And that's where the trouble begins.

- Your body is forced to **STEAL** the calcium from
your bones to try to neutralize the acid in your cells.
So your bones grow weaker and weaker.

- Excess acid wreaks havoc on your hormone levels,
metabolism, and blood sugar. **As a result, your
appetite and cravings are virtually impossible to
resist.**
- Your supply of healthy digestive enzymes becomes
impaired and you experience unpleasant symptoms
like gas, bloating, and indigestion.
- Even the process of aging itself *accelerates*—so you
look and feel older than your years.

And then you get fat... actually, **VERY FAT.**

How does the acid make you fat? It's really quite
simple. In order to "neutralize" the acid before it can
harm your organs and bones, your body uses **FAT** as a
"buffer" to protect your cells.

So the more acid in your system, the more **FAT**
your body stores. That's why it's so darn hard to lose
weight. **If you don't fix the acid overload, your fat**

(Continued on next page...)

(...continued from page 5)

cells will never surrender the excess fat.

The secret is to **BALANCE** your pH levels naturally

Your pH level is simply a measure of whether your body is too acidic...or too *alkaline*. Imagine that the pH scale is like a giant tug-of-war game inside your cells. On one side is the *acid* team and on the other side is the *alkaline* team. The middle is *neutral*, which reads 7.0 on the pH scale. Your body needs to be slightly *alkaline* (7.4 on the scale) to be thin and healthy.

The *problem* is that our modern sugar- and fat-laden diets constantly *pump up* your natural acid levels and force your body to *lock in all that excess fat as if it were gold in Fort Knox*.

Is there *anything* you can do to **STOP** and even reverse this process and drop those extra pounds? *You bet there is.*

You can help restore perfect pH balance and perfect hormones and control your appetite in as little as 60 seconds a day.

The #1 secret is to neutralize the toxic side effects of all the high-acid foods you eat every day by eating more *alkaline* (pH-balancing) foods. Believe it or not, this simple step almost *instantly* helps balance your pH levels—and unlock the excess fat that's trapped inside your cells.

This remarkable breakthrough is the fundamental principle behind what many experts are now calling “the single most important weight loss breakthrough in 50 years: *60 Seconds to Slim*.”

Later in this report, you'll be invited to home-test this remarkable plan **FREE** for 21 days.

First, let me demonstrate how *60 Seconds to Slim* can help you fix your high-acid problem, rebalance your hormones, detoxify your cells, improve your digestion, and *lose a phenomenal amount of fat (especially belly fat)* as easy as...

- **Taking a single supplement in the morning that burns 11 times more fat**
- **Switching your cooking oil**—so your cells burn 245% more fat with every tick of the clock
- **Drinking a glass of cranberry juice** to flush away unsightly cellulite and belly fat

(Continued on page 8...)

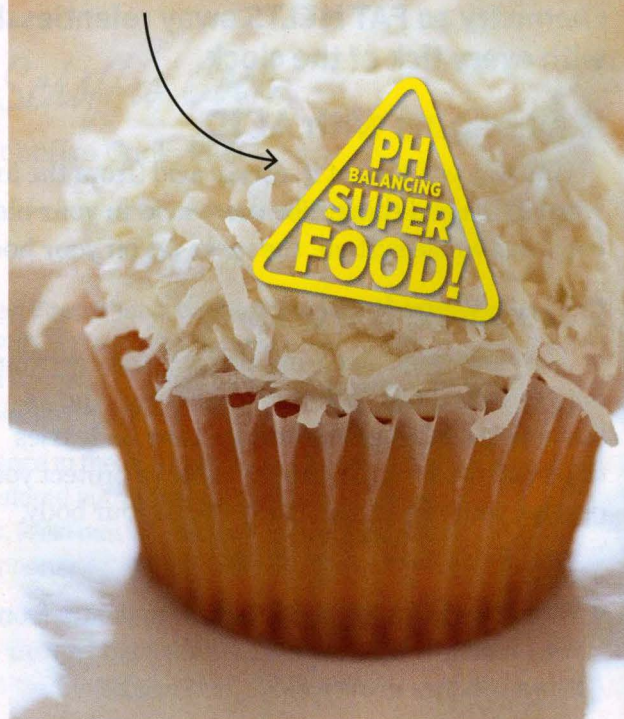
60 SECONDS TO SLIM BR

As your acid levels drop, your fat cells release excess fat.

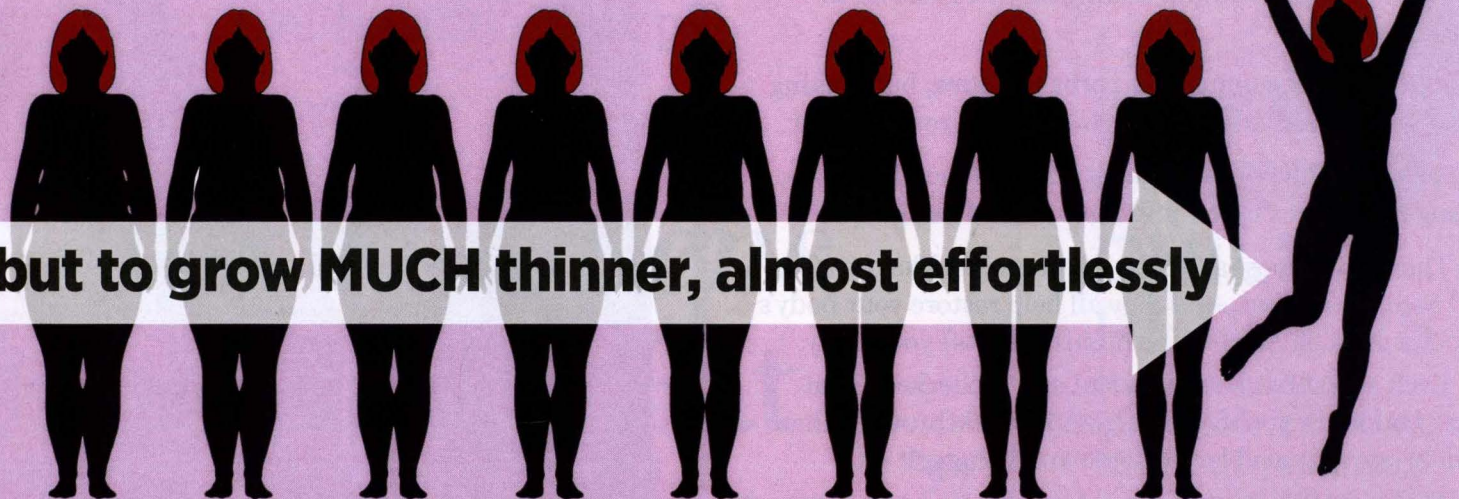
Your body has no choice

By adding more pH-balancing foods to your diet, you can help lower your acid levels, balance your hormones, improve your digestion, and boost your energy and metabolism with **NO** counting calories or carbs and **NO** sweaty exercise. Learn more in your copy of *60 Seconds to Slim*.

EAT THIS to help boost your calorie-burning power by a whopping 50%.



but to grow **MUCH** thinner, almost effortlessly



VERY HIGH ACID

HIGH

MEDIUM

NORMAL

Illustrated for dramatization purposes

This fat-busting powerhouse helps reset your sluggish thyroid gland and turn UP your metabolism.



Seconds to Slim
Secret #19

Mmmmm...this cupcake has a secret ingredient that jump-starts your thyroid, switches ON your metabolism, and **boosts your calorie burning by a spectacular 50%. It's coconut oil.**

According to a leading medical researcher, regular consumption of coconut oil reverses hypothyroid gland problems and *turbocharges* your metabolism. Research at the University of Colorado supports his findings; researchers discovered that coconut oil can increase calorie-burning power by up to 50%. Coconut oil contains medium-chain triglycerides (MCTs), a type of fatty acid that's easy to digest,

stimulates the body's metabolism, and restores some of the body's natural enzyme activities that are needed to restore a healthy weight.

Most other types of oils contain long-chain fatty acids, which are harder to break down than those in coconut oil.

The BEST and easiest way to get the fat-burning benefits of coconut oil.

You *can* simply add more fresh coconut to your diet or drink coconut milk. But the easiest way is to simply use coconut oil for cooking (instead of vegetable or olive oil). You'll get the healthy levels you need and your thyroid, metabolism, and *skinny dress* will say *thank you!*

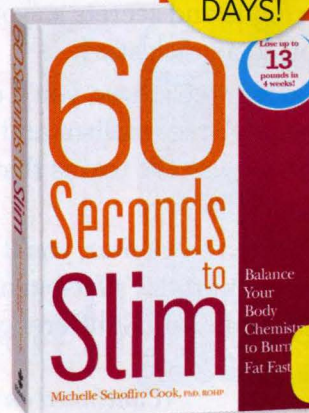
Adapted from your free-preview copy of 60 Seconds to Slim. You're invited to **home-test this simple program for 21 days free.** To claim your copy, please detach and mail the certificate next to page 23 in this report.

Maria LOST 13 POUNDS and almost 8 inches.

"I was thrilled to lose weight and inches...I now have more energy throughout the day. No more energy slumps...in the middle of the day...! I feel **MUCH** better..."

—Maria Newcomer, New Bedford, MA

TRY IT
FREE
FOR 21
DAYS!



Read her full story on page 204 of your free-preview copy of **60 Seconds to Slim.**

A typical person following the plan described in *60 Seconds to Slim* should expect a safe and healthy weight loss of 1 to 2 pounds per week.

NOT AVAILABLE ANYWHERE ELSE!

(...continued from page 6)

- **Exercising smarter instead of harder**—so you **burn 400% more fat without adding an extra second to your workout**
- **Enjoying those unhealthy carbs you love**, but making sure they don't add a single ounce of fat to your body
- **Sprinkling this on your dessert** so you metabolize the sugar 20 times better and fight fat and hunger too

There are almost a hundred secrets just like these in *60 Seconds to Slim*. And they all help restore your body's biochemical balance so the fat just falls off your body.

Each secret has been checked and rechecked. That way, you know you're working with **breakthroughs that can bring your acid levels down and help melt fat.**

At the same time, you can restore balance to your hormones, brain chemicals, and digestive enzymes. And you can flush away the pollutants, toxins, and chemicals that are blocking any meaningful fat loss. Again, this will take only a few minutes a day, yet your bathroom scale can show huge improvements.

In as little as 4 weeks, you can go from FAT to FANTASTIC!

The *60 Seconds to Slim* plan is divided into four easy weeks. Each week, you'll make five or six simple, **60-second changes to your diet and lifestyle that ignite your metabolism and fire up your fat-burning machine.** You can pick and choose *only* those secrets that fit your busy schedule like a glove.

The *first* week is devoted to identifying and avoiding the acid-forming foods and habits that are really packing on extra pounds.

The *second* week adds in today's top fat-burning (acid-neutralizing) superfoods and secrets so you can get off to a quick start.

During week *three*, you'll dial UP your body's metabolism and start flushing away the toxins that can hold you back.

Then, in week *four*, you'll learn about today's fat-burning supplements that can help make a BIG difference for weight loss.

(Continued on page 10...)



How to **ENJOY** delicious carbs and **NOT** add extra fat to your body.

It turns out that timing is everything when it comes to enjoying carbs.



Do you hear that? Listen closely. It's the sound of a high-carb dish like macaroni and cheese or even pizza calling your name! And sometimes, it's just impossible to resist.

The *60 Seconds to Slim* plan understands that you're human, so it includes **simple tricks that can minimize or even erase the harm done by a high-carb splurge.** For instance...

Timing is everything

Research has demonstrated that If you eat certain carbs at certain times of the day (see page 173 in your free-preview copy of *60 Seconds to Slim*), they will NOT add fat to your body!

60 SECONDS TO SLIM BREAKTHROUGH:

“When You Balance Your pH,
Weight Loss
Just Happens
and Belly Fat
Just Vanishes...”

—Michelle Schoffro Cook, PhD

EAT THIS

“snack food” to
boost weight loss
64% and target
your belly fat.



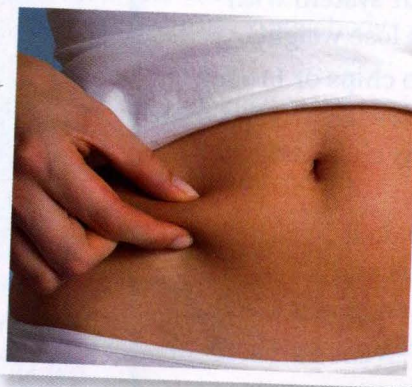
Seconds
to Slim
Secret #15

On page 128 in your
free-preview copy of
60 Seconds to Slim,
you'll discover a very
fatty snack food that

may be one of the most potent
fat-busting foods of all time.

BELLY FAT...gone!

In a study conducted at California's
City of Hope National Medical



Center and published in the
*International Journal of Obesity
and Related Metabolic Disorders*,
overweight participants who
snacked on this food daily
(combined with the kind of
healthy foods we recommend in
60 Seconds to Slim) had a 14%
reduction in belly
fat and boosted
overall weight
loss by 64%.



**EAT
MORE
CHILI
PEPPERS**

to burn an extra
200 calories a day
(without exercise).

STUDY: Chilies help
supercharge your
fat loss by lowering
blood sugar and
boosting metabolism.



Seconds
to Slim
Secret #13

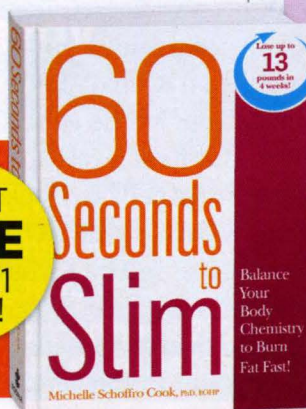
Canadian research
published in the
*British Journal of
Nutrition* showed
that the *capsaicin*
found in chilies reduces
hunger to the tune of about
200 fewer calories consumed
each day. They also help
boost your metabolism about
25%—so you burn more
calories *without lifting a finger*.

The secret, however, is
to get the active form
of *capsaicin* that *really*
delivers, and there's really
only one way to do that.
See *60-Second Secret #13*
in your free-preview copy
of *60 Seconds to Slim*.

**3 FREE GIFTS
JUST FOR LOOKING!**

To request a **free-preview copy**
of *60 Seconds to Slim* and receive
THREE FREE BONUS GIFTS,
simply detach and mail the
certificate in the back of this report.

TRY IT
FREE
FOR 21
DAYS!



(...continued from page 8)

The absolute essence of simplicity...

And don't worry, you don't have to think about anything. We've done all the work for you. **You don't have to count calories, fat grams, carbs, protein, or servings.**

To help yourself lose weight, you simply choose the secrets (and delicious recipes) that work best for your busy life. How easy is that?

Let's take a closer look at some of the amazing 60-second secrets you'll choose from each week.

WEEK ONE

What NOT to eat or drink: "innocent" daily foods that really pack on those extra pounds

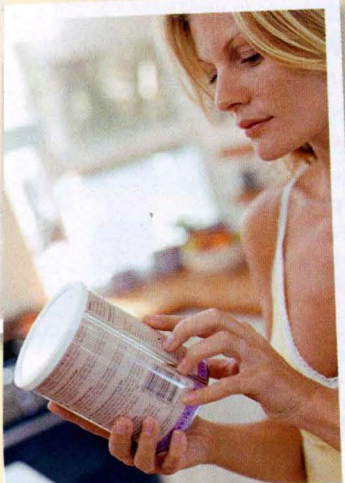
Sometimes losing a lot of weight is as easy as erasing the hidden triggers that are flooding your system with excess acid (and making it impossible to lose weight).

This goes way beyond avoiding potato chips or French fries. **Often it's the "healthy" foods that are triggering the highest acid levels** and shoving your body chemistry off balance.

During this first week, all you have to do is identify and avoid some of these fat-making foods and ingredients to start losing weight. Here are just a few examples of troublemakers from your free-preview copy of *60 Seconds to Slim*.

■ **The "natural" sweetener that packs on pounds and sends blood pressure SOARING.** Just STOP adding this sweetener to your diet, and you can expect to see rapid weight loss and help keep your blood pressure under control too! See 60-Second Secret #1.

■ **The common food additive that triggers BINGE eating, sugar cravings...and even blurred vision.** It's also been linked to cancer, depression, and deep emotional problems. It's bad news for your belly fat too. Inside your body, it boosts your acid levels—which signal your fat cells to "lock in" the extra fat you're trying to shed. This additive is SO bad, your body doesn't even recognize it as food! **60-Second Secret #3 tells you what to look for on the label.**



(Continued on page 12...)

THE SMART SWAP FOR *Sweeteners!*

Trying to cut back on sugar? Good for you. **But did you know that some artificial sweeteners can actually make it *harder* to lose weight?**



A major university study found that artificial sweeteners

can contain a toxic ingredient known as *sucralose*.

Inside your body, sucralose is actually

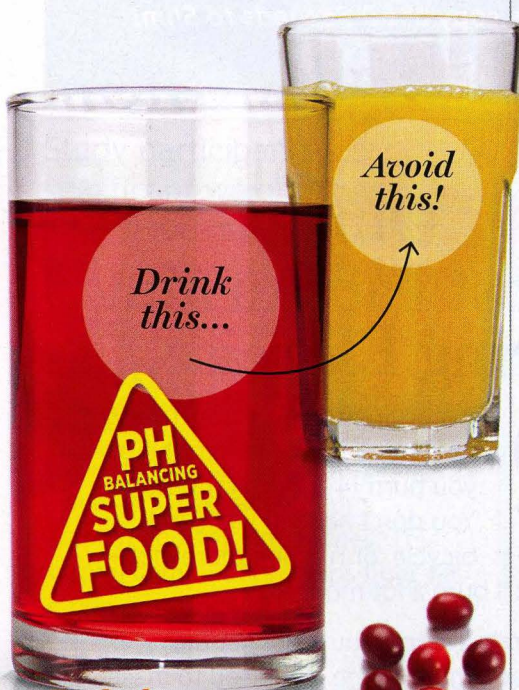
absorbed by your fat cells (contrary to the manufacturers' claims). That means it can trigger increases in body weight, reduce the amount of fat-fighting, beneficial bacteria in your intestines by up to 50 percent, and sabotage your weight loss efforts.

Even worse, sucralose is one of the main sweeteners used in "sugar-free" and "diet" foods and beverages. Many well-meaning dieters choose these options over foods with sugar in an effort to keep their weight down, but their efforts are being destroyed by this harmful artificial sweetener.

On page 105 in your free-preview copy of *60-Seconds to Slim*, you'll discover the *only* "artificial" sweetener that does NOT raise your blood sugar levels and sabotage your weight loss efforts (and your health)!

60-Second Food Swaps and Secrets That Trigger Fantastic Fat Loss

DRINK THIS...
to defeat cellulite
and belly fat!



Drink away cellulite?

Yes! Research has shown that a certain kind of cranberry juice can jumpstart a sluggish lymphatic system and fight cellulite.

SKIP the orange juice and try THIS delicious drink that helps burn fat fast and **actually targets your cellulite**. It also boosts your energy levels and helps purify every cell in your body.



THE SECRET? Drink more cranberry juice. It's true. Based on the research of one naturopath, cranberry juice emulsifies stubborn fat deposits in the lymphatic system so they can be broken down and removed from the body. Goodbye, cellulite!

But NOT just any cranberry juice will do!

Walk down any aisle in a market

and you'll find a dizzying variety of cranberry juice formulas that *all* claim to be pure, natural, and healthy. *But they're not.* On page 170 in your free-preview copy of *60 Seconds to Slim*, you'll discover the only kind of cranberry juice that delivers the benefits you want. If you ignore this advice, your cells will *not* get the active *enzymes* they need to keep your lymphatic system flowing—and fight cellulite!

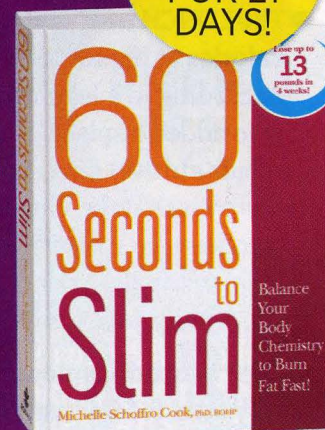
To claim your free-preview copy of *60 Seconds to Slim* and get three **FREE bonus gifts**, please detach and mail the certificate next to page 23 in this report.

Gloria LOST 7 INCHES of fat and she's bursting with energy

As an emergency room nurse, Gloria worked long, hard hours. So eating well was difficult. The *60 Seconds to Slim* plan easily adjusted to fit her schedule.

THE RESULT: She lost 7 inches of unwanted fat fast.

Read her full story on page 232 of your free-preview copy of *60 Seconds to Slim*.



A typical person following the plan described in *60 Seconds to Slim* should expect a safe and healthy weight loss of 1 to 2 pounds per week.

(...continued from page 10)

■ **The #1 food to limit if you want to lose a lot of weight.**

You eat about 2.5 pounds of this food a week. **Even if you cut back slightly, you can see BIG results on the scale!** See 60-Second Secret #6.

■ **How some popular “diet” pills can actually trigger BINGE eating.** Look for this ingredient on the label if you don't want to add a LOT of extra pounds. See 60-Second Secret #8.

■ **The WORST carb for your waistline.** It triggers massive spikes in your blood sugar and makes it almost impossible to lose weight. See 60-Second Secret #12.

WEEK TWO

“Small” discoveries that trigger BIG weight loss in just 60 seconds

During week two, you're going to add in a few more proven tricks to turn down your acid levels and dial UP your metabolism—so you can start shedding that stubborn fat that refuses to budge. Remember, you don't have to do all of these tricks. You simply choose the ones that fit your busy life and personal tastes best.

It's simple as can be. Here are a few samples from your free-preview copy of *60 Seconds to Slim*:

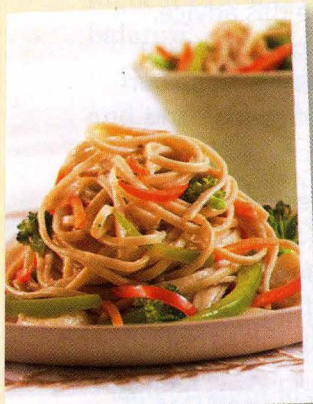
■ **The noodles you can eat EVERY day and never worry about getting fat.** A scientist at the University of Copenhagen found that a certain kind of fiber (found in the noodles named on page 132) actually help turn OFF your appetite and

accelerate weight loss. This ONE trick alone helped test subjects lose an extra four pounds of fat!

■ **The LUNCH trick that tells your body to eat 200 fewer calories at dinner tonight.** It's apple cider vinegar. According to a leading nutrition researcher, **test subjects who added a splash of this vinegar to their lunchtime salads ate 200 fewer calories at their next meal.** The theory is that the vinegar slows down the digestion of starches—so you stay fuller longer. For details, and a fabulous apple-cider dressing recipe, see page 129 in your free-preview copy of *60 Seconds to Slim*.

■ **The “avocado antidote” for obesity.** How this very fatty food actually **boosts your metabolism**

(Continued on page 14...)



HOW TO LOSE UP TO 11 TIMES MORE FAT



In a clinical study, test subjects who took *carnitine* lost *11 times more weight* than the control group. According to a leading carnitine expert, the reason why carnitine is so effective for weight loss is “because carnitine is the forklift that takes fat to the incinerators in our cells called mitochondria. Unless fat makes it into the mitochondria, you can't burn it off. Once fat is inside the mitochondria, fat is magically transformed into energy.”

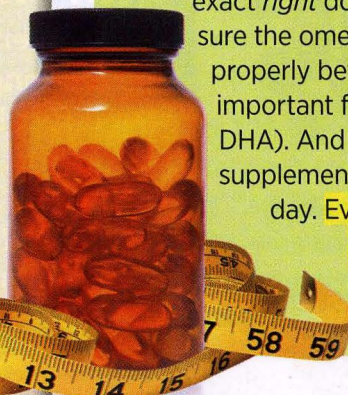
Continued on page 229 in your free-preview copy of *60 Seconds to Slim*!

STUDY: Omega-3s Boost Fat Burning during Exercise.



According to one study, taking an omega-3 supplement helps you burn 14% more fat naturally. You don't have to walk, jog, bicycle, or run one more *inch*—and you'll burn a lot more fat.

But there's a catch: You must get the exact *right* dosage. You need to make sure the omega formula is balanced properly between the two most important fatty acids (EPA and DHA). And you've got to take your supplement at the correct *time* of day. Everything you need to know is on page 139 in your free-preview copy of *60 Seconds to Slim*!



60 SECONDS TO SLIM BREAKTHROUGH:

You CAN Boost Your Weight Loss with Supplements...

60 Seconds to Slim identifies safe, effective vitamins and supplements that can rebalance your body chemistry—and trigger tremendous fat loss...

TAKE TWO in the morning and burn 246% MORE fat.

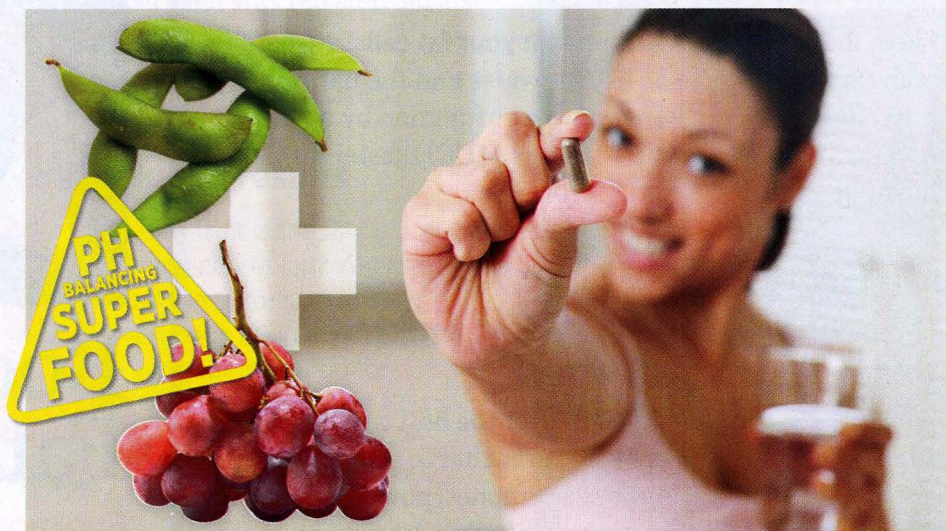
Study participants lost significant weight, thanks to a 1-2 nutrient combination that accelerates fat burning.



According to exciting research at the University of Georgia, you can burn fat quickly by combining resveratrol (extracted from grapes) and soy isoflavones. This natural combination helps fight fat in two *amazing* ways...

1) It dramatically reduces your cells' ability to store fat by about 130% and 2) it causes fat cells to vanish at a rate 246% higher than normal.

How does it work? Scientists believe that these nutrients seem to heal and rejuvenate your liver, so it breaks down fat far more efficiently. The result? Amazing weight loss in a very short time. On page 211 in your free-preview



By combining resveratrol (from grapes) and soy isoflavones (available as a supplement), scientists may have finally discovered the magic bullet for burning fat fast.

copy of *60 Seconds to Slim*, you'll learn that for best results, you'll really need to take a few inexpensive supplements. We'll tell you which supplements you need. And we'll give you the exact dosages required to get the results you want.

RESEARCH UPDATE: Scientists reported even BETTER results by adding a third supplement to our fat-busting formula. See details on page 213 in *60 Seconds to Slim*!



(...continued from page 12)

and speeds the conversion of fat into energy. See page 138.

- **The #1 natural protein for losing weight—helps you burn 22% MORE fat!** Research has demonstrated that different proteins burn fat at different rates. On page 146, you'll learn about a delicious protein (NOT tofu or beans) that burns fat faster than any other protein known to science.
- **Why you NEED carbs to balance your body chemistry and lose weight.** The high-protein fad is a surefire way to "hit the wall" when it comes to exercise and weight loss. If you eat the wrong carbs, you need to work MUCH harder to lose weight...or even worse, you can get stuck. Avoiding carbs is NOT the answer for obesity. On page 140, you'll discover a complete list of the right carbs you need to lose weight—and don't worry, you're NOT giving up bread.
- **Flush the fat-making toxins from your fat cells!** Just add a spritz of this juice to your water and the natural phytonutrients help boost your liver function by up to 35%. And a healthy liver means MUCH faster fat burning. See page 148.

WEEK THREE

60-second secrets that start melting pounds faster and faster

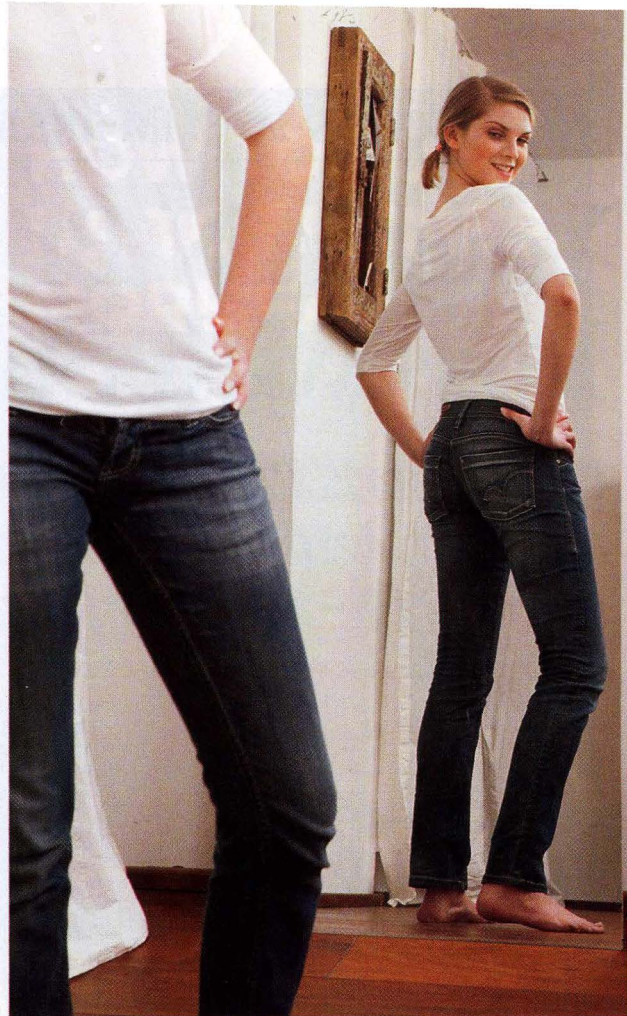
During week three, you'll discover the best timing and fat-burning strategies that help turbocharge your weight loss—including balancing your hormones, powering up your digestion, and improving your body's detoxification pathways that burn fat. For instance...



■ **Research: DRINK THIS after your next workout and you can boost your fat burn by 51%.** Research at the Netherlands Institute for Brain Research and other studies show that eating or drinking only water for 40 minutes after working out helps keep adrenaline-rich blood in your trouble spots and revs up the fat-burning effects of the enzyme lipase by up to 51%. See details on page 176.

■ **University of Chicago study: Do THIS and you'll eat 15% LESS food and never even notice!** This may be the simplest, most pleasant way to melt fat, and you can do it lying down. No, you're not doing crunches

(Continued on page 16...)



Boost Your Fat Loss 400%

Everyone knows that exercise is an important part of a healthy weight loss plan. But who says the exercise has to be hard and sweaty?



In the 60 Seconds to Slim plan, you'll learn that exercising *smarter* is much more important than killing yourself in a gym...or toiling away on some exercise equipment. For instance, on page 174 you'll discover a simple secret that's been shown to boost your fat loss by a whopping 400%—without exercising one more second.

You don't need any special equipment or a personal trainer; just follow our instructions and your body will start melting that unwanted fat at a pace you never thought was possible. *And isn't it nice to see such fast results!*

60 SECONDS TO SLIM BREAKTHROUGH:

High-Speed Fat Loss in 60 Seconds a Day

Which of these fruits will help you lose up to 20 pounds fast and forever?

Researchers at a prestigious university have discovered that one of these fruits contains an appetite suppressant that works like nothing science has ever seen.



The landmark study followed a group of women who ate a small serving of the fruit every day. After 13 weeks the final results were positively stunning.

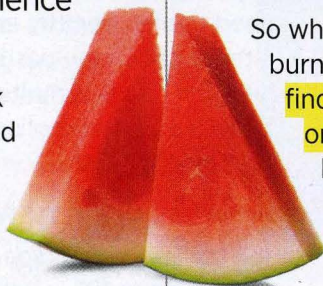
The average weight loss for all the participants was nearly 20 pounds. They did *nothing* else except eat more of this fruit, and the extra fat just seemed to vanish into thin air. What could possibly be



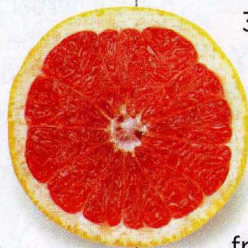
easier? But was the study just a fluke? Not at all...

Two more studies confirmed the remarkable results

So which fruit is the fat-burning champion? You'll find the surprising answer on page 20 in this report.



It's our invitation for you to home-test 60 Seconds to Slim for a full 21 days without risking a penny. Just for looking, you'll also receive 3 free bonus guides that are yours to keep no matter what.



There's never an obligation to buy a thing now. See page 22 for details on your free 21-day trial of 60 Seconds to Slim.



The Ancient Aztec Antidote for Obesity

The ancient Aztecs discovered a simple secret that unlocks the fat-burning enzymes in your food. This simple trick helps make the food easier to digest and far more effective for melting fat...and it couldn't be simpler. See page 155.

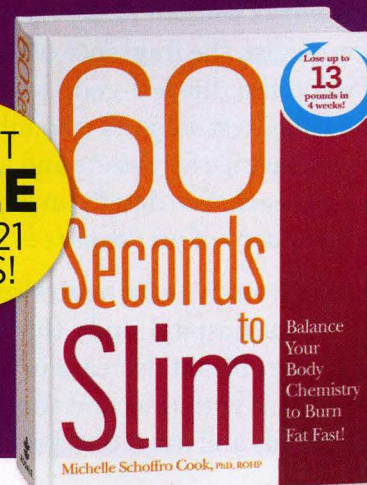
Kate LOST MORE THAN 18 INCHES of fat and her self-esteem has soared

She also reported that her chronic pain has gone! "I am happy I can live each day without any aches and pain," she reported. "I am definitely able to experience more joy!"

—Kate Acton, Boston, MA

Read her full story on page 164 of your free-preview copy of 60 Seconds to Slim.

A typical person following the plan described in 60 Seconds to Slim should expect a safe and healthy weight loss of 1 to 2 pounds per week.



TRY IT
FREE
FOR 21
DAYS!

(...continued from page 16)

or exercising; you're relaxing away excess fat. See the instructions on page 177.

- **Do THIS and you can lose an extra 25 pounds—even if you do nothing else.** You don't have to change your diet at all. This ONE trick will erase 25 pounds of fat and send your energy levels soaring. See page 189.

WEEK FOUR

How to heal, repair, rejuvenate, and reduce your body with nature's most effective supplements



There are literally hundreds of supplements out there and they all seem to promise that you'll lose 50 pounds by Friday. But you and I both know that most of these supplements just aren't backed by science.

We also know that a handful of vitamins and supplements are proven by top-notch researchers to actually deliver amazing results. During week four in the *60 Seconds to Slim* plan, we'll introduce you to these supplements so you can choose the

ones that will work best for you. Some examples...

- **The FAT that accelerates your fat loss. Lose up to 6 inches of belly fat.** Inside your cells, these nutrients actually help switch OFF the molecular process that causes fat to accumulate...and switch ON the genes that trigger fat loss. See details and exact dosages on page 218.
- **Beat cravings with VANILLA and lose almost 5 pounds in 4 weeks without really trying.** According to a top neurologist, the fragrance of vanilla triggers the release of serotonin (the feel-good chemical) in your brain. In one study, test subjects who inhaled vanilla reported fewer cravings for sweets and lost an average of 4.5 pounds each. See details on page 219 in your free-preview copy of *60 Seconds to Slim*.
- **Mother Nature's acid neutralizer that helps melt belly fat.** In one hospital study, this nutrient helped trigger a highly significant decrease in belly fat. The secret is to combine it with a second supplement used in the study. See details and exact dosages on page 226.

(Continued on page 19...)

Beat This Bug and LOSE 32.5 POUNDS?

Did you know that your body might be hiding a microbe that triggers HUGE weight gain and makes it impossible to lose weight? Here's how to beat it and blast away fat.



**Seconds to Slim
Secret #44**

Did you know that your body may be harboring a microbe that not only defeats your efforts to lose weight but also causes you to gain weight? According to research by one leading expert, yeast overgrowth in the digestive tract is linked to an average weight gain of 32.5 pounds.

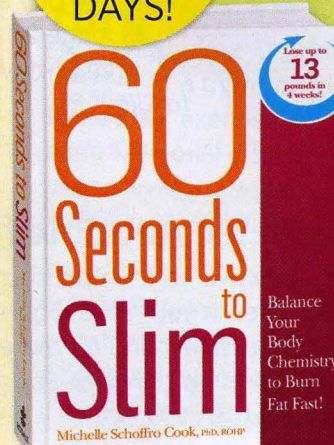
Candida makes you fatter. Period.

How? It interferes with the nutrients you need to stay healthy and slim. It triggers intense cravings—particularly for carbs that help the *candida* multiply. It slows down your thyroid and metabolism. It bloats your belly. And much more.

Now the good news...

You can defeat candida safely, naturally, and fast. On page 187 in your free-preview copy of *60 Seconds to Slim*, you'll learn about two natural herbal antidotes that also help cleanse the digestive tract and your blood. You'll also discover the two top foods that fight candida and much more.

TRY IT
FREE
FOR 21
DAYS!



To claim your free-preview copy of *60 Seconds to Slim*, simply detach and mail the certificate next to page 23 in this report. You'll have a full 21 days to home-test the program and see what a profound improvement it can make in your waistline and your whole life!

How to Beat the Toxic Emotions That Trigger Uncontrollable Cravings

It's just a fact that emotional stress and appetite go hand in hand. *60 Seconds to Slim* helps you defeat the root causes of your stress...so the REAL weight loss can begin.

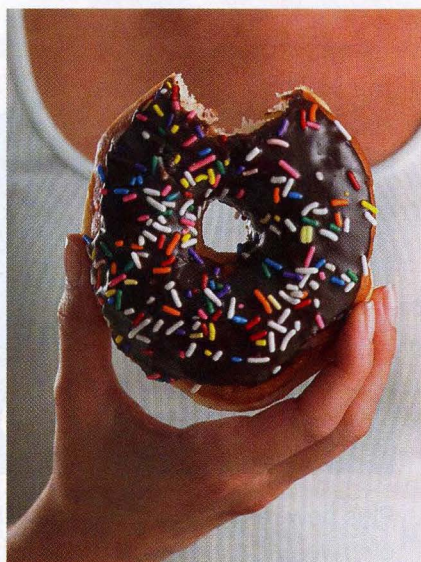


Seconds
to Slim
Secret #49

Believe it or not, research has shown that we store emotions in our cells—just like we store fat.

Until you release these emotions, your cells will never release the fat! That's why, starting on page 193 in your free-preview copy of *60*

Seconds to Slim, you'll find a complete list of "emotional antidotes" for toxic emotions like anger, fear, frustration, loneliness, and despair. These oh-so-simple secrets will help dissolve away the toxic feelings that make you fat...and replace them with a kind of peace and quiet energy you haven't felt in *decades*.



Spice UP your foods and count DOWN the pounds



Seconds
to Slim
Secret #23

Just a sprinkle can make a profound difference in how much weight you lose and how long it stays off. On page 141 in your free-preview copy of *60 Seconds to Slim*, you'll find the full list. Here are two examples, just to get you started!

CINNAMON: Helps you metabolize the sugar in your food up to 20 times better. Also helps control blood sugar and cravings.

TURMERIC: Helps repair your liver so it metabolizes fat much better. Unless your liver is functioning at peak efficiency, you'll never lose those extra pounds.



How secret food allergies are making you fat

90 million people may be bloated and overweight simply because of this ONE problem.



Seconds
to Slim
Secret #7

Losing excess bloating and pounds may be as simple as avoiding one or two foods that trigger excess pounds. According to one leading expert, an estimated 90 million people suffer from food allergies or sensitivities and *they have no clue about the problem*. See Secret #7 in your free-preview copy of *60 Seconds to Slim* for a list of the common "trigger foods" that could be the *real* reason you're having trouble losing weight.

TURN OFF YOUR HUNGER WITH LIPOIC ACID.



Seconds to Slim Secret #64

Lipoic acid is a super-powerful antioxidant that appears to stifle the production of the hunger hormone *ghrelin*. The result is less fat and a huge boost in energy. Researchers at the University of California at Berkeley found that lipoic acid had the ability to double energy levels in their subjects. **On page 230, you'll find a list of delicious foods that are packed with lipoic acid.** If you prefer supplements, you'll discover the exact dosage and formula you need.

DRINK THIS to help activate your belly-fat-burning genes and boost weight loss 77%!



Everyone knows that tea is healthy for you. But *now* we know that *one* kind of tea targets belly fat like a laser beam.



Seconds to Slim Secret #35

This delicious tea (probably *not* the one you're thinking about) is packed with a nutrient that specifically targets your belly fat.

Research at a top university indicates that the *catechins* in this tea actually activate fat-burning genes in the abdomen to speed weight loss by 77%.

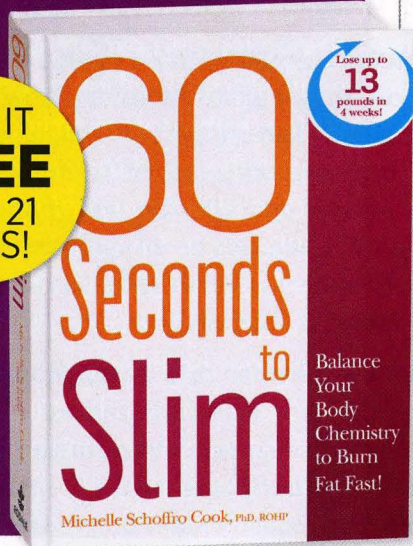
Plus new research published in the *Journal of Nutrition* found that overweight adults who drank this tea every day lost *far more abdominal fat* than those who didn't drink it.

Even better, this delicious drink also helps prevent blood sugar spikes that result in fatigue, irritability, and cravings for unhealthy foods.

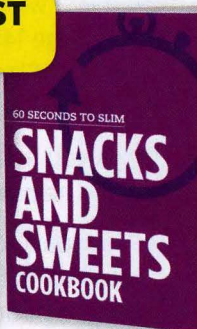
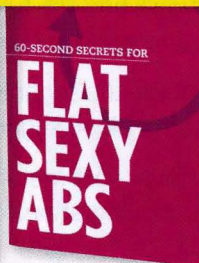
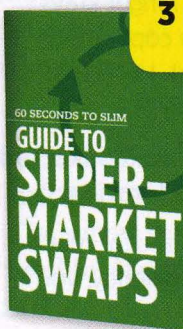
Helps fight aging, wrinkles, and even cancer too

That's why you need to enjoy this drink every day...*as much as you want*. It's supported by tons of quality research, it tastes great, and it also helps block cancer, fight wrinkles, and prevent chronic illnesses like arthritis and diabetes. Everything you need to know is on page 130 in your free-preview copy of *60 Seconds to Slim*.

TRY IT FREE FOR 21 DAYS!



3 FREE GIFTS JUST FOR LOOKING!



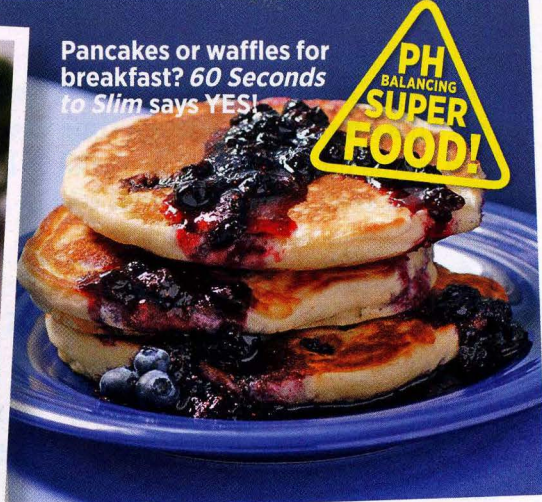
To claim your free-preview copy and three free bonus gifts, simply detach and mail the ZERO-RISK certificate next to page 23 in this report.



Mediterranean Chicken



Enjoy a hearty serving of our Black Bean Chili and you'll instantly help rebalance your acid levels and help MELT away excess fat!



Pancakes or waffles for breakfast? 60 Seconds to Slim says YES!

(...continued from page 16)

■ **Beat BELLY FAT with grapeseed extract!**

Scientists believe it boosts production of a fat-fighting hormone called adiponectin. It's available in supplement form, but you need to buy the right form, or it won't work for you. Everything you need to know is on page 227.

You also get over 50 recipes for the best-tasting, pH-balancing meals your whole family will love.

In addition to the four-week plan, your free-preview copy of *60 Seconds to Slim* includes over 50 quick-cooking recipes for hearty meals that help boost your weight loss.

Remember, you need to balance your body's pH and neutralize the excess acid in your blood to burn fat effectively. And food is by far your best medicine for doing that. That's why I've included our all-time favorite recipes. Yes, they help you burn a lot of extra fat. But they taste so fabulous, you can serve them to company and they'll never know how healthy they are eating.

How would you like to lose your belly fat by enjoying meals like these?

■ **Mediterranean Chicken:** It's packed with garlic, onions, and tomatoes, and it's a healthy, fat-fighting powerhouse. It cooks fast but tastes like you spent all day in the kitchen!

■ **Black Bean Chili:** It's a hearty, spicy favorite that warms up even the coldest winter night...or adds flavor to a Fourth of July supper. It's an instant family favorite.

■ **How about Roasted Sweet Potato Salad at your next picnic?** The sweetness of the potatoes is a perfect contrast to the cilantro dressing!

■ **Pancakes or waffles for breakfast!** Our easy recipes turn these carb-loaded favorites into a fat-fighting feast. This isn't dieting...it's called living.

■ **Love minestrone soup? Who doesn't?** Our recipe is a meal all by itself. It's that hearty and filling. This one will instantly go into your treasury of family favorites. (But don't tell anyone it's super-healthy...they won't believe you!)

More than just a weight loss plan, 60 Seconds to Slim is a whole new way to enjoy your life.

Just imagine: All of a sudden, you feel charged with fresh energy. Your self-esteem soars. **Chronic conditions you've been fighting for years or even decades vanish almost overnight.** You feel sharper. More alert. Your skin positively glows from the inside out because your cells are now healthier than ever. The foods you could never resist just don't seem important to you anymore.

This is what your life can be when you try *60 Seconds to Slim*. And right now, we want to make that as easy as possible.

You're cordially invited to home-test 60 Seconds to Slim for 21 days free

Simply detach and mail the certificate in the back of this report and we'll rush your free-preview copy

(Continued on next page...)

on its way. Then you'll have a full 3 weeks to try it out. That's more than enough time to decide if this plan works for you. If you don't fall in love with the plan, just send it back and that will be that.

You'll also receive 3 FREE Bonus Gifts that are yours to keep—just for looking.

They're our free gifts to you, just for trying *60 Seconds to Slim* and giving it a chance to burn that extra fat fast. Your free gifts include:

FREE BONUS GUIDE #1:

FREE!

60 SECONDS TO SLIM
GUIDE TO
SUPER-
MARKET
SWAPS

60 Seconds to Slim Guide to Supermarket Swaps

Your free guide eliminates the guesswork when you're trying to shop for healthier foods. You'll discover the 3 best sugar substitutes so you get the sweetness you want without the chemicals that can make you fat.

How to buy fish that's NOT packed with pollutants and heavy metals. How to find the hidden MSG in your favorite foods—even though it's not listed on the label. The best fruits and vegetables for balancing your pH, so you can lose fat fast. The BEST-tasting and healthiest breads, cakes, and desserts. The ONLY kinds of beef and chicken you should ever serve to your family...and so much more!

FREE BONUS GUIDE #2:

FREE!

60-SECOND SECRETS FOR
FLAT
SEXY
ABS

60-Second Secrets for Flat, Sexy Abs

Okay, so everyone would love to have flat, sexy abs. But they're so much work, right? Actually, no! Getting flat abs does not require that you exercise until you drop. You don't need to work harder; you need to

work smarter in the same or even less time.

Your free guide delivers by giving you step-by-step instructions and photos that explain every last ab-flattening move. You'll discover moves you can do sitting at your desk. The Pilates move that anyone can use to whittle their middle. Easy-does-it strength workouts that bring fast results you can see in the mirror. And much, much more.

FREE BONUS GUIDE #3:

FREE!

60 SECONDS TO SLIM
SNACKS
AND
SWEETS
COOKBOOK

60 Seconds to Slim Snacks and Sweets Cookbook

One of the best features of the *60 Seconds to Slim* plan is that you're NOT starving yourself or giving up the great joys of food. You're just making smarter choices along the way! Your free bonus cookbook delivers a host of yummy ways to keep losing pounds as you enjoy some of the most sinful-sounding snacks and sweets ever.

Imagine feeling ZERO guilt when you dig in to a warm dish of delicious Egg Custard or savor a buttery, rich Almond Crispie topped with coconut! How about beating belly fat by snacking on Black Bean Salsa or chips dipped in your homemade Roasted Red Pepper Sauce? These are just a few of the quick-cookin' delights in your free cookbook!

So what are you waiting for? Please R.S.V.P. today.

You don't risk a single penny. You get a full three weeks to home-test the plan and pick the secrets that will work best in your busy life. And you get three free bonus guides just for looking.

Any way you look at it, that's a fair deal. So go ahead. R.S.V.P. today. I know you'll be very glad you did. How long does it take to reply?

You guessed it: 60 seconds. I hope to hear from you soon.

Sincerely,

Anne Egan

Anne Egan, Editorial Director
Rodale Books



ANSWER to the question on page 15:

GRAPEFRUIT is the champion of all weight loss fruits! Just one serving a day triggered an average of nearly 20 pounds of fat loss in research subjects—even when they did nothing else to lose weight.

FREE
FOR 21
DAYS!

GOT 60 SECONDS?

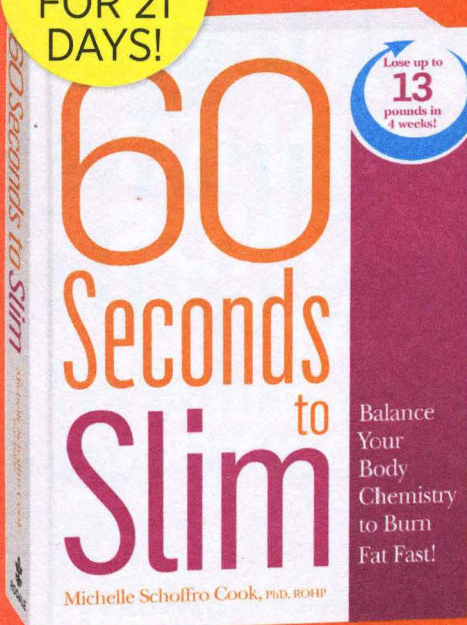
**Discover how to
lose 10, 20, 30, 50
pounds or more!**

Detach and mail this certificate to
home-test *60 Seconds to Slim* for
21 days FREE...and discover the tips
and tricks that boost your metabolism
and turbocharge your weight loss!

✓ **ZERO Risk**

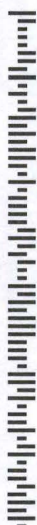
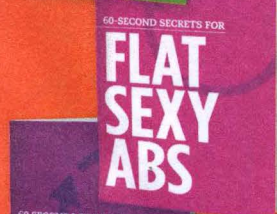
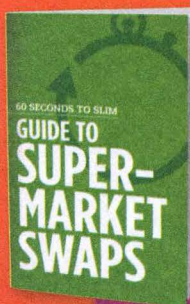
✓ **ZERO Obligation to Buy**

This is a real, old-fashioned,
risk-free-trial invitation!



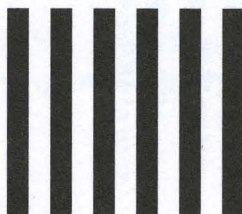
**3 BONUS
GUIDES
FREE**

just for looking.
They're yours
to keep no
matter what!



RODALE BOOKS
PO BOX 378
EMMAUS PA 18099-0378

BUSINESS REPLY MAIL
FIRST-CLASS MAIL PERMIT NO. 177 EMMAUS, PA
POSTAGE WILL BE PAID BY ADDRESSEE

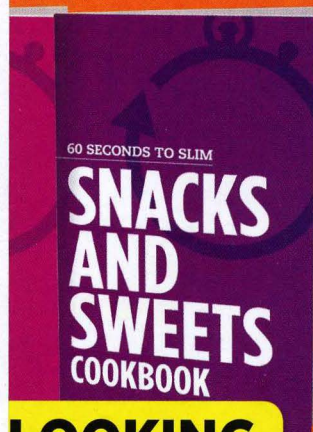


NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES



MONEY NOW!

Get your certificate right now to
home-test *60 Seconds to Slim*
for 21 days FREE...and discover the tips
and tricks that boost your metabolism
and turbocharge your weight loss!



LOOKING

from receipt to preview
now and owe nothing. If you
pay \$1.99 per installment.
Get your *60 Seconds to Slim*.

60 SECONDS TO SLIM **23**

on its way. Then you'll have a
out. That's more than enough
plan works for you. If you do
plan, just send it back and th

**You'll also receive 3
Bonus Gifts that are
keep—just for look**

They're our free gifts to yo
Seconds to Slim and giving it
extra fat fast. Your free gifts

FREE BONUS GUIDE

FREE!

60 SECONDS TO SLIM
**GUIDE TO
SUPER-
MARKET
SWAPS**

*60 Seconds
to Superma*

Your free g
guesswork w
for healthier
the 3 best su
get the sweet
the chemical

How to buy fish that's NOT y
and heavy metals. How to fi
your favorite foods—even th
label. The best fruits and veg
your pH, so you can lose fat
and healthiest breads, cakes
ONLY kinds of beef and chic
serve to your family...and so

FREE BONUS GUIDE

FREE!

60-SECOND SECRETS FOR
**FLAT
SEXY
ABS**

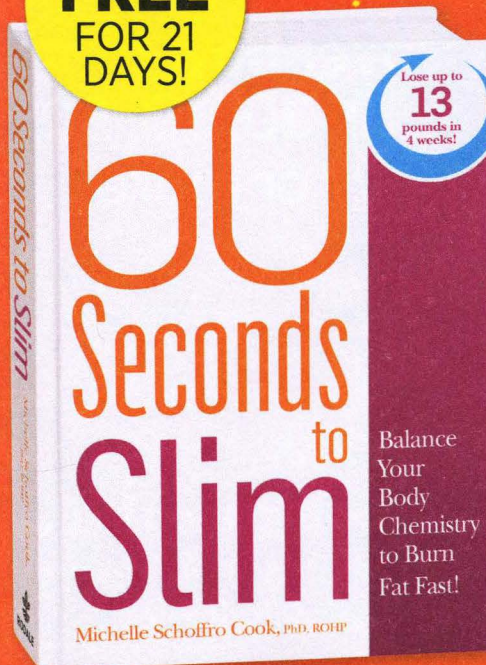
*60-Second
Sexy Abs*

Okay, so e
have flat, sex
much work,
Getting flat a
you exercise
need to work

work smarter in the same or

Your free guide delivers by
step instructions and photos
last ab-flattening move. You
can do sitting at your desk. T
anyone can use to whittle th
strength workouts that bring
in the mirror. And much, m

TRY IT
FREE
FOR 21
DAYS!



**BLAST
AWAY
FAT IN 60
SECONDS
A DAY!**



**PLEASE DO NOT
SEND MONEY NOW!**

Just detach and mail this certificate
to claim your free-preview copy
of *60 Seconds to Slim* and your
3 FREE Bonus Reports!

21-Day Preview & Bonus Gifts Certificate

YES! I want to burn fat FAST with simple, proven secrets that take 60 seconds or less! Please rush me a copy of **60 Seconds to Slim** and my 3 free gifts! I'll have 21 days from receipt to examine **60 Seconds to Slim** for free. I can return it at the end of my 21-day preview and owe nothing. If I keep it, I'll pay in 4 easy installments of \$7.99, plus shipping and handling.

3 Free Bonus Gifts: My 3 free gifts are mine to keep forever—even if I return my free-preview copy of **60 Seconds to Slim**.

3113611374

Please send no money now. This is a 100% free trial offer.
Detach here and mail today.

004

202132203 / Printed in USA

OS 41 / 044900 / 3195 / 001519

FREE!

60 SECONDS TO SLIM
**GUIDE TO
SUPER-
MARKET
SWAPS**

FREE!

60-SECOND SECRETS FOR
**FLAT
SEXY
ABS**

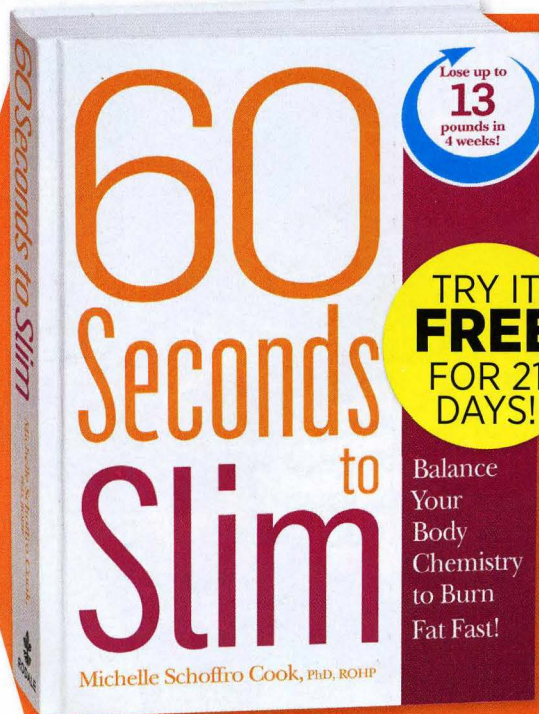
FREE!

60 SECONDS TO SLIM
**SNACKS
AND
SWEETS
COOKBOOK**

What happens when you return this certificate?

We'll rush your **FREE-PREVIEW** copy of *60 Seconds to Slim* and your **3 FREE GIFTS** immediately.

If you keep *60 Seconds to Slim*, you can return it anytime—even 10 or 20 years from now—and get every penny back. How's THAT for an old-fashioned fair deal? Go ahead...what are you waiting for?

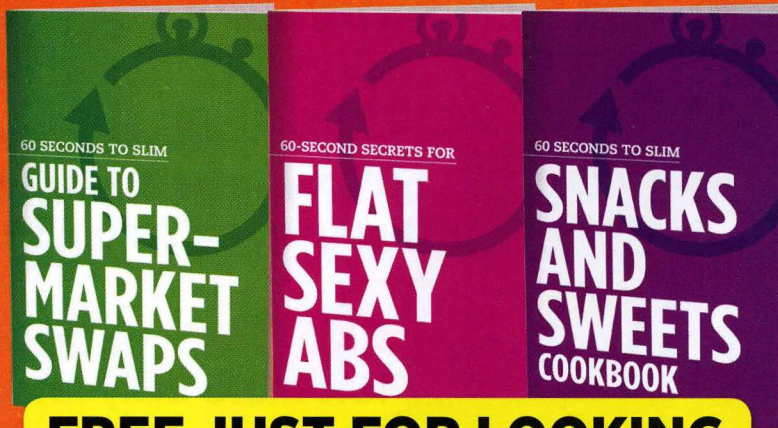


PLEASE DO NOT SEND MONEY NOW!

Please R.S.V.P. by returning this certificate right now to claim your **21-day free-preview** copy of *60 Seconds to Slim* plus your **3 FREE bonus guides...**

TRY IT
FREE
FOR 21
DAYS!

Balance
Your
Body
Chemistry
to Burn
Fat Fast!



FREE JUST FOR LOOKING

Order now to get your 3 free gifts and your free preview. You'll have 21 days from receipt to preview *60 Seconds to Slim* for free. You can return it at the end of your 21-day preview and owe nothing. If you keep it, you'll pay in 4 easy installments of \$7.99, plus shipping and handling of \$1.99 per installment. Your 3 free gifts are yours to keep no matter what as our thanks for previewing *60 Seconds to Slim*.



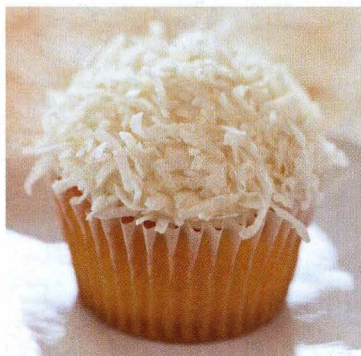
3 - 04/18/13

SPECIAL REPORT: 60 SECONDS TO SLIM

Balance Your Body Chemistry to Burn Fat Fast

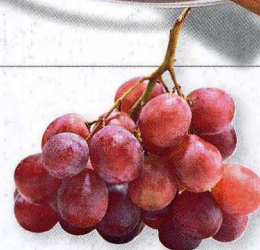
Major medical research confirms it...

DRINK THIS
to blast BELLY FAT
in just 60 seconds. PAGE 18
(And lose 77% more weight)



EAT THIS to help burn
50% more calories, even
if you do nothing else. PAGE 6

TAKE TWO of these to burn
246% more belly fat. PAGE 13



BOOST FAT LOSS 400%.

This simple secret helps multiply your fat-melting ability like nothing you've ever experienced. PAGE 14

DRINK THIS TO HELP BEAT CELLULITE

and belly fat. Solves a problem faced by 8 out of 10 women! PAGE 11

EAT CARBS...AND PAY NO FAT PENALTY?

This amazing trick helps stop a high-carb splurge from winding up on your belly, hips, and thighs. PAGE 8

**PLUS
DOZENS MORE
INSIDE.**