



## The Weight Loss Grail Manual

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## Introduction:

Thank you very much for purchasing this eBook. You just made one of the smartest moves in your life. Weight problems have reached epidemic proportions in our society.

Unfortunately, most people will not do anything about it. Just the fact that you decided to learn how to fight back puts you light years ahead of the rest of the population. Now all you need to do is read this manual and DO what it says. Remember: **Knowledge is not power. Applied knowledge is power.** Don't just read this manual and then let it collect "digital dust".

Before we get into the specific questions and answers, I'd like to say a few things you need to keep in mind. That way, I will not have to repeat them every time below...

I'm against saying something with 1000 words when 10 will do. This is a "do this, do that" manual - not an encyclopaedia with 700 pages that you won't even read or that will confuse you even more.

However, sometimes I WILL get repetitive and sound like a broken record on purpose. If you see that happening, don't worry – I'm not "talking down" on you. Many people want to hear something more than once so it "sticks" in their brain. I have received several questions. For the sake of keeping things simple, I have created the first half of this manual by giving you the knowledge you need to have in order to lose weight. This knowledge targets most of those questions.

The rest of the manual contains several other questions (along with their answers) that required some extra attention. Some of the answers I give to some of the questions are "tongue in cheek" – especially when the question may be a little "weird" (you'll see what I mean).

I love writing about this stuff, ok? And you get to benefit from it. Just remember that even if I "scold you" at times, it's because I have your best interest in mind and **I want to see you succeed**. My job is to help you lose weight - even if I don't become the most popular guy.

So, thanks again for your purchase – let's move on, shall we?

## **How to absorb the information in this manual faster:**

As you read each section of this manual, note down the facts that are interesting and offer new knowledge to YOU. You can use a piece of paper, or even your computer's "NotePad" (whatever you like best). That way, you will create a smaller "report" with all the highlights of the original manual.

People remember only 10% of what they read. Most don't remember what they had for lunch. This is especially true today with the great amount of information we are trying to absorb (or should I say misinformation?). So, do the smart thing and take notes.

The "copy and paste" function in this manual is enabled. That way, you can take notes more easily. After you read the whole manual once, you can then refer back to your "mini report" whenever you like.

So, open a new text file right now (NotePad or Microsoft Word or whatever). Or, take pen and paper and place it next to you. This is your health we are talking about here. It's in your best interest to read, understand, absorb and then USE this information. Let's get started!

## Simple stuff most people don't "get":

Losing weight is like magic. A magic trick isn't that hard to perform, if you know how. People are amazed by magic. But, if you show them how to perform it, many are going to say *"oh, that was such a stupid trick - anyone can do this"*.

Losing weight is the same. Most of the things needed to do it are simple and common sense. But don't let that fool you. You can see the impact that knowing how to manage your weight has.

Everybody admires someone who is "lean and mean". Many people have the philosophy of *"Hey, if the result is going to be good, then I HAVE to suffer"*. Well, I'm here to tell you that **there's nothing wrong with getting great results without driving yourself crazy**. And I'll show you how to do just that...

First of all, the human body is not just "weight". It has both fatty tissue and lean tissue (muscles, internal organs, bones etc). **What you really want to do, is not to lose weight. It's to lose fat.** Otherwise, if you currently look like a "pear" and end up losing "weight", you will just end up looking like a smaller pear. But, if you lose fat and preserve or even increase your muscle tissue, you will look (and be) healthier, stronger and sexier.

What if I told you that I will cut your right leg? Hey, this would certainly help you lose "weight".

What if I told you that I will take a knife and cut a piece of your thighs? That would help you lose "weight".

What if I told you that I would make your vital organs like heart and lungs smaller? What if I cut a piece here and there? That would help you lose weight as well.

What if I told you that I will make your bones thinner? This will cause you to lose "weight" as well.

Is that what you want? What's that? You said "no"? Then **why** do people do this exact same thing to themselves every day?

When you want to learn how to do something, you need do nothing more than observe the people that have done what you want to do. Then, "emulate success" and copy their methods.

Who are the people who have taken what you want to do to the extreme? Answer: Bodybuilders. Don't let the word freak you out. It doesn't matter if you want to take your physique to that extreme or not. Competitive bodybuilders have their stuff down and you know it. They have very little fat (5% or less for example - while an overweight person may have 30% or more) - and they also have the maximum amount of muscle mass.

You don't need to be so meticulous in your approach - but "borrowing" some ideas from the methods they use will help you lose weight (fat) and keep it off for good.

I find it really surprising that many people who want to lose weight just take advice from friends who are also overweight. Or, they read about the "super weekend diet" in their newspaper or their favorite lifestyle magazine. Chances are that the writer of the article is several pounds overweight of course.

Very few people will read a "bodybuilding" book or at least a fitness magazine. This is very interesting, because even smart people fall in this trap. They can be very successful in their careers and very "witty" in conversations with their friends - but when they try to lose weight, common sense and smarts go out of the window. Anyway... let's get down to business...

Thank you for reading the first 2 chapters of The Weight Loss Grail. If you would like to continue reading this ebook, then please do yourself a favor and get a membership to our website and get instant access to our amazing weight loss tools.

Click here to visit our website: -8-<http://www.site.com>-8-

We'll see you inside soon,

The Weight Loss Grail Team

## **BONUS ARTICLE: The Dangers of Low Calorie Diets**

One of the most common mistakes people do to lose weight is to drastically cut back on the amount of calories they consume.

They do this with the thought that if they cut back on lots of calories, the body will simply make up the difference by taking fat from somewhere on the body and burn it for energy. Then all you need to do is eat hardly any food for a few weeks and presto! you will have a new slim body. Wrong.

It would be really nice if that's how weight loss really worked but it doesn't. First of all, cutting back on calories too much can actually be quite dangerous. One of the reasons being that you may be depriving your body of the essential nutrients that it needs to function properly which can lead to chronic deficiencies and problems associated with them.

Other problems that can occur are imbalances in minerals and electrolytes that control the balance of certain fluids in the body which allow muscles and nerves to function properly. Also, osteoporosis is another danger, especially for women.

Dairy products such as milk, cheese and eggs are usually cut out of low calorie diets which can lead to a severe calcium deficiency leading to bone mass loss.

What also happens is that if you cut back on too many calories for a few days, your metabolism will slow down significantly which means your body will start to adjust itself so that it can operate with less calories. You will end up burning much less calories during the day and it makes weight loss even harder.

Not only will your metabolism slow down, but you will have less energy, feel tired and depressed and your body will also start to break down muscle and bone tissues to feed itself rather than burning up it's fat supplies because muscle tissue burns calories, so the less muscle you have the less calories you need.

Your body does not know that you only want to lose weight, it thinks that there is a food shortage or famine and it will do everything it can to make sure you survive as long as possible.

When you start to eat normally again, your body will be burning calories at a slower rate than it did before you started the diet because you have less muscle mass and your body will still not be sure how long abundant food will be available for.

The failure rate of these type of diets are extremely high, as much as 95% as stated by some researchers. Calorie reduced diets also create what is known as the "Yo-Yo" dieting effect.

To compensate for the lack of food during the diet when you do start eating normally again, your appetite increases causing you to eat more

food than usual which will eventually cause you to put back all of the weight you lost dieting. Many people also experience an actual increase in weight several months after dieting because of this Yo-Yo effect.

The solution for permanent weight loss is to not only consume enough calories but to consume the right kind of calories and to preserve your lean muscle tissue. We recommend using the new fail-proof diet from The Weight Loss Grail.

This is a brand new type of diet never seen before that will never leave you feeling hungry or ask you to give up any of your favorite foods.

**You can begin this fantastic new diet right here:**

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