

Autoresponder Sequence #1:

Dear Friend,

Are you frustrated with your weight, and can't seem to lose much, no matter what you do? Have you tried diet after diet and failed? Have you almost given up hope of ever losing a significant amount of weight?

Well, you're not alone!

Millions of people all over the world are struggling with weight issues, but it's not for lack of trying. Many people are used to being called lazy, or told they have no self-control, even when they try their hardest to lose weight. They just can't seem to drop the pounds, no matter how hard they try.

Well, that's because they're going about it all wrong!

You can't concentrate on "losing weight". You have to concentrate on losing FAT. You also have to make sure you are eating the right foods, not just eating less of it. You have to build a bit of muscle to help burn the fat.

Most “diet” plans give you a strict diet to follow. They tell you very specifically what to do and when to do it, but they don’t teach you WHY you should do certain things. Also, most of the stuff they teach is WRONG!

Combat the Fat is different. It actually teaches you a process, rather than a plan. It helps you develop the lifelong skills you need to lose weight and maintain it, WITHOUT strictly limiting yourself!

Check it out at www.CombatTheFat.com

Autoresponder Sequence #2:

Dear Friend,

I want to let you in on a little secret. Counting calories and carbs will NEVER help you lose weight. You might lose a bit of weight at first, but your weight will quickly grind to a halt and you may even start gaining again.

The body isn’t meant to lose weight on a low calorie diet. When you restrict fat, calories, or carbs too much, your body tends to slow down your metabolism in order to conserve the fat. It

goes into a type of starvation mode, and it actually works harder to hold on to the fat!

You have to learn how to use the body's survival mechanism in order to drop the pounds. You can actually learn to manipulate your body into releasing fat at a faster pace!

There's a revolutionary new system called The Diet Solution Program. It teaches you why counting carbs and calories isn't a good idea, and how you can use your body's inherent survival mechanisms to turn the tables and drop the weight!

You can get it at www.TheDietSolutionProgram.com

Autoresponder Sequence #3:

Dear Friend,

You have it all wrong!!!!

There, I said it.

Look, it's not your fault. There is so much misinformation out there about losing weight it's frankly shocking.

There are thousands of diets out there that claim they can help you lose weight – and most of them work, at least for a few days or weeks.

Unfortunately, they have it all wrong. They've taught you the wrong methods, and they're causing you to hold on to that fat instead of letting it go!

Too many diets teach you to:

- Eat fewer carbs
- Eat fewer calories
- Eat less fat
- Eat less meat
- Eat more meat
- Starve yourself
- Exercise endlessly

It's madness!

These tactics don't work. The proof is in the millions of people who are still overweight and struggling. If ANY of these

popular diets worked, there wouldn't be so many overweight people in the world!

But there is a new system that hasn't caught on as much as it should. It's a fantastic system that WILL help you lose weight if you follow it carefully.

You won't have to starve yourself. You won't have to strictly reduce calories. You WILL lose weight without starving!

Get over to www.StripThatFat.com and get your copy now!

Autoresponder Sequence #4:

You have probably been dieting for a while now. Maybe you've lost a few pounds, maybe you've lost a lot. But there's one thing you probably aren't doing, and that's exercising!

Even if you are exercising, you're probably not doing the right kind of exercising. You may be sweating yourself crazy, but not really making much progress.

The fact is, you could exercise until you're blue in the face, but if you're not doing it correctly, it's not going to make a significant difference in the way you look or feel.

Instead of working out every day and getting burned out, or worse, injuring your muscles, you need to be exercising just three times per week in short sessions.

The way to truly tone your body and get fit is not by exercising MORE, but by exercising the RIGHT WAY!

The Turbulence Training system can teach you EXACTLY how to go from fat to fit in no time flat.

You'll get all of the following modules:

- Beginner Level Turbulence Training Workout
- Intermediate Turbulence Training Workout
- The Original Turbulence Training Fat Burning Workout
- Turbulence Training 2k3 – Building Maximum Muscle
- Turbulence Training 2k4 – Amazing Upper Body Pump
- Turbulence Training 2k5 – Builds Muscle While Burning Fat
- Bonus Turbulence Training 2k6 Workout

- Bonus Turbulence Training “Total Body Ten” Bodyweight Workout
- Bonus Fat Burning Exercise Photos & Descriptions

This is truly the ULTIMATE fitness program, and you can start at ANY fitness level. Whether you’re a total couch potato who huffs and puffs their way to the refrigerator or someone who jogs six days a week, you CAN do this!

Visit www.TurbulenceTraining.com to get your hands on this remarkable system and get the body you’ve always dreamed of!

Autoresponder Sequence #5:

I’ve got something to share with you today, and it’s probably going to shock and disgust you the way it did me. But it’s important, so listen up!

Did you know that the average person has SEVERAL POUNDS of buildup inside their intestines? It’s usually gross, sticky, tarry stuff that smells incredibly foul and clings to the accordion shaped walls of your intestines fiercely. Gross, right?

Not only that, but it's often laden with all types of parasites, bacteria, viruses, and other things than can make you feel tired all the time, sap your energy, kill your immune system, and make you feel sick all the time.

I know it's tough to read this. It's disgusting, in fact. But the fact is, this stuff is probably inside YOUR body RIGHT NOW!

It's clogging up your system, making food take longer to get through your digestive system. It means the nutrients in food can't get through into your body where they need to be. It means you have POUNDS of gunk weighing you down and making you heavier. And it means food can go rancid in your intestines before it can be eliminated, which can end up making you sick!

Getting rid of this buildup can not only make you lose weight, but it can help you FEEL better, too. You'll feel lighter. Your digestion will improve. Your SKIN will even look better with all of those toxins gone!

This is revolutionary stuff!

You can learn all about it in the Top Secret Fat Loss Secret system.

Visit www.TopSecretFatLossSecret.com and find out what you can do to rid your body of all these issues so you can look and feel better right away!

Autoresponder Sequence #6:

Listen up!

I've got the skinny on today's hottest and most effective weight loss solution. It's taken the world by storm, and THOUSANDS of people have lost weight with it just in the last year alone!

This system is so effective you just won't believe it. It doesn't rely on starving your body by heavily restricting calories. It doesn't require you to give up fat. It doesn't require you to eat some crazy diet based on nothing but meat, or nothing but raw vegetables, or nothing but beets. (Ok, I made that last one up. But still, it doesn't force you to eat beets!)

You will still be able to eat foods you love. You won't ever be hungry. You won't suffer from weakness or lethargy because your diet is lacking.

You will be healthier than ever before, yet you will also be losing MORE WEIGHT than ever before!

This system is nothing short of a miracle! It is truly the most effective system currently on the market BAR NONE.

If you're truly sick and tired of trying diet after diet and starving yourself in the name of a better body, yet you just haven't found anything that REALLY WORKS, I highly recommend that you try this system out.

It's called Fat Loss 4 Idiots, and it makes it REALLY EASY to lose weight once and for all!

Check it out at www.FatLoss4Idiots.com. You'll be glad you did!

Autoresponder Sequence #7:

Last time I wrote to you, I told you about Fat Loss 4 Idiots. I just wanted to remind you about it in case you haven't picked up your copy, yet.

Normally I don't recommend the same product twice, but in this case I am REALLY excited! I have already received a bunch

of emails from readers who have lost weight with the system, and it's getting tremendous feedback!

One lady just picked up the system 2 weeks ago based on my private recommendation to her before I sent out my last email. She's already lost 9 pounds and she is absolutely thrilled!

I've also heard from several people who had already been using the system before I sent out my email. Jeremy has lost 47 pounds in the last 5 months. Andrew has lost 90 pounds in the last 6 months. Linda has lost 35 pounds in 8 weeks. And Ameer has lost 21 pounds in about a month!

I knew this system was incredible. I've lost weight on this system, myself. But I never realized just how many people were using this system successfully!

This program is the REAL DEAL!

Visit www.FatLoss4Idiots.com and get your copy now! Isn't it time you finally changed your life for the better?