



# The Ultimate Fat Burning Diet Primer!

By  
Paul Crane

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This book is not meant to diagnose, treat, or cure any disease. This book is not meant to replace the advice of a physician. The Ultimate Fat Burning Diet Primer is for educational purposes only.

Please see your physician before changing your diet, starting an exercise program or taking supplements of any kind.

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**“Whether you think you can or whether you  
think you can’t, you’re right!”**

Henry Ford

**For Mom and Lisa**

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ULTIMATE FAT BURNING DIET  
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# 1. Countdown To Weight Loss!

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Ten years ago, people would come in with 10 to 20 pounds to lose now they are coming in with an extra 40-60 pounds.

*Marguerite Neri, General Manager,  
Weight Watchers for Southern Ontario, Canada, 1999*

Congratulations!

What you're holding in your hands... er... scratch that... what you're **reading** on your screen represents an entirely different approach to the **swirling mass...**



... **of hysteria and confusion** that any typical discussion on weight loss and dieting embodies.

“Just the facts, ma’am” is what you **want**. And in clear down-to-earth language, so that you can **understand** them.

Let's face it...

For most of us, our most precious commodity is time. Reading any publication requires a **significant** investment. As a result, **a publication must provide real value for your investment of time**. Most take too long to wade through preliminary information before they get around to providing anything new. By the time you get to the real “meat” of the program, you've already lost interest. Or perhaps more critically, **motivation**.

For instance...

You and I know both know that chronic obesity is a serious problem. And we both know that being significantly overweight increases the risk of certain diseases. So another 100 pages of statistics re-iterating this point isn't going to provide you with anything you don't already know.

Are you thinking what I'm thinking?...

Yes, yes, yes... **just tell me how to fit into these jeans!**

Bottom line?

No fuss, no muss. And no 750 page encyclopedia either.

You just want to lose weight, not spend all your time reading, right?

Yup, that's what I thought. 😊

So let's keep moving quickly so that you can reach your goal as soon as possible...

## 1.1 Setting The Stage For Our Weight Loss Journey!

More than half of all North Americans are overweight  
and one out of four are obese...

*Dr. Lorne Greene*  
*New York University School of Medicine*

**The Ultimate Fat Burning Diet Primer is an accelerated...**



**... high-speed course** in weight loss with as little extraneous material as possible. It provides you with **only the information you need to know**.

The pages will turn quickly as you breeze through this easy-on-the-eyes, easy-on-the-brain PDF formatted ebook.

Need a little help navigating your first PDF document? I have provided a short primer at the back of the book. [Click here for a fast "how-to!"](#))

Your goal is to complete this book with a far better **understanding of the relationship between your body, what you eat, and what transpires on the bathroom scales**. The process, I guarantee, is designed to be as painless as possible!

Here's the "big picture" of where we are going...

**First Level:** We'll discuss the eating habits of our early ancestors and see what they can teach us. We'll also discover why mainstream diet authors are increasingly referring to this group in the development of their particular theories.

**Second Level:** We'll take a close look at the food we put into our bodies — carbohydrates, fats, proteins, water and vitamins/minerals. You'll acquire a rudimentary knowledge of each, so that you can make the **crucial correlation between what you eat and how you look and feel.**

**Third Level:** We'll set the stage for **your** diet by having you set goals, identify and eliminate stumbling blocks, and do a little house-cleaning.

**Fourth Level:** We'll discuss your new **eating plan!**

**Fifth Level:** We'll discuss **exercise** and wrap up all other loose ends.

And then you'll be ready **and fully able** to succeed!

There is one more thing to highlight before we continue. A few of the more complicated chapters will have a final sub-chapter called...

**"The Bottom Line."**

This short sub-chapter will summarize the most important points of a particular discussion for your convenience and fast review. It's a satisfying way to digest a specific topic in bite-sized chunks of information.

My recommendation is that you first give the entire ebook a quick read-through. Then return the second time to give the material a deeper look.

On the second time around, you may only want to concentrate on certain chapters. That's OK with me. But please follow my advice and review the **entire** ebook at least once... the "big picture" is extremely important for long term weight loss.

The best way to sum up the whole ebook?

**The Ultimate Fat Burning Diet Primer** is all about finding a **solution** to conventional dieting. It creates a program that protects lean muscle tissue, elevates metabolism, balances blood sugar levels, controls cravings, elevates mood, and kills hunger.

**Exactly what your body needs!**

But wait...**The Ultimate Fat Burning Diet Primer** goes beyond that!

It's **your** road map to success. Too many conventional diets are happy to outline



what you should be eating, but they fall short on the practical side of things. **The Ultimate Fat Burning Diet Primer** will not disappoint you. It will lead you through an entire **results-producing system** — a system that will start with the establishment of **your goals** and continue on...

### Until you reach weight loss success!

Probably the most important tip I can give you as you set off down this road to weight loss is...

Keep an open mind.

Most of us have become pre-programmed into believing what the diet and nutrition establishment has been beating into our heads for the last two decades. Statistics illustrating the continuing and growing severity of obesity and obesity-related health issues bear out the fact that the nutritional industry has **yet to solve** this serious problem. When and if I present you with something contrary to your beliefs, please do not dismiss it out of hand. Just hear me out... chances are, some of the things I have up my sleeve may surprise you!

Next, please be aware that although I will occasionally draw from my own experiences throughout the book, these experiences **cannot** be considered as scientific evidence, nor are they intended to be such. They simply serve to provide you with **essential** real world examples. Your own experiences may vary greatly.

Oh, and please remember...

**The dieting world is rife with inconsistencies.** Any diet, even the most radical, will work for somebody, somewhere — even if it does not work for you! In other words...

There are over 6 billion human beings on this planet, and although each and every one of us shares the same basic physiological traits, each of us is **unique**. So don't be ever be drawn into miraculous weight loss stories! What works for your neighbour, your spouse, or your co-worker may **not** work for you. Just because someone you know lost 50 lbs. eating carrots and bagels does not mean the same will happen for you. Truly, one of the most frustrating parts of successful weight loss is isolating the techniques **that best work for you and your body!**

I guarantee that you will succeed with the help of **The Ultimate Fat Burning Diet Primer**.

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