

# The Ultimate Guide to Fat Loss

18 Strategies Guaranteed to  
Blast Away Stubborn Body Fat



The Truth Shall  
Set You Free



Shondelle Solomon-Miles

## Table of Contents

WELCOME! .....	1
The Five Principles of the FatBlaster Ultimate Fat Loss System.....	11
Principle #1 - Master Your Mind .....	11
Principle #2 - Cleanse your Body (Detoxification) .....	12
Principle #3 - Nourish Your Body .....	13
Principle #4 - Move Your Body .....	15
Principle #5 - Relax Your Body .....	16
<b>MASTER YOUR MIND</b> .....	<b>21</b>
<b>FatBlaster Strategy 1: Believe in Yourself</b> .....	<b>22</b>
Appendix - Strategy 1: Believe in Yourself .....	38
<b>FatBlaster Strategy 2: Persist!</b> .....	<b>46</b>
Appendix - Strategy 2: Persist! .....	57
<b>FatBlaster Strategy 3: Control Emotional Eating</b> .....	<b>58</b>
Appendix - Strategy 3: Control Emotional Eating .....	68
<b>CLEANSE YOUR BODY</b> .....	<b>81</b>
<b>FatBlaster Strategy 4: Cleanse Your Body from the Inside Out</b> .....	<b>82</b>
Appendix - Strategy 4: Cleanse Your Body from the Inside Out .....	99
<b>FatBlaster Strategy 5: Drink Lots of Water</b> .....	<b>101</b>
Appendix - Strategy 5: Drink Lots of Water .....	106
<b>PROPERLY NOURISH YOUR BODY</b> .....	<b>107</b>
<b>Fat Blaster Strategy 6: Control Portions and Monitor Calories</b> .....	<b>108</b>
Appendix - Strategy 6: Control Portions and Monitor Calories .....	118
<b>Fat Blaster Strategy 7: Eat Every Three Hours - Never Skip Meals</b> .....	<b>124</b>
Appendix - Strategy 7: Eat Every Three Hours - Never Skip Meals .....	134
<b>FatBlaster Strategy 8: Minimize Processed Carbs and Simple Sugars</b> .....	<b>141</b>
Appendix - Strategy 8: Minimize Processed Carbs and Simple Sugars ....	157
<b>FatBlaster Strategy 9: Read and Understand Food Labels</b> .....	<b>160</b>
Appendix - Strategy 9: Read and Understand Food Labels .....	169
<b>FatBlaster Strategy 10: Combine Protein, Carbs, &amp; Fiber at Every Meal</b> ...	<b>180</b>
Appendix - Strategy 10: Combine Protein, Carbs, & Fiber at Every Meal	184
<b>FatBlaster Strategy 11: Always Eat Breakfast</b> .....	<b>185</b>
Appendix - Strategy 11: Always Eat Breakfast .....	191
<b>FatBlaster Strategy 12: Eat Good Fat; Avoid Bad Fat</b> .....	<b>192</b>
<b>FatBlaster Strategy 13: Keep a Daily Food Journal</b> .....	<b>201</b>
Appendix - Strategy 13: Keep a Daily Food Journal .....	204
<b>FatBlaster Strategy 14: Have a Cheat Day Every Week</b> .....	<b>205</b>
Appendix - Strategy 14: Have a Cheat Day Every Week .....	209
<b>MOVE YOUR BODY</b> .....	<b>211</b>
<b>Why Exercise?</b> .....	<b>212</b>
<b>FatBlaster Strategy 15: Don't Fear Weight Training</b> .....	<b>215</b>

Appendix - Strategy 15: Don't Fear Weight Training .....	238
Fat Blaster Strategy 16: Do Aerobic Exercise Most Every Day .....	243
Appendix -Strategy 16: Do Aerobic Exercise Most Every Day .....	262
<b>RELAX YOUR BODY</b> .....	270
FatBlaster Strategy 17: Effectively Manage Your Stress.....	271
Appendix - Strategy 17: Effectively Manage your Stress .....	288
Fat Blaster Strategy 18: Don't Confuse Weight Loss with Fat Loss .....	289
Appendix - Strategy 18: Don't Confuse Weight Loss with Fat Loss .....	295
<b>CONCLUSION</b> .....	298
16 Week Fat Blaster Fat Loss Program.....	305
16 Week Fat Blaster Fat Loss Program Exercise Diagrams .....	358
Bibliography .....	428

# WELCOME!



“A journey of 1000 miles begins with a single step.”

- Lao-Tzu

Congratulations on taking the first and most crucial step towards your physical transformation! The first step of any weight loss program is always the most difficult, and it can be especially hard to jump back onto the weight loss treadmill if your previous attempts have resulted in disappointment and frustration. Your investment in this weight loss course suggests that, in spite of any previous failures, you are still deeply committed to transforming your physique and improving your health once and for all. Without a doubt, this commitment is one of the most vital elements of successful weight loss. By investing in this course, you've taken the first step towards successful long-term weight management.

With that said, I would like to thank you for this opportunity to teach you the principles of effective and permanent fat loss. I sincerely appreciate your trust in me to deliver accurate weight loss information. In light of the numerous weight loss claims that abound these days, it can be difficult to distinguish honest, scientifically proven claims from dishonest quackery. I will show you proven weight loss techniques from trusted sources. You have my personal promise that I will neither withhold any important information, nor provide you with any material that is not truthful.

Here is the million-dollar question. Why is it that with so many weight loss “remedies” available, and with so many people desperate for slimmer, tighter bodies, well over half of the American population is overweight or obese?

I can’t think of a single topic that confuses people more than how to lose weight...and keep it off. Not surprisingly, many people who seek weight loss and physical transformation have tried more than a handful of “methods” to accomplish their goals. There certainly isn’t a shortage of fad diets, weight loss plans, health clubs, diet books, supplements, pills, or diet centers around; in fact, it’s a mystery that anyone knows where to begin on their journey toward a leaner, slimmer, fitter physique.

Ironically, despite the abundance of weight loss information available, we continue feverishly to fight the battle of the bulge; sadly, we are losing this battle. In fact, obesity is cited second only to smoking as the leading cause of preventable death in America.

You may have tried diets: Atkins, Zone, Sugar Busters, and South Beach, among others. You might have experimented with pills, shakes, supplements, gyms, and personal trainers. Perhaps you purchased expensive pre-packaged meals delivered to your doorstep each month. You may have even invested in some equipment: butt trimmers, thigh firmers and ab blaster machines; all of which work better as expensive clothes hangers than as effective weight loss tools. You could probably open your own bookstore with all of the fad diet books and exercise program materials you have amassed over time. You may have dropped a few pounds (or more), but not long after you watched them creep back on. Frustrated, disappointed, and fed up, you quit your “diet” and/or exercise program... again. You’ve come to believe that you are not capable of changing your body, and that successful weight loss is just not possible.

**...you could not be further from the truth.**

Over the course of my ten years in the weight loss industry, I have extensively researched weight loss methods and worked tirelessly with clients desperately seeking permanent weight loss. I have discovered three major factors that prevent 99% of weight loss seekers from achieving their goal. I can assure you that any “reason” you have for failing in your previous weight reduction attempts will fall into one of these three categories.

**Misinformation**  
**Negative Belief System**  
**Impatience and/or Lack of Consistency**

Let me repeat this again because it is the key to permanent weight loss.

Misinformation, negative belief systems, and lack of consistency (caused by impatience) are the only three factors preventing 99% of the population from achieving their weight loss goals.

Let's address these three reasons one at a time.

***Reason #1 - Misinformation***

The weight loss industry is a multi-*billion* dollar industry driven by profit, not by delivery of safe and permanent results. Consequently, many of the weight loss methods used by the average person simply do not work because the methods are not based on truth, let alone science.

Here is an example. The other day while I was at the gym jogging on the treadmill as I waited for a client, I couldn't help but notice the gentleman jogging on the treadmill next to me with his body draped in what may as well have been a 50-gallon garbage bag. Already anticipating his response, I said, “Excuse me sir.

Aren't you quite hot wearing that?" As expected, he responded, "Yeah, it's a bit hot, but I gotta lose some weight...and when I wear this it helps me to lose the weight a lot faster, so I don't mind the heat." I was thinking to myself, "Well, you may not mind the heat, but what about death, do you mind that? Because if you keep that up, you're almost sure to pass out from heat exhaustion or heat stroke." I mean this poor man was sweating buckets, and in his mind, he truly believed he was using a "method" of weight loss that worked. If that's not misinformation, I don't know what is (In case you are wondering - wearing those plastic suits will help you lose water weight, but not fat. Once you drink a few cups of water or eat a meal the weight will come right back).

Here are some other common misconceptions. Short of complete starvation, gastric bypass, liposuction, or being a contestant on the reality show *The Biggest Loser*, you cannot lose 30 pounds in 30 days. You will not get six pack abs in two weeks by rubbing a "fat burning" cream on your belly. You also cannot eliminate a nutrient, which by definition is something your body needs for survival, from your diet for the rest of your life in hopes of losing weight and more importantly, keeping it off. Think about it, how is eating rice a cardinal sin, while loading up on fatty meats and cheeses is not only accepted, but also recommended by some diets

The point is there is a lot of false, misleading information out there, and you have likely relied on these myths in your efforts to achieve effective and permanent weight loss. Unfortunately, your plan is doomed to failure if it is based on misinformation.

So why are you being lied to and deceived by an industry whose number one priority should be to educate you and to help you effectively and safely lose weight? Because the weight loss industry knows that you are eager and desperate to lose weight and keep it off. They know that you are impatiently waiting for a quick and easy weight loss solution, and you'll spend your money on

almost anything that promises to deliver results. Therefore, by continuing to disseminate false information and manufacture faulty products that could never in a million years produce results, you always remain the customer in search of the next “new” weight loss solution. As long as there are customers, there are profits.

So yes, the billion-dollar weight loss industry is designed to help you fail; in fact, its survival is 100% dependent upon your failure, because as long as you keep failing, you will keep coming back for more “solutions.” And God forbid you discover the truth - that there is no magic diet, pill, powder, or potion. How then will the industry make money? Exactly.

Please understand this. Losing weight is not about a pill, a piece of equipment, or a fad diet. Weight loss is not about pie-in-the-sky methods that have only one goal in mind: to take your money. Weight loss is also not about extremes: adhering to all-or-none diets, killing yourself at the gym, or starving yourself. Losing weight involves consistently applying scientific principles and a little common sense until “it” works. Trust me when I say that pills, diets, and quick fixes do not work.

### ***Reason #2 - Negative Belief System***

Of course, it takes more than knowing the right information to achieve your weight loss goals. To lose weight successfully, you must replace negative thoughts, attitudes and belief system, whether conscious or subconscious, with their positive counterparts. This is crucial. Stephen Covey, author of *The 7 Habits of Highly Effective People* says, “New habits are formed when the right attitude, right skill, and right knowledge overlap.” In other words, you must know what to do, how to do it, and you must want to do it in order for long-term change to happen. Knowledge and attitude are mutually dependent; success cannot be achieved if either is missing. Weight loss programs that are based only on behaviors such as counting calories, and doing cardio in your target heart rate

zone, rarely lead to permanent weight loss, if they do not simultaneously address the belief systems and thought patterns behind those behaviors

Change begins with a shift in your thoughts and beliefs. As an adult, you hold many beliefs that are self-limiting and that stunt your growth. With regard to achieving a physical transformation some of these include, “I don’t have time,” “This is too hard,” “I hate exercising,” “I’m just not disciplined,” “Eating healthy is boring,” or “I’m meant to be fat.” These negative thoughts and beliefs, disguised as excuses, are typically nothing more than self-sabotaging belief systems and thought patterns. Therefore, if you are not able to identify the sabotaging limiting patterns that contributed to your weight gain in the first place and if you do not believe to the core of your being that you can change, then no matter how much good information you possess you will not achieve your goal. This is true 100% of the time.

Here is an example. I recently had a young lady come to my studio to inquire about my weight loss services. After rattling off her long list of goals and deadlines, she turned to me and asked, “Do you think I can do this? Is it possible for me to look better in three months?” I immediately responded, “I think you can do anything you set your mind to within reason; a more important question is do you think you can do it?” She didn’t verbally respond, but I could tell by her body language that her thoughts regarding her ability to lose weight were filled with doubt and pessimism. I knew then that her negative attitudes and what she believed to be true about her ability to successfully lose weight would defeat her before she even began her journey. As expected, within a couple of weeks, she had already abandoned her exercise and nutrition program.

**I cannot stress enough how important your thoughts are to accomplishing your weight loss goals.** In fact, I believe that training your mind and consciously controlling your thoughts are more important than a proper diet and exercise program, because if your mind state and belief systems are not 110% supportive

of your goals, you will eventually sabotage your sound exercise and nutritional habits.

Time and time again, I meet with potential clients, who believe that losing weight is hard, they can't find the time, or they have a slow metabolism, or bad genetics. The list of excuses is endless. The bottom line is this: what you create and believe to be true in your mind will inevitably manifest in your reality. Therefore, if your reality is not a reflection of who you want to be and how you want to look, then you must first begin with examining your thoughts and beliefs.

Mark Victor Hanson, co-author of *Chicken Soup for the Soul* says it best: "Your belief determines your action and your action determines your results, but first you have to believe." Because your mindset is critical to your weight loss success, the very first strategy in *The Fat Blaster Ultimate Weight Loss System* addresses the power of belief.

### ***Reason #3 - Impatience & Lack of Consistency***

One can argue that impatience and lack of consistency fall under the heading of negative attitudes and belief systems. However, because so many people fail to lose weight because they become impatient, which ultimately leads to inconsistency, this "reason for failure" deserves a separate discussion.

I often refer to impatience as the "have it right now" syndrome, and it's a mindset that often results in dissatisfaction. We want what we want and we want it now, and if we can't have it now then we'd rather not have it at all. Why shouldn't we be able to lose 50 pounds in 5 months, or get a chiseled, flat stomach in three weeks? Never mind the fact that it took us ten years to gain the 50 pounds and our stomachs haven't been flat since kindergarten. Instant gratification, my friends, is not reality - it is an illusion that will always leave you frustrated and disappointed.

I don't know about you, but I cannot think of one thing of value that I have accomplished that did not require time and sacrifice. My straight teeth are the result of enduring three years of uncomfortable braces. The nine months of chronic fatigue, water retention, back pain, weight gain, and a "restricted" lifestyle resulted in my amazing 15-month-old son. My college degree was born of student loans and countless hours burning the midnight oil.

Just take a moment to think about any of the great accomplishments you have made thus far in your life. I can assure you that whether you were aware of it at the time or not, hard work, discipline, dedication, and patience helped you to get there. Physical transformation is no different. I understand the appeal of instant gratification, but I know that nothing in life worth achieving happens over night and I am sure that deep inside, you have always known that too.

### **Weight loss is a process, not an event.**

Let me repeat that one more time just to make sure it sticks in your brain: **"Weight loss is a process, not an event."** This very simple statement seems to make a whole lot of common sense, yet millions and millions of people who endeavor to transform their bodies and shed unwanted pounds don't understand, much less embrace, this very important principle. Just as you did not wake up one morning to discover that you had gained 25 pounds overnight, you will not wake up next week or even next month to find yourself suddenly in the slimmer, leaner body you desire.

If you understand nothing else, please understand this - weight loss is a journey, a series of calculated steps. A haphazard and half-hearted approach will not get you the results you are seeking. It's easy to eat "right" for a week. It's easy to go to the gym once. It's easy to avoid fried foods for a couple of days. It's easy to pop a few pills, drink a few shakes, and maybe workout to a Tae Bo tape a couple times a month. However, in order to achieve the long-term weight loss

results you desire, you must be patient, consistent, and willing to put forth the effort and endure over the long haul; unfortunately, there really is no other way. The good news however, is that if you apply the right systems, give it some time, and never give up, you will not fail.

Whenever you're feeling a bit of the "have it right now" syndrome kicking in, remember the following Dutch proverb "**a handful of patience is worth more than a bushel of brains.**"

### ***The Purpose of this Book***

Now that you understand that misinformation, negative attitudes and belief systems, and impatience and inconsistency, are the only factors preventing you from achieving weight loss success what do you do next? First, you must think the right "stuff," then you must learn the right "stuff," and finally you must consistently apply the right "stuff." It is the ultimate goal of *The Fat Blaster Ultimate Fat loss System: 18 Principles Guaranteed to Blast Away Stubborn Body Fat* to teach you all the right "stuff."

The intent of this material is to educate and inspire you. There is a lot of false and conflicting information out there created by individuals or companies with only one concern - a bank account. It is imperative that you don't fall prey to the lies and deceptive advertising that permeates the billion-dollar weight loss industry, and the lies and deceptions that you may hold in your own mind about your capabilities to successfully transform your body. It is my goal in this educational course to give you scientific, accurate information that can help you to succeed at your weight loss efforts and to teach you how you can develop the right mind set so that you can persistently work toward your goals.

I will give you the blueprint to weight loss success that is safe and based on science, not science fiction. My approach to fat loss is comprehensive and