

## Table of Contents

Welcome! .....	<b>Error! Bookmark not defined.</b>
A Little Quiz Music, Please... ..	22
FatBlaster Commandment #1: Believe in Yourself.....	26
FatBlaster 2- By All Means: Persist!.....	40
FatBlaster Principle #3: Control Emotional Eating.....	48
FatBlaster Commandment #4 Cleanse Your Body From the Inside Out.....	59
FatBlaster Commandment #5: Drink Lots & Lots of Water.....	74
FatBlaster Commandment # 6: Control Portions and Be Conscious of Your Calories.....	81
FatBlaster Commandment 7: Eat Every Three Hours and Never Skip Meals .....	87
FatBlaster Commandment 8: Avoid Processed Carbohydrates & Simple Sugars .....	96
FatBlaster Commandment 9: Know How to Read and Understand a Food Label .....	111
FatBlaster Commandment 10: Combine Carbohydrates with Protein at Every Meal .....	119
FatBlaster Nutritional Commandment 11: Always, Always Eat Breakfast .....	122
FatBlaster Commandment 12: Eat Good Fat, Avoid Bad Fat.....	127
FatBlaster Commandment 13: Keep a Daily Food Journal .....	136

FatBlaster Commandment 14: Have a Cheat Day Every Week..... 138

FatBlaster Commandment 15: Don't Confuse Weight Loss & Fat Loss

Fat Blaster Commandment #15: Don't Fear Weight Training..... 142

FatBlaster Commandment #16: Do Moderate-Intense Aerobic  
Exercise Most Days of the Week..... 168

FatBlaster Commandment #17: Effectively Manage Your Stress .. 188

Conclusion..... 206

Appendix A: ..... 210

**Welcome!**



A journey of 1000 miles begins with a single step.

- Lao-Tzu

Before I begin I want to thank you and congratulate you. I want to congratulate you for taking the first and most crucial step of what I hope will be many steps, towards your physical transformation. Taking the first step is always the hardest, especially when previous weight loss attempts have lead to nothing short of disappointment and frustration. However, the fact that you have invested in this weight loss course suggests that you are committed to transforming your physique and improving your health once and for all, and commitment without a doubt is a necessary ingredient in the recipe for success.

With that said I also want to thank you for giving me the chance to educate you on the most effective principles of effective and permanent fat loss.

## **The Fat Blaster Ultimate Fat Loss Guide: 17 Commandments Guaranteed to Help you Lose Weight & Trim Body Fat**

Unquestionably, there are countless sources of weight loss information available and consequently it is quite overwhelming and very difficult to decipher truth from fiction and science from quackery. So, I really do appreciate you putting your trust in me to deliver sound and truthful weight loss information, and I promise you that I won't hold anything back, nor will I let you down.

Can you think of a topic that confuses more people than how to lose weight...and keep it off? I can't. In fact, I don't think I'd be going out on a limb by saying that the majority of individuals seeking weight loss and physical transformation have tried more than a handful of "methods" to accomplish their goals. There are an endless number of options available to assist in the weight loss efforts of every type of individual and yet we continue to feverishly fight the battle of the bulge...and we're not by any stretch of the imagination winning. In fact, obesity is sited only second to smoking as the leading cause of preventable death in America. So how come with so many weight loss "remedies" available, and with so many people desperate for slimmer, tighter bodies, is well over half of our American population overweight or obese?

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 towards a leaner, slimmer, fitter physique.

You may have tried Atkins, Zone, Sugar Busters and the South Beach diet among many, many others. You have experimented with pills, shakes, gyms and hired personal trainers. You've purchased expensive pre-packaged meals delivered to your doorstep each month; you've invested in butt trimmers, thigh firmers and ab blaster machines, all of which work better as expensive clothes hangers than effective weight loss remedies. You've bought every fat burning supplement on the market, and you could probably open your own book store with all of the fad diet books, and exercise programs you've amassed over the

months and years. Sometimes you manage to drop a few pounds, or maybe even more than a few, but not too long after you manage to put them right back on. Frustrated, disappointed and fed up, you quit your “diet” and/or exercise program... again. You realize you are not capable of changing your body, and that weight loss just isn’t designed for you

...you couldn’t be further from the truth.

Over the course of my ten years in the weight loss industry, researching and working hands on with clients desperately seeking permanent weight loss I have discovered three major factors that prevent 99.9% of weight loss seekers from achieving their goal. I can assure you that any “reason” you can give me as to why you have failed at your previous weight reduction attempts will fall into one of these three categories. Would you like to know what these three factors are? Are you dying to know? Ok. Here they are:

- 1. Misinformation,**
- 2. Negative Belief Systems**
- 3. Impatience and/or Lack of Consistency.**

**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 reason number one-misinformation. We all know that the weight loss industry is a multi *billion* dollar industry that is driven by profit and not by delivering safe and permanent results.

## **The Fat Blaster Ultimate Fat Loss Guide: 17 Commandments Guaranteed to Help you Lose Weight & Trim Body Fat**

Consequently, many of the weight loss methods used by the average person simply do not work because they are not based on truth, much less science. Many people seeking weight loss solutions are simply “fed” wrong information. Here’s an example. The other day I was at the gym jogging on the treadmill, while waiting for a client, and I couldn’t help but notice a gentleman jogging on the treadmill next to me draped in what might as well have been a 50 gallon garbage bag over his body. 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”. In my mind I’m thinking “ 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 a heat stroke. “ I mean this guy was sweating buckets, and in his mind, he 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’re 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 that water weight will come right back on).

## **The Fat Blaster Ultimate Fat Loss Guide: 17 Commandments Guaranteed to Help you Lose Weight & Trim Body Fat**

Here's another example, short of complete starvation, gastric bypass, liposuction, or being a contestant on the reality show "The Biggest Loser" you cannot lose 30 lbs in 30 days nor have 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 important, keeping it off. Think about it, how can eating rice be a cardinal sin, while loading up on fatty meats and cheeses be not only accepted, but recommended by some diets. The point I'm trying to make is that there is a lot of false, misleading information out there, and inevitably if this is the information you are relying on to achieve effective and permanent weight loss then unfortunately you are doomed to fail.

So why are you being lied to and deceived by an industry whose number one priority should be to educate and help you effectively and safely lose weight? Because the weight loss industry knows that you're eager. 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, and as long as there are customers there is profit. 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'll keep coming back for more "solutions". And God forbid you discover the truth, that there is no magic diet, pill, powder or potion, then how will they make their money? Exactly.

Please understand this. Losing weight is not about a pill, a piece of equipment, or a fad diet. 95% of all dieters fail. Why? Because most "diets" are based on principles that are unrealistic, difficult to maintain and based on falsehoods. "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, all-or-none

diets, killing yourself at the gym, or starving yourself. Losing weight involves applying scientific principles and a little common sense of course, on a consistent basis until “it” works. Trust me when I say that pills, diets, and quick fixes do not work.

### **A Positive Attitude & Belief System**

Of course it takes more than simply possessing the right information to achieve your weight loss goals; you must also have a positive attitude and belief system. The lack of these qualities is the second reason for weight loss failures. Stephen Covey, author of The 7 Habits of Highly Effective People says that “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 want to do it, in order for long term change to happen. Knowledge and attitude are co-dependent; success cannot be achieved if either is missing. Change begins with a shift in your belief systems. If at the root of your being you do not believe that you can change, or if you have self sabotaging belief systems disguising themselves as excuses, such as, “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,” then no matter how much good information you possess you will not achieve your goal.. Here’s 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 respond. Right then I knew that this woman’s negative attitudes and belief system would defeat her before she even begun her journey. And guess what? I was right, because within a week or two she had already abandoned her exercise and nutrition program. **I cannot stress enough how important training the mind is to accomplishing your weight loss goals.** In fact I will go as far as saying that training the mind is

more important than a proper diet and exercise, 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, or they can't find the time, or they have a slow metabolism and bad genetics and the list goes on. The bottom line is this: what you create and believe to be true in your mind will inevitably manifest in your reality. Co-author of Chicken Soup for the Soul, Mark Victor Hanson says it best: "Your belief determines your action and your action determines your results, but first you have to believe". For this reason, the very first commandment discussed in the Fatblaster Fat Loss Guide addresses the power of belief.

### **Impatience & Lack of Consistency**

One can argue that impatience and lack of consistency can fall under the heading of negative attitudes and belief systems. However, because so many people fail to accomplish their weight loss goals on account of impatience, which ultimately leads to inconsistency I decided it would be appropriate to put this "reason for failure" in a category all on its own. I often refer to impatience as the "have it right now" syndrome, and it's a mind set that is ruining our world. 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 lbs in 5 months, or get a chiseled, flat stomach in three weeks? Never mind the fact that it took us ten years to gain 50 pounds and our stomachs haven't been flat since kindergarten. Immediate gratification, my friends, is not reality, it is an illusion that at the very best will leave you frustrated, disappointed, and fed up time and time again.

I don't know about you, but I cannot think of one thing I have accomplished thus far in my life that has any value to me whatsoever, that I acquired quickly and without any sacrifice. I wore braces for almost three years, and not a single day

went by where I did not want to grab a fork or some sharp object and rip every single bracket off of my teeth- but I endured and now I have beautiful straight teeth to show for it. When I made the decision to have a child I had to withstand 9 months of chronic fatigue, water retention, back pain, weight gain and a “restricted” lifestyle, but I endured and now I have an amazing 14 month old son who adds so many positive dimensions to my life. I decided to pursue degree and as a result absorbed ten of thousands of dollars in student loans and spent many a night burning the midnight oil, in order to a. I am not saying these things to boast or even pat myself on the back, but to prove my point that all things worth achieving and worth require patience, commitment, and consistent effort- physical transformations are no different. Don’t get me wrong, I cannot argue against the appeal of immediate gratification; however I also understand that nothing in life worth achieving happens over night. Just take a moment to think about any 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 too get there. The process of transforming your body is no different.

Get this: **“Weight loss is a process, not an event”**. Let me say that one more time just to make sure it sticks in your brain: **“weight loss is a process, not an event”**. That is a very simple statement that seems to make a whole lot of common sense, yet millions and millions of people who endeavor to transform their bodies and shed those unwanted pounds, don’t understand, much less embrace this very important principle. Just as you don’t wake up one morning and discover that you’re 25 pounds overweight, you won’t wake up one morning and find yourself in the slimmer, leaner body you desire. Please, if you understand nothing else understand this-weight loss is a journey, which consists of a series of calculated steps. Any success takes effort...sustained effort.

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

## **The Fat Blaster Ultimate Fat Loss Guide: 17 Commandments Guaranteed to Help you Lose Weight & Trim Body Fat**

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 taebo tape a couple times a month. But 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**

Ok, 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? Well, first you must learn the right "stuff", then you must think the right "stuff", and finally you must consistently apply the right "stuff". It is the ultimate goal of **The Fat Blaster Ultimate Fat loss Guide: 17 Commandments Guaranteed to Blast Away Body Fat Once and for All** 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, most of which is created by individuals or companies whose only concern is their 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 teach you how you can develop the right attitude so that you can persistently work toward your goals.