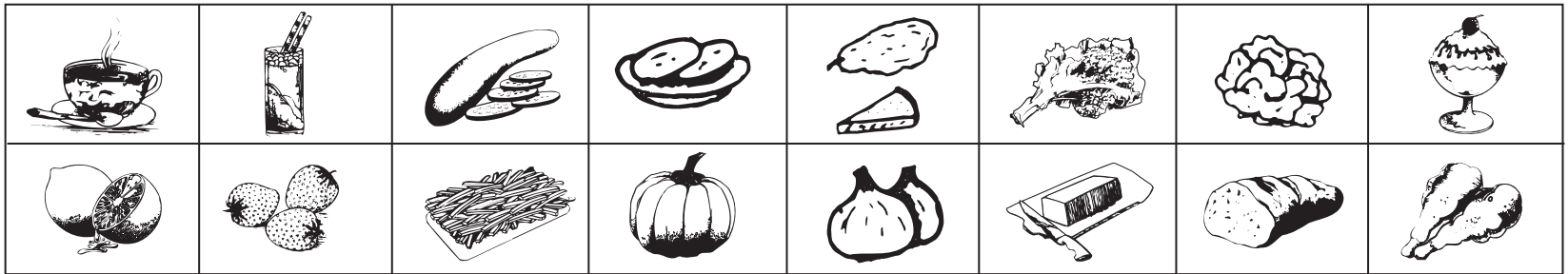


# Eat Yourself Thin!

The more of these “negative-calorie” foods you eat - the more weight you lose!!!



It's strange but true: Americans spend \$65 billion a year trying to lose weight, yet almost 7 out of 10 adults in the U.S. are overweight.

And the reason why we can't seem to lose weight is simple....

Most diets tell you to eat less. But that's easier said than done. Hunger is an intensely powerful impulse almost no one has the willpower to overcome. So we keep eating more and getting heavier.

Appetite suppressants don't work, either. Some have side effects that are downright dangerous. Others simply don't curb your appetite as promised.

## Now you can eat all you want - and still lose weight.

Nutritional science has discovered the ultimate weight loss solution: “**negative calorie foods**”!

The name is somewhat of a misnomer, because all foods, including the **negative calorie foods** I'm about to show you, contain some calories.

### But here's the thing....

What most people aren't aware of is that eating - and more specifically, the process of chewing and digestion - burns calories.

In fact, about 5 to 10% of your total energy expenditure goes to digesting and storing the nutrients in the foods you eat.

With negative calorie foods, the calories you burn by digesting them, are actually greater than the number of calories the food contains.

Therefore, you can eat, get filled up, and absorb nutrients - without taking in calories that your body would otherwise store as fat!

For every net intake of 3,000 calories (“net” meaning you eat 3,000 calories and burn none), you gain a full pound.

When you eat negative calorie foods, your net intake of calories is ZERO... because all the calories in these foods are burned for energy in the process of chewing and digestion. So you satisfy your appetite without putting on even one ounce of weight!

For informational purposes only. This diet plan has not been approved by the FDA or any other regulatory agency. Not intended to diagnose, treat, cure, or prevent any disease. Individual results will vary. Testimonials are not actual. Found on Internet. See a Doctor before going on any diet plan. Checks returned for insufficient funds will be electronically debited for face value plus the State allowable handling fee. 90 day money back guarantee. © 2015 World Marketing Group, Inc. All rights reserved.

## Eat all you want - whatever you want!

These negative calorie foods use up more energy getting digested than they bring to your body. Broccoli, cauliflower, eggplant, garlic, mushrooms, peppers, and spinach are just a few of the many negative calorie foods you can buy at any grocery store.

Now, we have released a weight-loss plan by Dr. Howard Benedikt that can help you take advantage of negative calories for fast and lasting weight loss.



Called “Foods That Cause You To Lose Weight”, this plan shows you how to dramatically reduce your caloric intake - without starvation diets or denying yourself the foods you love.

**How it works:** You can eat as much as you want of anything you want - steaks, cheeseburgers, pizza, French fries, ice cream, cookies...you name it.

All you have to do is make one-fourth of your total food intake negative calorie food!

When 25% of what you eat consists of the negative calorie foods Dr. Benedikt reveals in “Foods That Cause You to Lose Weight,” you will steadily lose 5 pounds or more a week **“Guaranteed - Or Your Money Back!”**

## The “negative calorie” plan for losing weight fast!

Foods That Cause You to Lose Weight is not just a laundry list of negative calorie foods. It is a complete weight management system based on a delicious but healthful low-cal/negative-cal eating plan.

### In this plan, you will discover:

- The ideal balance between physical activity and rest.
- A 100% fat-free way to sauté and fry food without high-calorie olive oil.
- 20 negative calorie foods you can eat in virtually unlimited portions.
- 7 days of great low-calorie/negative-calorie meals.
- The biggest lie you've been told about carbohydrates and weight gain.
- Best foods to eat at breakfast...lunch...dinner.
- 8 ways to safely and effectively achieve steady weight loss.
- *And so much more...*

## Free Bonus Gift:

Act now and we will send you a special, **FREE BONUS GIFT, Negative Calorie Recipes.** It contains mouth-watering diet plans for turning your favorite foods into negative calorie meals. So you can eat the foods you love and still lose weight fast - including burgers chili...lasagna...chocolate cake...potato salad... spaghetti sauce...tacos...pizza and more.

## Guaranteed weight loss - or your money back!

Are **negative calorie foods**, recipes, and meal plans the answer to your weight loss prayers?

Try Dr. Howard Benedikt's negative-calorie eating plan. Enjoy the delicious, healthful, low-calorie/negative-calorie meals and snacks. And watch the weight melt away - at least 5 pounds a week, guaranteed. You'll look - and feel - better than you have in years.

And, if for any reason, you are not 100% satisfied with “Foods That Cause You To Lose Weight”, simply return it within 90 days

## PRAISE FOR FOODS THAT CAUSE WEIGHT LOSS

*“I have lost 35 pounds. I had tried everything to lose weight. The negative calorie foods are the only things that have worked for me.”*  
—Claudine S.

*“I lost 23 pounds in 2 short weeks and a total of 68 pounds more quickly than I would have dared hope. My husband told me last night that I am prettier than I have ever been.”*  
—Martha S.

*“Your negative calorie foods program is superb - in fact, very nearly the one that I utilize in my own medical practice for my patients. So I know it works!”*  
—Dr. K.

for a full refund. Keep the Free Bonus as our gift to you. That way, you risk nothing. ZERO!

To order “Foods That Cause You To Lose Weight,” just clip and mail the coupon below or call toll-free: **1-800-XXX-XXXX** today.  
*You will be glad you did.*

Mail to: Isabelle Martin

1357 Broadway, PMB 110, New York, NY 10018

CODE HERE

Send me “**Foods That Cause You To Lose Weight**” for \$19.95 along with my **FREE Bonus Gift.** If I am not 100% satisfied, I may return your plan within 90 days for a prompt and full refund - no questions asked. And no matter what I decide, the bonus gift is mine to keep free.

Payment enclosed by  Cash  Check or  Money Order payable to: Isabelle Martin.

Credit card:  VISA  MasterCard  DISCOVER  AMERICAN EXPRESS

Card No.: \_\_\_\_\_ Exp. Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Signature: \_\_\_\_\_

Name: \_\_\_\_\_

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Email Address: \_\_\_\_\_

Phone (just in case): \_\_\_\_\_