

**“The Key To Effective Fat Loss:
Work WITH Your Biology...
NOT Against It!”**

Free Fat Burning Lesson

By Sean Nalewanyj
www.HowToBurnFat.com

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About The Author

Sean Nalewanyj

www.HowToBurnFat.com



Once an awkward, out-of-shape “social outcast”, Sean Nalewanyj is now a renowned fat loss and muscle building expert, best-selling fitness author and success coach.

Sean has been researching and promoting natural fat loss and bodybuilding techniques for the past decade, has written articles for dozens of the most popular fitness sites on the web, and is recognized as an expert authority on the subjects of building muscle and burning fat fast.

Through his highly successful website, www.HowToBurnFat.com and his information packed online email lessons (visit his website using the link above for signup details), he has helped thousands of average everyday people from all over the world burn fat, build muscle and get into the best shape of their lives.

Sean is well known as the creator of the renowned online body makeover program, “[The Real Body Transformation System](#)”, which teaches people how to burn fat, increase their muscle definition and look their best without supplements, drugs, fad diets or fancy equipment of any kind.

The full package includes his best-selling e-book, “**The Truth About Burning Fat**”, along with a detailed collection of fat loss support modules and free bonus gifts. The system is backed by a ton of dramatic before/after success stories and is also endorsed by several top fitness experts in the field.

In a weight loss world where intense marketing hype and exaggerations have become the norm, Sean is well respected for his direct, no-nonsense approach. He admits that getting into impressive shape is not a walk in the park, but believes without a doubt that he can help anyone achieve the body they desire as long as they are willing to put forth the effort.

You can read more about Sean and his full-blown fat loss success system by [clicking here](#) to visit his website.

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Sean is also the author and creator of a best-selling natural bodybuilding program known as "[The Muscle Gain Truth No Fail-System](#)". If your primary focus is to build overall muscle size and strength, this program is for you.

This explosive muscle building package contains every single tip, trick and strategy you need to achieve a powerful, jaw-dropping physique without spending countless hours in the gym or slaving away to a tedious diet plan.

Lastly, Sean is the owner and operator of "[The Muscle Building & Fat Loss Inner Circle](#)"... A private, members-only body transformation community dedicated to keeping subscribers up to date on all of the most cutting edge fitness strategies available.

Not only do M.F.I.C members gain access to a massive library of regularly updated muscle building and fat burning information, but they are also able to meet, chat and make friends with one another using the vast collection of "interactive" applications provided, such as instant messaging, discussion forums, live chats and more.

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WAIT!

Before you go any further, take 2 short minutes to visit my personal website using the link below and sign up for my free 6-part fat burning email course.

It's called "**6 Critical Keys To Rapid Fat Loss Revealed**" and will teach you even more great no-nonsense tips for maximizing your body's fat burning capabilities.

You'll also have the chance to download the first 2 chapters of my widely acclaimed e-book "**The Truth About Burning Fat**" at no cost.



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The Key To Effective Fat Loss: Work WITH Your Biology; NOT Against It!

In today's edition I'm going to be explaining to you why making large reductions to your overall calorie intake and meal frequency will actually work against you, and cause you to gain more fat over the long run rather than lose it.

You see, when most people make the decision to lose weight and get into impressive shape, they fall victim to the false logic that the less food they eat, the more fat they'll lose.

They naturally want to see results as quickly as they possibly can, and as a result they begin placing huge restrictions on the number of calories that they consume each day as well as the number of meals that they eat.

While it might seem to make sense on the surface, the reality is that this "crash dieting" approach is literally one of the most harmful and counterproductive things you could possibly do if your goal is to burn off body fat and keep it off over the long run...

This is one of the major reasons why the vast majority of people fail

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miserably when they begin a fat loss program. It's because they follow a method that works *against* their body's natural biology rather than with it.

Let me explain this further...

The human body is a very intricate and highly complicated system that is hard-wired with the ultimate goal of keeping you alive and healthy at all times. It is riddled with all kinds of natural defense mechanisms and survival responses that are used to react to potentially threatening situations.

Thousands of years ago we didn't have the privilege of a readily available source of food, and we often had to endure days on end without any nutrition at all. We were forced to hunt and gather in order to fill our stomachs, and the conditions were harsh and uncertain. As a result, the body had to come up with a way to keep us alive and healthy during these times of "famine".

You see, your body has no idea that there is a fridge full of food 10 feet away from you, and when you deprive it of the calories it needs each day for optimal functioning, this "stone-age" survival mechanism kicks into gear.

What exactly happens?

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2 major adjustments are made, and they are directly counterproductive to your goal of a lean, shaped and defined body...

First of all, the fat burning metabolism dramatically slows down.

Body fat is simply a stored form of energy, and in an effort to conserve this energy for future use, the body will begin holding on to it rather than burning it. During periods of severe calorie restriction, the metabolic rate can slow down by up to 40%.

Secondly, your levels of lean muscle tissue will begin rapidly wasting away.

Muscle is metabolically “expensive” tissue and requires a lot of resources to build and maintain. In an effort to further conserve energy and to obtain a source of much-needed protein, the body will begin breaking down and wasting away your lean muscle tissue.

In fact, around **half** of the weight that you lose during a crash diet is muscle tissue.

To sum these 2 points up...

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When you deprive your body of the calories and nutrients it requires for proper functioning, you begin storing more body fat while simultaneously losing muscle mass.

It's the ultimate double-whammy, and is the virtual opposite of what you should be trying to achieve.

But things get even uglier when we take a closer look...

It's not just that this type of dieting approach prevents you from attaining the lean and in-shape body you desire, but it actually takes you in the opposite direction.

When your body is placed into periods of severe calorie restriction, it naturally increases the production of a powerful fat-storing hormone called lipoprotein lipase that actually programs you to store higher-than-normal amounts of calories as fat.

Couple this with the large decrease in lean muscle tissue (and thus a further slow-down in the metabolic rate since muscle is metabolically active and burns calories on its own), and you're now left with a body that is setup to begin gaining even more weight than you started with.

Once you return to eating normally again, the same number of calories

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that you used to eat to maintain your weight now actually forces you to gain weight due to the metabolic changes that have taken place in your body.

So, how do we avoid all of these negative effects? How do we structure an approach that forces the body to consistently BURN fat rather than store it?

Work WITH your natural biology; NOT against it!

Stop trying to go against the grain and force your body into fat burning submission. Instead, use an approach that works with your body's natural chemistry and gently stimulates it to gradually burn fat over a longer period of time.

How exactly does one go about "working with their biology" in terms of a concrete nutritional approach?

There are 2 main ways...

1) Create only a SLIGHT caloric deficit through your diet.

It's no secret that in order to burn body fat, your caloric intake must be smaller than your caloric expenditure. In other words, you must burn

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more calories than you consume. In doing so, you will stimulate the body to tap into its fat stores in order to obtain a source of energy.

The problem with most fat loss programs is that they involve such a large caloric deficit that while body fat may be burned off, large amounts of muscle tissue are also lost and all of the harmful “starvation responses” I just outlined are triggered.

The solution is to make use of a very slight caloric deficit that will gently “coax” your body into gradually burning fat while maintaining muscle mass.

A good general guideline for this is to consume 15-20% fewer calories than is needed to maintain your current bodyweight. As a rough general figure, this usually equates to consuming about 11-13 calories per pound of overall body weight in calories each day.

2) Maintain a high meal frequency.

Instead of the traditional notion of “3 square meals a day”, start getting into the habit of consuming between 5-7 smaller meals a day spaced every 2-3 hours.

It may seem counter-intuitive to consume a greater number of meals daily

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in order to lose body fat, but in truth this is one of the most important dietary steps you could possibly take.

When you go for around 3 hours or more without a meal, the same starvation mechanisms we previously outlined are triggered. The fat burning metabolism slows down, muscle mass is wasted away, your energy levels drop and you begin travelling farther away from your goals rather than closer to them.

In order to keep your body's rate of fat burning elevated around the clock, you must provide it with a steady stream of nutrients in order to keep it out of starvation mode and to prevent any incentive it might have to hold on to stored body fat.

Not only will this method of "grazing" allow you to burn more fat each day, but it will also allow you to preserve lean muscle mass as well as improve your energy levels and digestion processes.

The take-home message of this lesson is simple: if you're serious about achieving a lean, shaped and defined body and maintaining it over the long run, a gentle, gradual dietary approach is the only realistic solution.

If you try to make harsh, drastic changes that work against your biology

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rather than with it, your body will always react in a defensive way and will make it increasingly difficult for you to get into the shape you desire.

Focus on a small caloric deficit through your diet, maintain a high meal frequency and ensure that you are providing your body with all of the nutrients it requires for proper functioning.

Such an approach will keep your fat burning metabolism elevated, preserve your lean muscle tissue, and will set you up for healthy, long-term fat burning results that no crash-diet could ever produce.

Are You Ready To Achieve Your Dream Body?



If you're ready to put all the talk aside and start taking action towards achieving a lean, sexy and impressive body...

Congratulations!

I commend you on your decision to do what it takes to get into impressive shape. Most people never have the courage to take that step, and instead spend their entire lives unhappy and unsatisfied with the way they look and feel.

While the information in this lesson will help you lay the groundwork for an effective fat burning and muscle-sculpting program, the truth is that there are **many** other factors to take into account if you *really* want to achieve dramatic results quickly.

There is such an obscene amount of false information out there, and if you don't have the right training and nutrition system in place you'll be literally guaranteed to fail in the long run... or you'll at least slow down your progress considerably.

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That's exactly why I created "[The Real Deal Body Transformation System](#)".

This full-blown system includes my best-selling e-book, "**The Truth About Burning Fat**", along with a detailed collection of fat loss support modules and bonus items.

I'm talking step-by-step workout routines... customized eating plans... progress tracking tools... mp3 audio courses... video lessons... bonus reports... and much more. It's every single tool you need to slash fat, define your body and enhance your health & energy levels in lightning speed.

No hype, no fluff, no filler... Just the **honest** facts from a genuine expert who truly cares about your success and makes a living transforming people's bodies and lives.

Don't take my word for it though...

Just check out what other people are saying about my renowned fat loss system...

“I Feel Strong & Healthy... I Can Finally See My Abs!”



I've had several knee surgeries and spent 2 years laying in bed, on walkers, in a wheel chair and on crutches... My health was failing, I felt sick all the time, and decided it was time to do something about it... I'm happy to report that my body weight dropped from 227 pounds down to 199 pounds, and my body fat percentage went from 27% down to 10%!

Matthew Eubanks
Montana, USA

“This Can Be Done... Even After Having 4 Kids!”



I love how your program explains everything to the point, and doesn't confuse us with any fancy scientific lingo. All the tools are given - we just have to apply them. I started off at a plump size 16, and now fit comfortably into a size 4. My energy levels have increased, and I'm not afraid to wear tight-fitting clothes anymore. I'm so proud of what I've achieved!

Sandra Peebles
Georgia, USA

“Can Date Just About Any Girl I Want”



Since beginning the program my body fat has dropped down to an impressive 10%, and my entire physique is more defined and muscular than I could have ever imagined. I never get made fun of anymore. All of my friends say they wish they had my body! And guess what? I got the girl! In fact, I can date just about any girl I want now.

Logan Amy
Indiana, USA

“I Wasn’t Even This Fit In High School”



The strategies in your program are great. Nutrition really is 90% of the battle! Doesn't matter how much cardio you do if you aren't eating properly... I started at 175 pounds and am down to 112, and went from a size 14 to a size 4. I have way more energy and confidence... I used to get migraines all the time, but not anymore... People actually come up now and ask me for advice!

Dara Wiles

“I Feel Amazing... My Whole Life Has Changed...”



I was constantly fatigued, and was never in the mood to spend time outside with my boys like a father is supposed to. I started off with 25% body fat and weighed 242 pounds... I'm now at 10% body fat at a weight of 198! I even quit my job and started my own business... I'm now making 3x my previous salary because I finally have the energy to be a success!

Willem Steynberg
Port Elizabeth, South Africa

“I’m Getting Noticed More By Guys Now!”



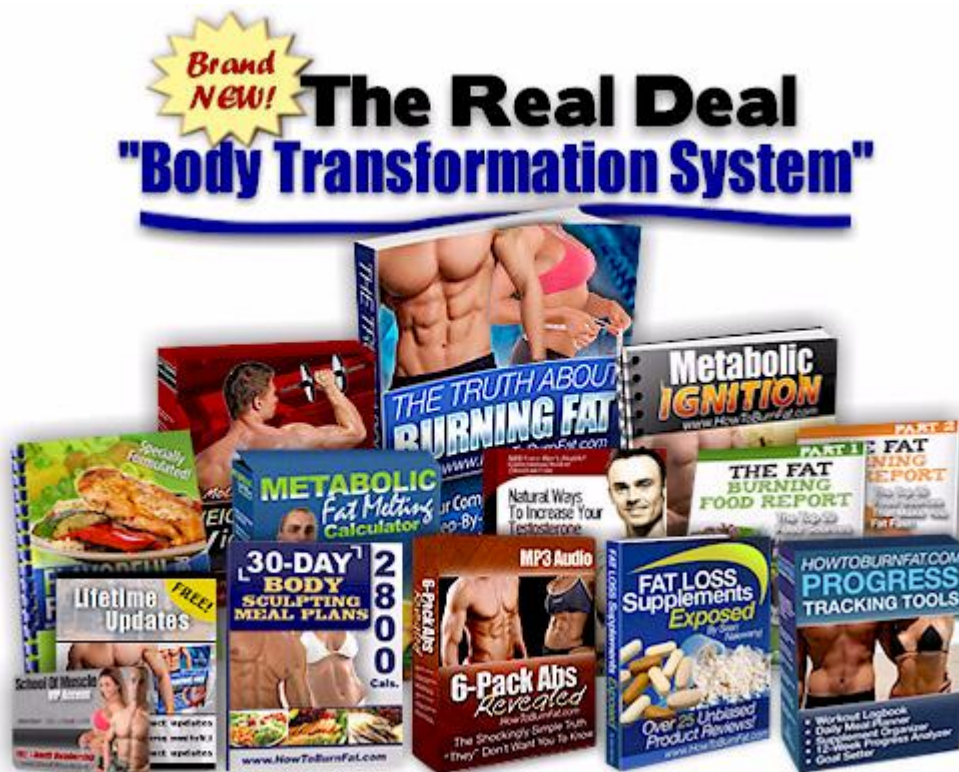
I was an athlete in high school, but once I went off to college my weight got out of control. I was sick and tired of being unhappy with my body... I just wanted to feel confident in a bikini again. I ended up slimming down from 176 pounds all the way down to 135! I now feel confident with myself... I love going out in public and dressing up, because I feel hot! I'm even getting noticed more by guys now...

Lindsay Fullerman

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If you're ready to get started and finally achieve the lean, sexy, head-turning body you've always dreamed of, just click the link below to get started...

The program is backed by a full 8-week money back guarantee... So you have absolutely **nothing** to lose. (Except the fat!)



[Click Here To Get Started!](http://www.HowToBurnFat.com)

Here's to your brand new body,

www.HowToBurnFat.com

Additional Product Information

Learn more about Sean's other 2 best-selling fitness products below...

“The Muscle Gain Truth No-Fail System”

Complete Muscle Building Success Kit

www.MuscleGainTruth.com



Learn the exact step-by-step strategies for maximizing your muscle size and strength gains and achieving a powerful, head-turning body in lightning speed.

Contains the best-selling e-book, “The Truth About Building Muscle” along with a comprehensive collection of support modules and bonus items.

[Click Here For More Information](#)

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Online Fitness Support Community

www.FitnessInnerCircle.com



A private, members-only body transformation community that keeps you up to date on all of the most cutting edge fitness strategies available.

You'll also have the chance to meet, chat and make friends with other members from all over the world...

[Click Here For More Information](#)