

RAPID BURN

BLUEPRINT

A FRAMEWORK FOR RAPID WEIGHT LOSS



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Rapid Burn Blueprint

A Framework For Rapid Weight Loss

This guide will teach you how to lose weight fast. Other resources claiming to do the same thing, expect you to use willpower. They demand you force yourself to stay on a hellish diet until the weight comes off.

Hunger cravings force most people to quit those diets after one day. When you know how to control the cravings, any diet becomes easy.

For more information on creating a lifestyle to reach your health goals, check out our website: [Healthy Concepts](#)

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Chapter One

Introduction



This guide will teach you how to lose weight fast. Other resources claiming to do the same thing, expect you to use willpower. They demand you force yourself to stay on a hellish diet until the weight comes off.

Hunger cravings force most people to quit those diets after one day.

When you know how to control the cravings, any diet becomes easy.

If you've thought about becoming a Vegan or Vegetarian, the Rapid Burn Blueprint can also help you break your addiction to meat.

The Rapid Burn Blueprint can help you shed weight fast without the hunger of other diets such as Juice Cleanses.

A key component of the Rapid Burn Blueprint is an easily digestible protein that won't burden your system.

We like protein because unlike carbohydrates that cause hunger, protein keeps you satiated:

Studies found that elevated protein consumption plays an important role in stopping hunger through increased satiety (the feeling of fullness.) We experience this because protein increases the amount of heat your body produces, which is called thermogenesis when it digests protein.

Source: <https://pubmed.ncbi.nlm.nih.gov/15466943/>

You'll also enjoy the detoxifying benefits typically associated with juice cleanses WITHOUT the high sugar intake.

In particular, we'll focus on cleansing the liver, and restoring it to optimal health.

As you'll learn, the liver plays a vital role in burning fat. A staggering number of people have a damaged liver caused by poor eating habits or drinking too much alcohol.

You don't have to live off junk food or binge drink everyday to damage your liver. Even a small amount of alcohol or unhealthy food can take its toll over time.

If you've dieted and did not lose weight, there's a change a crippled liver was to blame. When you heal your liver, your metabolism will naturally go up, and you'll start burning stored fat.

We'll also talk about food addiction.

We want to do more than help you lose a lot of weight in a short period of time - we want to help you stay healthy for the rest of your life.

Helping you break your addiction to food is the best way to do that.

This guide is meant to be read in one sitting. We had over a 100 pages of personal anecdotes and boring stories about the history of different diets ready to be published.

We edited it all out.

You find a lot of “filler” in health and fitness guides. They write 15 pages of advice and sandwich it in between 200 pages of stories and background information.

We trimmed this guide down to the bare essentials to make it as easy as possible for you to consume the content, and start benefiting from it.

We suggest you stay on the Rapid Burn Blueprint for 10 days to achieve the best results, but even 3 days can deliver noticeable weight loss and a shift in your attitude towards food.

We will go over the components of the Rapid Burn Blueprint first, then map out the system for you towards the end.

As you continue to read this guide please note that we sometimes refer to the Rapid Burn Blueprint as “the Blueprint” for short.

You’ll hear a lot about “systems” as you continue to read this guide.

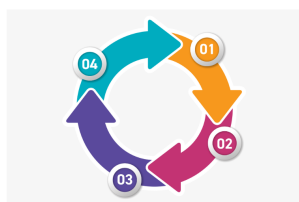
Most weight loss guides talk about “goals”. The Rapid Burn Blueprint is designed to be as mindless (we mean that in a good way) as possible.

A big part of that will be focusing on the process (system) instead of the outcome (goals).

This shift in thinking is our important first lesson...

Chapter Two

Systems vs Goals



A goal is something to reach. You achieve it, and that's the end.

Yo-yo dieters are world class goal setters. They bust their rump to get in shape - then after they hit their goal, go back to their old bad habits and become out of shape again.

A system is something you permanently adopt. A healthy lifestyle system is a shift in the way you treat dieting that will keep you fit and healthy for the rest of life. It's a powerful new attitude to embrace.

Sticking To A System Is Less Stressful

A healthy weight loss system liberates you from the stress of looking down at the scale and seeing that you didn't hit your weight loss goal.

Of course, you could argue that the systems vs. goals is just bickering over words that mostly mean the same thing. And you can't escape that you're adopting this system with the end goal of losing weight.

What we want to move you away from is the old dieting mindset that teaches you...

- Everything's a struggle until you reach your goal
- When you hit your goal you're finished

The first point is a toxic attitude to have. Unfortunately, it's typically the way losing weight is portrayed.

You have to struggle and sacrifice... You're miserable until you achieve your goal. This attitude is one of the main reasons people put off losing weight.

The whole ordeal seems bloody miserable!

The second point is one that doesn't get talked about enough. For many people overeating is a disease as serious as alcohol or drug abuse.

For some reason the media and health industry doesn't treat overeating the same way they treat other addictions, but it's just as deadly and addictive as drugs and alcohol.

You should treat recovering from a food addiction the same way an alcoholic treats alcohol addiction. With urgency and respect, because your life can literally depend on it.

Even if you only have a couple pounds to lose, treating your current bad habits as a serious health problem is beneficial because **every overweight person, no matter how large, at one point only had a couple pounds to lose.**

Success And Failure Are Clear With A System

Did you or did you not stick to the system? If you did, you succeeded. If you didn't, you failed. It's simple and clear.

Goals are more convoluted.

Say you weigh yourself and find you gained a pound or two when your goal was to lose weight. Did you fail?

What if you haven't gone to the bathroom, or drank a large glass of water? That could account for a 1 or 2 pound difference.

Failing to achieve a goal you set for yourself is demoralizing, and can make you want to give up.

Instead of saying you'll lose X amount of pounds by a certain date, commit to following a system.

We Can Learn A Lot From Recovering Alcoholics

Unlike many dieters, recovering alcoholics don't hit a goal of staying sober for x amount of days and consider themselves cured. The successful ones develop a system for staying sober.

This may include avoiding being around alcohol altogether

It could mean going to places where alcohol is served and only drinking water

Or, if you find drinking water at a bar leads to ridicule from the other patrons, you can adapt your system and drink something that looks like an alcoholic drink, soda water & lime for example.

You Have To Want It

The greatest system in the world is useless if you don't follow it.

You have to want to lose weight for this to work. Obvious, right?

You'd be surprised at how many people say they want to lose weight, but really don't care if they do or don't.

Don't be the person who doesn't care. You can get so much more out of life when you look and feel good.

A Curious Thing Happens When You Have A System

For many of you, bad eating habits are ingrained in you.

Eating bad isn't a choice anymore, it's just something you do. It's who you've become.

A system can change that.

A little unconscious alarm goes off in your head. You're not fully in control of the decision, but your body is telling you "it's time for pizza, or soda, or something else awful for you"

If you try to fight it, the craving bleeds into your conscious thoughts. It dominates your mind if you try to resist...

With a system you'll say to yourself "alright, my body is signaling that it's time to eat something" Then you'll ask yourself which approved food you want to eat.

You're not fighting hunger. You're using a system to reprogram the way you eat.

It sounds simple, but deciding ahead of time that you're only going to consume healthy food when cravings arise is powerful.

You'll also discover that most of your eating up until now has not been for survival.

Overeating is a bad habit you picked up, and if you don't do something about it, it can turn into food addiction.

As you begin to follow this system you'll notice something remarkable happens...

- Your autopilot response that typically leads to you eating junk will be triggered

- You'll become aware and give yourself permission to eat something healthy
- Your body just goes "never mind"

As you continue to respond to every craving by giving yourself permission to eat healthy food, the cravings start to go away.

You'll slowly erase bad old habits and replace them with new healthy habits.

Becoming a better version of yourself is what you can achieve with the right system. And unlike reaching a goal, a system can help you keep the results for life.

Our next lesson is a system that can help you silence hunger cravings, and more...

Chapter Three

Easy System That Shuts Down Hunger and Makes You Energized and Focused



How you start your day matters. It REALLY matters if you're prone to finding any little excuse to throw your diet aside and make a day your cheat day...

"I had a pastry for breakfast so I'll eat whatever I want for the rest of the day and go back on my diet tomorrow".

It never works. It can take days to get into a healthy eating groove, and minutes to put you back on the junk food train. Starting your day off healthy sets the tone.

When you follow what's outlined below you'll feel the benefits right away - the energy and mental clarity, a lightness to your step. And despite having drastically fewer calories than the typical "all American" breakfast, you'll find this will hold you over until lunch without nagging hunger pangs dominating your thoughts.

Coconut Oil: The Perfect Food To Feed Your Body First Thing In The Morning

Would you like to be the kind of person who rolls out of bed and has a productive morning? The kind of person who hits the gym, then starts crossing projects off their to-do list? If so, then you need to start putting coconut oil in your system when you wake up.

Coconut oil has too many health benefits to list. The important one, and the reason you want to start your day with it, is that coconut oil is a fast-acting energy source.

Experts fed mice two different types of fat, coconut oil and lard (animal fat), and compared how their bodies processed them. They discovered the fatty acids in coconut oil are shorter in length. What that means is it's easier for the fatty acids in

coconut oil to enter your mitochondria, which are the parts of cells that produce energy. What that means is your body can use the fatty acids from coconut oil more efficiently as a source of energy, than it can fatty acids found in animal fats like lard.

Source:

<https://www.garvan.org.au/news-resources/news/how-coconut-oil-could-help-reduce-the-symptoms-of-type-2-diabetes>

The medium-chain triacylglycerols (MCTs) found in coconut oil are also proven to reduce hunger and help you eat less.

Researchers studied 12 healthy males to study how eating fat at breakfast influenced how much someone eats later in the day.

Researchers gave the 12 participants four different breakfasts that were high in carbs. One breakfast had no fat. The other three had...

1. MCT oil
2. Monounsaturated fat
3. Saturated fat

The study measured the hunger level of the participants throughout the day, how soon they asked for lunch, and the amount of food they ate at lunch. Here's what they discovered: Those who ate MCT oil took longer to ask for lunch than those who ate the low-fat lunch. The MCT oil group also ate less at lunch.

Source:

[https://pubmed.ncbi.nlm.nih.gov/9701177/#:~:text=Abstract,\(MCTs\)%20or%20monounsaturated%20triacylglycerols.](https://pubmed.ncbi.nlm.nih.gov/9701177/#:~:text=Abstract,(MCTs)%20or%20monounsaturated%20triacylglycerols.)

Coconut oil can also restore thyroid health which will help you lose weight.

Instructions: Take 1-2 tablespoons. Make sure you buy cold pressed coconut oil NOT oil that's been extracted with heat or a solvent.

Caution: There's no nice way to put this, but coconut oil (any oil, really) can make you go to the bathroom if you consume too much at one time. Start with a small amount and see how your body responds.

Green Tea: There's A Reason Everyone Tells You To Drink It

You probably knew green tea was going to be here. There's a reason almost everyone who helps people lose weight recommends green tea - it works!

Like coconut oil, green tea has too many health benefits to list. Let's run down the important ones...

Green tea contains something called EGCG polyphenol which helps increase your metabolism:

Research found that EGCC can help you burn fat by boosting your metabolism.

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7922336/>

Green tea can help suppress your appetite...

Green tea impacts two chemicals in your body called norepinephrine and dopamine which are hormones connected to your sympathetic nervous system. When you drink green tea and activate norepinephrine and dopamine one of the happy side effects is that you reduce your desire to eat.

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6627400/>

Green tea can give you energy...

The American Journal of Clinical Nutrition found that catechin polyphenols and caffeine in green tea increased the amount of energy your body uses, which in turn helps you burn more fat.

Source: [https://ajcn.nutrition.org/article/S0002-9165\(22\)04202-2/fulltext](https://ajcn.nutrition.org/article/S0002-9165(22)04202-2/fulltext)

Instructions: Have 1 or 2 cups of green tea in the morning. Don't leave the tea leaves in the water too long - your tea will turn bitter. Brew your tea in hot water for 3-4 minutes.

Don't buy grocery store tea bags. Buy high quality, loose leaf tea. Mass market tea doesn't have enough of the good stuff we're looking for (EGCG's and antioxidants). High-quality tea only seems more expensive because you typically buy it in bulk. If you bought a box of tea bags, emptied them out, and weighed them

you'll find quality loose leaf tea is about the same price, or even less per pound.

Drink Filtered Water:

Not much needs to be said about the benefits of drinking water. Your body needs it. It fills you up. It flushes waste out of you. It's amazing, and we suggest drinking a lot of it. You want to drink filtered water to avoid consuming chlorine, lead, and other contaminants found in drinking water.

Instructions: Drink a gallon of water a day (not all at once)

Exercise: Overrated Fat Burner - Great For Stopping Hunger

Want to treat yourself to an energy drink and energy bar after your workout? Congratulations, you likely just consumed more calories than you burned.

Exercise is overrated when it comes to burning fat. Unless you're Lance Armstrong cycling full speed for 6 hours a day, you're probably not going to burn more than 150 calories during an "average person" workout.

And if you think you can keep eating fast food everyday and work it off in the gym, you're dreaming.

Listen, I'm not saying burning a couple extra calories a day is bad. I just want you to know that it won't make a difference if you don't control what you eat - and that's where the real benefit of exercise comes into play.

Working out can reduce hunger.

An old 2008 study taught us that a vigorous 60 minute aerobic workout affects the release of two key appetite hormones, ghrelin and peptide YY. The study found that hunger was suppressed during and immediately after vigorous aerobic exercise.

A vigorous 60 minute workout sounds like hell to us. And finding an extra hour every day is a challenge for busy folks. Thankfully, new developments in interval training have chopped the time needed to achieve the hunger reducing benefits of exercise in half.

Researchers recruited overweight, but otherwise healthy young men in their 20s or 30s to participate in the study that tested three different methods of exercise.

- Idly reading or otherwise resting for 30 minutes
- Riding an exercise bike continuously for 30 minutes at a moderate pace
- A more demanding session. 30 minutes of intervals, riding one minute at 100 percent of their endurance capacity, then riding gently for 4 minutes.

Here are the results published in the New York Times...

“Before and after exercise and rest, the scientists drew blood from the men to check for levels of various substances known to influence appetite. They also provided their volunteers with a standardized liquid breakfast at the end of each 30-minute session. Then, about 70 minutes later, they let the men loose on a table loaded with a sweetened but bland porridge. The researchers wanted to avoid rich aromas or other

aspects of food that might influence the men's desire to eat; they hoped to isolate the effects of pure appetite — which needs to be robust to make porridge enticing. As it turned out, gruel was quite appealing to the men after resting or pedaling moderately; they loaded their bowls. But their appetites were noticeably blunted by each of the interval workouts, and in particular by the most strenuous 15-second intervals. After that session, the men picked at their porridge, consuming significantly less than after resting or training moderately. They also displayed significantly lower levels of the hormone ghrelin, which is known to stimulate appetite, and elevated levels of both blood lactate and blood sugar, which have been shown to lessen the drive to eat, after the most vigorous interval session than after the other workouts. And the appetite-suppressing effect of the highly intense intervals lingered into the next day, according to food diaries that the men completed. They consumed fewer calories during the subsequent 24 hours after the very intense 15-second intervals than after any of the other workouts”

A word about intense exercise: Most people hear the word “intense” and think of sprinting or punishing crossfit training. If you're carrying 150 pounds of excess weight, walking up stairs can be more intense than a fit person sprinting.

If your heart rate is elevated and you're breathing heavily, you're engaging in intense exercise. For some of you, doing intervals where

you break into a brisk walk, then slow it down to a normal pace is all it will take to achieve the appetite suppressing benefits of exercise.

Relax And Breathe: You're A Little Hungry, You're Not Starving

You can become addicted to food. And going without food can cause stress, panic and anxiety in the same way going without alcohol can cause an alcoholic stress, panic and anxiety.

In most cases the panic is irrational. Going on a reduced calorie diet is not the same as starving. Of course, you have to pay attention to your body, especially if you're physically exerting yourself, not having your stomach stuffed with food all day is not the torture some make it out to be.

It's important to not let the hunger panic grow by fighting it with willpower. That usually backfires and you end up not only giving in, but gorging yourself.

The following is a simple exercise to calm you down when hunger panic strikes. It's from the YogaJournal.com and it's designed to out-smart the stress-eating circuitry

- Take a seat in a chair, one without arms, if possible.
- Turn to your right and sit sideways on the chair.
- Twist your upper body to the right. As you hold the back of the chair with each hand, twist gently. This does not need to be vigorous for it to work.
- Now, bring your attention to your belly and your breath.
- With each exhale, allow any tension in your body or mind to

melt.

- Soften the skin and let your shoulder blades melt down your back.
- Soften between your eyebrows and relax your jaw.
- Practice this for 1 to 2 minutes on each side.

If you're in public, or feel this too "new age" we get it. Simply sitting up straight, breathing deep into your stomach, holding it for two seconds and releasing will work just fine.

Some people scoff at this. But you know how that tiny hunger pang grows, and triggers stress and anxiety. If you pay attention to this process, you'll notice your breathing becomes shallow as the hunger panic kicks in (if you have poor posture that's not helping). A few minutes of deep breathing can silence the hunger.

Nootropics: "Smart Supplements" That Can Help You Lose Weight & Possibly Make You Smarter

Diet and exercise are the stars of the weight loss show. Everyone wants a new way to eat, or a new way to workout. Of course they're both important (diet much more so than exercise), but there's more to helping your body achieve its full fat loss potential.

A new category of supplements called "Nootropics" or "Cognitive Enhancers" address two problems many overweight people live with, and prevent them from losing weight. I'm talking about stress and poor sleep.

If you've done everything you were supposed to do to lose weight - ate right, worked out - and your body refused to shed weight, stress and poor sleep might be to blame.

The Nootropic that can help you with both problems is called “L-Theanine”.

It's inexpensive and you don't need a prescription to buy it. You can find it in the natural supplement section of most health stores or online.

Stress and poor sleep patterns can cause a spike in cortisol. That leads to excess insulin production, which triggers weight gain.

Weight gain isn't the only health problem associated with elevated cortisol levels. There's increased carbohydrate cravings, fatigue, and a compulsion to eat.

L-Theanine naturally reduces stress and helps you sleep better. This slows the release of cortisol, which reduces food cravings. You might also experience a mild euphoric feeling when you take L-Theanine. It really is a delightful supplement!

Nootropics are a fascinating subject to get into. The leading pioneers are computer hackers who use them to stay focused while coding for 20+ hours straight, and Biohackers who use Nootropics to push the limits of human potential.

Instructions: 50mg - 200mg of L-Theanine is recommended. You should avoid taking L-Theanine everyday because your body will build up a tolerance for it.

After you finish the Rapid Fat Loss Framework, take a break from using L-Theanine for a week, then use it as needed.

Pea Protein: Finally, A Natural Protein Powder With Almost Zero Carbs

We've given up trying to find a good tasting protein powder that's low carb. There's a few that use stevia instead of sugar that taste alright, but you look at the label and the ingredient list is a mile long filled with unpronounceable chemicals.

So all the yummy powders like Chocolate Mocha are off the table. Next, We looked into plant protein powders. Hemp protein was pretty good. Kind of a nutty taste with a respectable 10 grams of carbs per serving.

Then we stumbled upon "Pea Protein" You won't believe the nutritional stats on this stuff. 22 grams of protein and 1 gram of carbs. ONE CARB!. And when you check the ingredients label on most brands you find just one thing "yellow pea protein isolate".

Sounds pretty good right? It gets better. The stuff is dirt cheap. We pay just \$17 for a 2.2 pound bag on Amazon.com

Pea protein powder is also easy on your stomach. Dairy powders can be hard to digest.

About the taste. Yeah, it's not great. It's not bad either, just kind of bland. It mixes well with water and down the hatch it goes.

Instructions: Follow the serving recommendation of the label

This wonderfully simple way to start your day will dissolve stress, release endorphins, silence the hunger signals, supply you with hours of energy, and boost your metabolism.

Next we'll share a list of foods that you can literally eat as much as you want and not gain weight. In fact, there's evidence that some are so low in calories that you burn more calories digesting them than the food contains.

You can eat as much of these special foods as you like on the Rapid Fat Loss Framework...

Chapter Four

Negative Calorie Foods



For most people trying to lose weight, food is the enemy. The following foods might not be glamorous, but they will work for you, and not against you. With the exception of spinach, these foods don't have a lot of nutritional value - but they will fill you up.

You might be tempted to replace 100% of your diet with the items found below. While the result would certainly be extreme weight loss, we caution against it.

What follows is a weight loss loophole. Something to give you an edge in the fight against fat.

These foods help you to lose weight because they contain such a small amount of calories that it takes as much, or more calories to digest them, than the food itself contains. An example would be a food that contains 7 calories, but takes 10 calories for your body to break down and digest.

The benefit of these foods is that you can eat as much of them as you want, and not worry about gaining weight. Just chewing on something can often be enough to satisfy your body's urges to eat.

To get the most out of these foods you should eat them uncooked.

Celery

One stalk of celery contains just 5 calories. Celery burns calories in 3 ways. First, if you've ever eaten celery you know it takes some work to chew, and with 1 stalk containing just 5 calories the chewing alone can burn up a decent percentage of the calories. Celery also contains fiber, so it takes some work for your body to break down. Lastly, because celery should be eaten raw straight from the refrigerator it will be cold, and your body will burn stored calories to keep your body temperature normal.

You might be thinking that chewing, digesting, and your body heating up cold food are trivial tasks that burn a trivial amount of calories. You're right. But when the food itself is so low in calories it doesn't take much to break even, or even burn more calories than the food contains.

Ice Water

Water, as you probably know, contains zero calories. But drinking ice water can actually cause you to burn calories because your body uses stored calories to keep your body temperature around 98.6 degrees.

Ice water is significantly cooler than your normal body temperature, so drinking ice water instead of room temperature water will cause your body to burn extra calories in order to bring its temperature back to normal.

Spinach

Spinach is loaded with vitamins and minerals. It also helps keep your body alkaline.

1 cup of Spinach contains 7 calories

Mushrooms

The typical white button mushrooms sold in stores are great in a salad, or for garnish.

1 cup of mushrooms is 15 calories

Cucumber

Cucumber is a good source of vitamin C, vitamin K, and potassium. They also provide some dietary fiber, vitamin A, vitamin B6, thiamin, folate, pantothenic acid, magnesium, phosphorus, and potassium.

1 cup of cucumber only contains 16 calories.

Iceberg Lettuce

Iceberg lettuce is a staple in salads. It doesn't have much nutritional content, but it's filling and inexpensive.

1 cup of iceberg lettuce is 10 calories

We'll explain the exact role negative calorie foods play in the Rapid Fat Loss Framework system in just a minute. But next we have to talk about a health issue that's stopping millions of people from being able to lose weight...

Chapter Five

Fatty Liver



A fatty liver can cause havoc on your body. A few of the major health problems triggered by a fatty liver are:

- Cirrhosis
- Diabetes
- Heart Disease
- Kidney Disease
- And more....

It's not just your liver you're putty at risk by not addressing a fatty liver - it's your entire body.

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8626571/>

Most people know alcohol abuse damages your liver. A poor diet can do the same. Around 10 to 20 percent of Americans have too much fat in their liver, but since the early symptoms are subtle, it's hard to tell there's a problem.

Many attribute the symptoms of an unhealthy liver, such as lack of energy and slow metabolism, to "getting old". Caring for your liver can make these problems go away. You'll feel invigorated rather than sluggish.

The liver turns what we eat into energy

Our liver turns the food we eat into energy.

From the "Pathophysiology of the Digestive System" published by Colorado State University:

Carbohydrate Metabolism

It is critical for all animals to maintain concentrations of glucose in blood within a narrow, normal range. Maintenance of normal blood glucose levels over both short (hours) and long (days to weeks) periods of time is one particularly important function of the liver. Hepatocytes house many different metabolic pathways and employ dozens of enzymes that are alternatively turned on or off depending on whether blood levels of glucose are rising or falling out of the normal range. Two important examples of these abilities are:

- Excess glucose entering the blood after a meal is rapidly taken up by the liver and sequestered as the large polymer, glycogen (a process called glycogenesis). Later, when blood concen-

trations of glucose begin to decline, the liver activates other pathways which lead to depolymerization of glycogen (glycogenolysis) and export of glucose back into the blood for transport to all other tissues.

- When hepatic glycogen reserves become exhausted, as occurs when an animal has not eaten for several hours, do the hepatocytes give up? No! They recognize the problem and activate additional groups of enzymes that begin synthesizing glucose out of such things as amino acids and non-hexose carbohydrates (gluconeogenesis). The ability of the liver to synthesize this "new" glucose is of monumental importance to carnivores, which, at least in the wild, have diets virtually devoid of starch.

Fat Metabolism

Few aspects of lipid metabolism are unique to the liver, but many are carried out predominantly by the liver. Major examples of the role of the liver in fat metabolism include:

- The liver is extremely active in oxidizing triglycerides to produce energy. The liver breaks down many more fatty acids that the hepatocytes need, and exports large quantities of acetoacetate into blood where it can be picked up and readily metabolized by other tissues.
 - A bulk of the lipoproteins are synthesized in the liver.
 - The liver is the major site for converting excess carbohydrates and proteins into fatty acids and triglyceride, which are then exported and stored in adipose tissue.
 - The liver synthesizes large quantities of cholesterol and phospholipids. Some of this is packaged with lipoproteins and

made available to the rest of the body. The remainder is excreted in bile as cholesterol or after conversion to bile acids.

Protein Metabolism

The most critical aspects of protein metabolism that occur in the liver are:

- Deamination and transamination of amino acids, followed by conversion of the non-nitrogenous part of those molecules to glucose or lipids. Several of the enzymes used in these pathways (for example, alanine and aspartate aminotransferases) are commonly assayed in serum to assess liver damage.

- Removal of ammonia from the body by synthesis of urea. Ammonia is very toxic and if not rapidly and efficiently removed from the circulation, will result in central nervous system disease. A frequent cause of such hepatic encephalopathy in dogs and cats are malformations of the blood supply to the liver called portosystemic shunts.

- Synthesis of non-essential amino acids.
- Hepatocytes are responsible for synthesis of most of the plasma proteins.

Albumin, the major plasma protein, is synthesized almost exclusively by the liver. Also, the liver synthesizes many of the clotting factors necessary for blood coagulation.

SOURCE: <http://www.vivo.colostate.edu/hbooks/pathphys/digestion/liver/metabolic.html>

Symptoms Of A Fatty Liver

When your liver becomes filled with fat, it can cause or contribute to a range of health issues. It can even be deadly.

Most people ignore the early symptoms of a fatty liver, or they blame it on getting old, not getting enough sleep, not eating right, depression, or simply not feeling well.

The early symptoms of a fatty liver include:

- Tired / No energy
- Swelling in the upper abdomen (where your liver is located)
- Excessive sweating
- Excessive abdominal fat
- Difficulty losing weight
- Difficulty concentrating

You can reach a tipping point where your liver becomes so deteriorated that you can no longer restore it back to health without medical help. Liver pain and yellow skin are warning signs that you may have a serious medical condition that requires professional help. If you feel you have reached that point, see a doctor.

Fortunately, the liver can heal itself as long as it's not severely damaged. The Rapid Fat Loss Framework is an important first step in helping repair your liver so that your metabolism and energy levels run high.

Chapter Six

Liver Cleansing Lemonade



The “Master Cleanse” is a detox diet that’s been around since the 1940’s. In a world of fad diets, people still use the Master Cleanse for better health and weight loss.

It has stood the test of time.

The cornerstone of the Master Cleanse is the lemonade. It’s made with filtered water, lemons, cayenne pepper, and grade B maple syrup. The only other Master Cleanse ingredients are salt water and sometimes a laxative tea.

You’ll notice the only real source of calories (aside from the few you get from the lemon juice) is the maple syrup. That’s a problem because

maple syrup contains a lot of sugar, and with no fiber or other solid food to buffer it, that maple syrup is quickly absorbed by your body - which elevates your insulin levels. That's something we want to avoid.

Without maple syrup, the Master Cleanse becomes a starvation diet

Excessive sugar is one of the reasons "juice cleanses" are so hard to do. When you consume sugar in liquid form with no solid foods, it's immediately absorbed by your body. You get a brief boost of energy, and then you crash. Sugar is also addictive - you always want more. In short, the sugar in juices makes anyone doing a juice cleanse tired and hungry. That's why it's so much harder to do a juice cleanse compared to the Rapid Fat Loss Framework.

The Rapid Fat Loss Framework borrows the Master Cleanse lemonade, and because we've discovered healthier sources of calories we cut out the sugar-filled maple syrup and replaced it with a natural sweetener that has zero calories called stevia.

The Liver Cleansing Lemonade recipe

- Filtered Water
- Stevia
- Cayenne Pepper
- Organic Lemons
- Fresh Ginger or Ginger Powder

Here are the measurements for a single serving:

- 10 Ounces Filtered Water
- ½ Teaspoon Stevia (or to taste)
- 2 Tablespoons Lemon Juice (approx ½ of a Lemon)
- 1/10 Teaspoon Cayenne Pepper (you can use cayenne capsules if it's too spicy to drink)
- Teaspoon of Grated Ginger or ¼ teaspoon of Ginger Powder

The Cayenne pepper might seem unnecessary, but it's important. The pepper helps break up mucus and increases healthy blood flow. It will elevate your metabolism and reduce hunger. It's also a good source of B and C vitamins.

How ginger helps your liver.

In a study of 44 people Nonalcoholic fatty liver disease, researchers found that ginger greatly improved certain aspects of Nonalcoholic fatty liver disease when compared to a placebo:

- Lower levels of liver enzymes and signs of less liver damage
- Reduced inflammation markers
- Enhanced insulin resistance
- Less fat build up in the liver

SOURCE: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4834197/>

You cannot substitute concentrated lemon juice. Use freshly squeezed lemons.

This is a surprisingly good tasting drink. The cayenne gives it a nice punch. We'll explain how much to drink each day below.

Chapter Seven

The Benefits Of Detoxifying Your Body



Our food is loaded with chemicals. The air we breathe is polluted. We're surrounded by germs and bacteria. Over time it takes its toll on your body.

In addition to helping you lose weight, the Rapid Fat Loss Framework will help flush out the waste that's built up inside you over the years. You'll be amazed at how the simple act of feeding your body healthy fat, plant protein, and the other recommended foods can make you feel so energized and alive.

When you consume food that's not only ultra-healthy, but very easy to digest, you remove a tremendous burden from your body. When this burden is lifted, your body has the resources to heal and cleanse itself.

This isn't a new discovery. People have been fasting for health benefits for a very long time.

What we've done is discovered specific foods that place a minimal burden on your body so you can enjoy the benefits of fasting, while providing you with the nutrients you need so you're not starving yourself.

Why Your Body Needs To Detoxify

You've probably seen colon cleanse stories about how our body's are loaded with 30+ pounds of undigested food. The amounts of waste typically claimed are exaggerated, but it is true that waste can become compacted and difficult to expel from your body when a person is constantly eating hard to digest foods like meat and dairy.

The low burden the Rapid Fat Loss Framework places on your digestive system gives your body a chance to remove the old waste that's built up over the years.

Another benefit to eating ultra-health foods that don't burden your body is that you'll reduce a nasty stress hormone called Cortisol...

Chapter Eight

The Western Diet And Cortisol



It's hard to list all the terrible health problems Cortisol contributes to. We'll touch on the main ones, but first, what is Cortisol?

Cortisol is a steroid hormone that is made by the adrenal glands. Most cells in our body have cortisol receptors. So when you have a Cortisol problem your whole body feels it. Secretion of Cortisol is controlled by the hypothalamus, the pituitary gland and the adrenal gland.

Cortisol is a crucial hormone created by your adrenal glands.
Some of its tasks in your body are:

Managing Stress: Cortisol helps your body recover from stressful situations

Regulating Energy: Cortisol controls how your body uses the energy created from food

Controlling Inflammation: Cortisol keeps inflammation in check

Regulating Blood Sugar: Cortisol helps keep your blood sugar levels stable

Despite its bad reputation as the "stress hormone" Cortisol can be very helpful. It's when Cortisol levels get out of balance that it can become a problem.

Source: <https://my.clevelandclinic.org/health/articles/22187-cortisol>

It's good that our body releases Cortisol when we're under stress - like if you're being mugged for example.

As you can imagine, having your body constantly flooded with the hormone that gets released when you're under attack is not good, and that's exactly what happens when you consume a typical high-carb western diet.

But stress isn't the only health problem caused by Cortisol...

Cortisol and Your Bones:

Cortisol can weaken your bones over time by interfering with the cells that create and break down bone tissue. This can cause osteoporosis which is a condition where your bones weaken and become brittle.

Cortisol Effects Collagen:

Collagen is an important protein that keeps your skin looking young and your bones and muscles healthy. Cortisol slows collagen production which increases signs of aging.

Cortisol and Electrolytes:

Electrolytes are minerals that your body needs to survive. Cortisol interferes with how your kidneys process electrolytes which causes an imbalance in your body. It can increase potassium loss which can cause heart problems. Cortisol can increase sodium retention which increases your blood pressure.

S o u r c e :
<https://igntu.ac.in/eContent/IGNTU-eContent-309675977600-M.Sc-Zoology-2-Dr.PadmasanaSingh-MolecularEndocrinologyMZZT204-5PartII.pdf>

What Causes Elevated Cortisol Levels?

Stress of any kind, including the stress of dieting can cause elevated levels of cortisol. If you've ever placed yourself on a restrictive diet you've probably experienced stress or even panic after the first day.

The steps outlined in the chapter "Easy System That Shuts Down Hunger and Makes You Energized and Focused" will help you eliminate the stress of dieting. You'll also learn more ways to reduce the stress of dieting in a later chapter.

Lack of sleep, or poor quality sleep can elevate Cortisol. If you want to lose weight fast you need a good night's sleep. It can improve every aspect of your life.

If you do everything right and you're not losing weight, you might have sleep apnea. This is a serious health problem many people, especially overweight individuals have and don't even know. If you don't get it taken care of it can be deadly. If you can't afford, or don't want to see a doctor at least download a "sleep apnea app" for your phone. Set it next to your bed to find out if you're having difficulty sleeping. It's obviously not a substitute for a doctor, but it can help monitor your sleep and let you know you're having trouble breathing as you sleep.

Overtraining releases Cortisol. You should avoid exercising too much because it can place a tremendous amount of stress on your body. A 30 minute session with a few short, high-intensity bursts is all you need if you're a beginner.

As you get in better shape you can slowly push yourself harder, but take it easy if you're new to working out.

Chapter Nine

More Ways To Ease The Stress Of Dieting



We talk a lot about stress. People who give advice on weight loss and don't talk about managing stress don't understand the nature of food addiction, and the mental suffering people trying to lose weight go through. Learning how to overcome the stress of dieting is as important as eating healthy and exercise.

Many health and fitness publishers, especially those in the “natural health” space, tell people to stop taking prescription

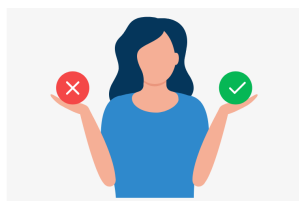
drugs and use the natural products they recommend instead. We feel that's reckless. If you wish to move away from prescription antidepressants, we feel the information here can help you, but it would be wrong to tell you to stop taking medicine a doctor prescribed.

The supplement "L-Theanine" mentioned in the "*Easy System That Shuts Down Hunger and Makes You Energized and Focused*" chapter is the best product we know of for dealing with the stress of dieting. But we want to suggest two milder products that can help relieve stress, depression and anxiety.

- Magnesium oil: Magnesium oil is a well-studied product that helps ease stress and anxiety. You apply it directly to your skin (don't worry, it's not greasy). Magnesium oil is also used for muscle and joint pain
- Chamomile: The University of Pennsylvania Medical Center found that people with anxiety who took chamomile supplements for eight weeks had a significant decrease in anxiety symptoms. A cup of Chamomile is a nice way to relax before bed.

Chapter Ten

Force Yourself To Eat



Hunger starts out as an annoying little signal alerting you to eat. If you try to suppress it, it grows into something that's almost impossible to resist.

Don't let your hunger grow into a ravenous craving before calming it using what you've learned in this guide. If you're constantly doing that, eventually the craving will get the best of you and you'll cheat.

You should force yourself to eat before you get hungry. We call it strategic nourishment. It's best to set an alarm on your phone to remind you. Doing this will stop hunger cravings before they start.

You might be saying to yourself “it sounds like this takes the joy out of eating” to which we reply “good!”

Our culture’s growing weight problem is due in large part to the fact that we now associate food with more than just survival:

This shift from “eating to live” to “living to eat” has a lot to do with the advertising we’re exposed to. One of the principles of advertising is to link positive emotions to the product. If you watch a McDonald’s™ commercial you’re likely to see a parent bringing their children to McDonald’s™, and as the children devour their happy meal they adorn their parents with loving smiles.

The underlying message is, if you want to be a good parent, and have your children love you, bring them to McDonald’s™.

In reality, if you loved your children, and cared for their health you wouldn’t let them near a McDonald’s™.

Soft drink commercials try to link their product to “extreme” behavior. Their advertising shows young, attractive people consuming their product then jumping off a cliff, snowboarding down a steep mountain, and living life on the edge.

Drinking soda will not give you the courage or the ability to accomplish any of the activities shown in their advertising. And if you drink too much soda you’ll likely end up overweight and increase your chances of getting diabetes. And you can forget about snowboarding down a mountain when that happens.

Breaking The Connection Between Food And Emotions

When you follow the advice in the Rapid Fat Loss Framework you will automatically reprogram the way you feel about food. The Framework

will change you into a more body conscious person who willingly gives up eating junk food without sacrifice or willpower.

The Rapid Fat Loss Framework teaches you to eat so that your body performs its absolute best - NOT to eat for comfort - and NOT to eat out of habit or addiction.

You will train yourself to naturally avoid junk food. Part of this is psychological, but part of it is physical as well. Eating clean and ultra-healthy, even for just 10 days can cause a change that makes it hard to go back to eating unhealthy because it can literally make you sick to your stomach.

That greasy cheeseburger and 30oz soda will feel like a lead ball in your gut. For some, just the smell of a fast food restaurant will make them queasy.

Your body naturally wants to be in a state of good health. The Rapid Fat Loss Framework will help you move toward that.

Breaking bad eating habits and replacing them with good ones is not that hard. Anyone, no matter how old or how young, can do it, but there is no magic pill. You will have to follow the system.

Chapter Eleven

Change Can Be Hard



Somewhere buried inside your head is a stubborn part of your mind that hates change. It's a real bastard. Everything can be going great... you have hunger and stress under control, you're happy, productive and energized. But some part of you will tell you not to eat healthy because that's what you've always done.

Simply being aware that this will happen can help you deal with it. Stay vigilant. Allow the change to a healthier you to take place.

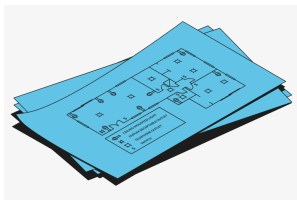
Creating new habits can be challenging but research shows that once we've created those new habits they don't take con-

scious effort to maintain. This frees up mental energy we can apply to other things.

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3505409/>

Chapter Twelve

How To Do The Rapid Fat Loss Framework



We've already covered the components of the Rapid Fat Loss Framework, explained the importance of dealing with stress and anxiety when losing weight, and made our case for using a system instead of setting goals.

Now we'll lay out the exact steps you should follow to complete the Rapid Fat Loss Framework.

We suggest you follow these steps for 10 days.

Step 1: Start Your Day Right

When you wake up you are most vulnerable to hunger cravings. Your body has gone hours without eating, and will typically fire off a signal for nourishment that if you try to ignore will grow into something that will take super-human amounts of willpower to resist.

The Rapid Fat Loss Framework is designed to succeed without willpower. Our system relies on ultra-healthy foods and supplements that...

- Nourish your body
- Eliminate cravings
- Give you energy
- Make you happy & stress-free

A big part of making the Rapid Fat Loss Framework work is nourishing your body before cravings get out of control.

When you wake up in the morning the first thing you want to do is follow the “Easy System That Shuts Down Hunger and Makes You Energized and Focused”

You’ll find all the information in the chapter above, but here are the cliffnotes:

- Take 1-2 tablespoons of coconut oil
- Have a glass Green tea
- Water
- 30 minutes of Interval Exercise
- Deep breathing exercise

- A serving of pea protein
- 50mg - 200mg of L-Theanine

With the exception of Interval Exercise, starting your day with this routine is incredibly easy.

About the exercise:

We urge you to do 30 minutes of Interval Exercise each day when you wake up. But we realize some of you can't do it, and some of you will choose not to do it. At the very least do 5 minutes of exercise. It's far from ideal, but it will at least get your heart rate up and give you some sense of accomplishment. That last part, a "sense of accomplishment" is more important than you might think.

We'll be returning to some of the items from the "Easy System That Shuts Down Hunger and Makes You Energized and Focused" throughout the day.

Step 2: The Rest Of The Day

1. During the rest of the day we will return to some of the items mentioned above
2. You may consume as many "Negative Calorie Foods" listed in an earlier chapter as you care to eat. Here they are again:
 - Celery
 - Ice Water

- Spinach
- Mushrooms
- Cucumber
- Iceberg Lettuce

1. You may drink as much of the “Liver Cleansing Lemonade” as you care to drink, but don’t add ginger to more than 2 servings because too much ginger can irritate your stomach.

Nourish Your Body Before You Get Hungry

There is no schedule for when you should consume these items. The one rule is to nourish your body before you get hungry. A general rule is to consume some of the suggested food every 3-4 hours. It’s better to eat too much than too little.

If you don’t properly nourish your body you can experience irritability and headaches. It’s easy to lose track of time and go 5-7 hours without eating. This is bad. Avoid this by setting an alarm on your phone reminding you to eat.

Your daily food and drink totals are as follows:

- Take 1-2 tablespoons of coconut oil **(2-4 times a day)**
- Glass Green tea **(2-4 times a day)**
- Gallon of water a day **(Total for the day - not all at once)**
- Serving of pea protein **(2-4 times a day)**
- Negative calorie foods **(as much as you like)**

- Liver Cleansing Lemonade (**as much as you like but don't add ginger to more than 2 servings**)

Here's a chart that's broken down into two parts - nourishing your body and dealing with hunger/stress.

We also included a separate copy of the chart that you can find in the file you downloaded when you purchased this guide in case you wanted to print it out

	Nourishment	Hunger/Stress
Food Items	Coconut Oil Pea Protein Liver Cleansing Lemonade Spinach	Water Green Tea Mushrooms Cucumber Iceberg Lettuce
Supplements	Multivitamin (optional)	50mg - 200mg of L-Theanine Magnesium oil Chamomile
Exercises		Deep Breathing 30 Minutes Interval Training

Easing Off The Rapid Fat Loss Framework

Other diets put your body through hell. The only source of calories for many of them is fructose (the sugar in fruit and vegetables). This makes transitioning back to a normal diet difficult. Your stomach will be tender and solid food can shock your system.

The Rapid Fat Loss Framework was designed to avoid the difficult transition phase back to normal eating.

You'll be consuming fiber, protein, and fat like you normally would, but it will be in a healthy, easily digestible form. The transition back to normal eating should not be a problem as long as the foods you eat after the Framework are reasonably healthy.

Three things that can give you trouble coming off the Rapid Fat Loss Framework:

- A large amount of sugar: A big dose of sugar immediately following the Framework will send shockwaves through your system. Avoid it.
- Greasy food: Any heavy, fried, cheesy, greasy food will give you trouble. It will feel like a bowling ball in your stomach. Avoid it.
- Large portions: Your body will have adapted to a light diet. If your first meal off the Framework is a heaping plate food that you wolf down, you'll feel sick and bloated. Avoid it.

We Recommend Staying On The Rapid Fat Loss Framework For 10 Days

10 days is the perfect amount of time to achieve weight loss and break an addiction to unhealthy eating. You can enjoy decent results in as little as 3 days, but 10 days in the recommended amount.

We suggest waiting 4-6 weeks before back on the Rapid Fat Loss Framework.

For Those With Physically Demanding Jobs Or Lifestyles

If you have a physically demanding job or lifestyle, your body may require more nourishment than what's listed above. The solution is simple: Add more coconut oil and pea protein. If detoxing your body is not that important, you may also add a serving of meat.

We also suggest taking a multivitamin while following the Rapid Fat Loss Framework if you're placing a great demand on your body.

Substituting Items

The food and beverage items listed above are ideal, but you can make the following substitutions if you like:

You can substitute coconut oil with:

- Flaxseed oil
- Olive oil
- Avocado oil

You can substitute green tea with:

- White tea

You can substitute pea protein powder with:

- Hemp protein powder
- Various powdered greens products that are high in protein and don't contain sugar or artificial sweeteners

Chapter Thirteen

What You Can Expect To Experience



You'll go through a lot of changes when you do the Rapid Fat Loss Framework.

The Framework itself is extremely different from your current dieting habits. It's a major change, and that will cause reactions from your body. We've developed a system that eliminates hunger better than any diet ever created, but that does not mean you can't be tempted by food.

Eating habits become ingrained into our subconscious. Even when you're not hungry, you can find yourself wanting to eat. You have to be

mindful of these urges and tell yourself to STOP. Then give yourself permission to eat the foods that are part of the system.

You'll find that the urge to eat is rarely for survival and when you give yourself permission to eat something healthy, the urge often goes away.

Your Body Will Usually Take A Couple Days To Adjust

Restricting your diet and not eating anything your heart desires can be uncomfortable at first. You'll find a small part of your mind may act like a stubborn baby when it doesn't get its way. The discipline of sticking to the Rapid Fat Loss Framework will silence this part of your mind.

The first day is the hardest. You'll likely experience irrational nervousness from not surrendering to your body's every urge to keep eating the way you're used to.

Follow the system and you'll be fine.

The discipline and pride you get from finishing the Framework will trickle over into other parts of life. Discovering you have the ability to follow a system when a part of you wants to resist is a remarkable skill that can help you achieve much more than weight loss

You Can Ease Into The Rapid Fat Loss Framework

We've given you techniques for overcoming the pitfalls of other similar weight loss programs. If you still find it difficult, it's alright to spend the first day or two easing into the Framework. You can allow yourself one "normal" meal as long as it doesn't contain sugar, excessive grease, or a lot of carbs.

If there's some rice or potatoes, that's fine, just don't eat a large portion.

Follow the advice in this guide for the rest of the day.

There's no shame in not being able to follow the full Rapid Fat Loss Framework starting on day one. Food addiction can be hard, and we understand the physical and psychological challenges that come with breaking that addiction.

Allowing yourself one normal meal can help you comfortably transition into the Framework.

The Right Way To Count Carbs On A Food Label

Like us, you probably keep track of what you put in your body.

How much protein. How many calories and what not.

The way most people do this is by reading food labels.

And what's the one thing you probably care about almost as much (maybe more) than calories per serving?

Total Carbohydrates.

Here's something that might make you mad...

Did you know that on food labels in the US you'll find grams of fiber listed on its own but they also include fiber in "Total Carbohydrates"?

Now, yes, fiber technically is a type of carbohydrate.

But since fiber is not broken down by your body, it does not contribute any calories.

So fiber isn't the type of carb that makes us puts on weight or jacks up our blood sugar.

Yet, on a food label, grams of fiber are added to total carbohydrates.

Can you believe that?

Let's look at the food label for one of our favorites, Flaxseed, to show you what we mean.

Nutrition Facts	
Serving Size	100 g
Amount Per Serving	
Calories 534	
	% Daily Value
Total Fat 42g	85 %
Saturated Fat 3.7g	18 %
Sodium 30mg	1 %
Total Carbohydrate 29g	10 %
Dietary Fiber 27g	108 %
Sugar 1.6g	
Protein 18g	36 %
Vitamin A 0 % • Vitamin C 1 %	
Calcium 26 % • Iron 32 %	
Daily values are based on 2000 calorie diet.	

As you can see Flaxseed is listed as having 29 grams of carbs per serving.

Seems kind of high for a healthy food like flax seed, doesn't it?

Now take a look at the dietary fiber.

Remember, they add fiber to the total carbs so we need to do our own math and subtract that out.

27 grams of dietary fiber!

So the total amount of "carbs that matter" in Flaxseed is a scant 2 grams per serving.

Suddenly a lot of fiber-rich foods doesn't seem so unhealthy.

If you'd like to know more about reading food labels the University of California has a helpful page online at <https://dt.c.ucsf.edu/>

Visits To The Bathroom

You can experience frequent trips to the bathroom while on the Rapid Fat Loss Framework. Coconut oil, especially when taken on an empty stomach is usually to blame. You can minimize the impact the oil has on your body by consuming small servings, or consuming some "Negative Calorie Foods" before the coconut oil.

Increased Energy And Focus

It's common to feel lighter, more focused, and energized while doing the Rapid Fat Loss Framework. The typical western diet places a tremendous burden on your body.

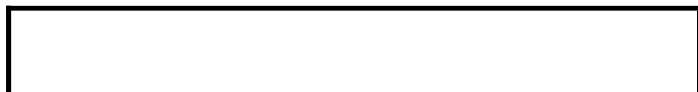
When you go on a strict diet of ultra-healthy foods that are easy to digest your body is no longer under that tremendous burden. You'll feel the difference right away, and it's spectacular!

People are quick to diagnose themselves with ADD, but if you have trouble focusing, your diet could be to blame. Rollercoaster insulin levels can make it hard for you to concentrate.

Difficulty concentrating is also a side effect of a fatty liver.

You will not experience insulin peaks and crashes on the Rapid Fat Loss Framework.

If you're used to laying around the house because you don't have the motivation to do something, this surge of energy may feel strange. Some people interpret the experience as feeling nervous, but that's because you'll find it difficult to sit and do nothing when you're bustling with energy. Don't let it go waste. Do something productive.



Most people with chronic fatigue don't know what's causing it and don't realize they can do something about it. You can do something about it. Change the way you eat!

From Pessimist To Optimist In 10 Days

Energy levels and happiness go hand in hand. If you don't have the energy to do anything you won't be happy. If you're not an active person - if you lay around the house all day - you won't be a happy person.

Anything you want to achieve in life starts with having the energy to do it.

Unlike fruit juice or maple syrup cleanses that advise you to take it easy because you're undernourished, we advise you to stay active. Don't push yourself too hard, but have some projects lined up to channel your energy into because sitting around with nothing to do will drive you nuts.

This newfound burst of energy will make you happy.

Are There Side Effects?

Most rapid weight loss diets come with a long list of side effects you have to suffer through. Headaches, body pain, and insane hunger are the most common ones. The Rapid Fat Loss Framework was developed to be free from side effects. As long as you remember to strategically nourish your body before you get hungry, you'll be fine.

If you go too long without nourishing your body, you can experience irritability and possibly headaches. When doing the Rapid Fat Loss Framework, It's better to eat too much than too little.

Staying On The Rapid Fat Loss Framework For More Than 10 Days

The Rapid Fat Loss Framework is not as extreme as other diets, but it is somewhat restrictive. We don't advise you to stay on it for more than 10 days at a time.

You can however, modify the Framework so it's safe to stay on as long as you like. You do that by simply adding one well-balanced meal to your daily routine. By "well balanced" we mean lean protein, healthy fat, fiber, and a moderate amount of carbs. The ideal caloric content of the meal should be between 500-700 calories.

For the rest of your daily meals keep following the Rapid Fat Loss Framework.

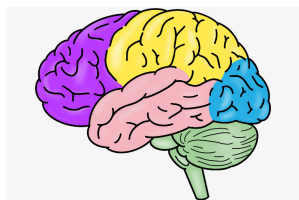
Can You Drink Coffee?

Coffee can be good for an energy boost and it can increase your metabolism a little, but it's a stimulant that can also stress your body.

Our advice is to do the Framework without coffee, or with decaf coffee if you can't live without it - just don't put sugar or cream in it.

Chapter Fourteen

Get Your Mind Right Before Starting



We kept this guide intentionally short.

It's intended to be read in one sitting so you can get started right away. Most people pad their books with hundreds of pages of filler. One of the subjects others like to go on-and-on about is positive thinking.

Listen, we're big proponents of positive thinking, and a key to succeeding at anything is making sure you don't sabotage yourself with

negativity. But the internet is filled with more free content on positive thinking than you could consume in your lifetime.

There's advice from CEO's, Coaches, Ex-cons, Yogis, Surfers, Soldiers, and every other type of high-achiever you can think of.

So before you start, head over to YouTube or Google and find an expert on the subject that resonates with you.

Absorb what they have to say success, positive thinking, facing challenges, and use that advice to motivate you.

Plan Lots Of Distractions

A lot of overeating is done out of boredom. If you sit on your butt all day doing nothing, your odds of finishing the entire 10 days go way down. With nothing else to occupy your mind, we can almost guarantee your thoughts will drift towards food, and you'll drive yourself mad thinking about it.

So, get off your butt and do something. Go for a hike. Build a birdhouse. Do yard work. Or, stay sitting on your butt and read, or play video games... anything that keeps your mind occupied is fine. TV however, is not a good choice. It's too passive and we tend to space out and think about other things while watching it.

You Can Add Meat

If weight loss is your only concern, you can integrate meat into the Rapid Fat Loss Framework.

You will lose some of the detoxing benefits, however. If that doesn't bother you, you can add meat as long as...

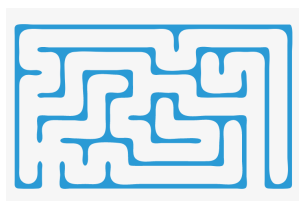
- It's not breaded, like fried chicken, for example
- It's not coated in a sugary sauce, like barbecue sauce for example

Ideally, the meat should be baked or grilled, but you may also fry it with a healthy oil or organic grass fed butter.

If you do add meat, keep it to one serving a day.

Chapter Fifteen

What If You Cheat?



It happens to the best of us...

If you cheat, try not to make it catastrophic. Don't eat a **whole** pizza.

More importantly, don't use slipping up at one meal as an excuse to binge for the rest of the day.

The "I'll call today a cheat day and start off fresh tomorrow" attitude is familiar to almost everyone who struggles with their weight.

You've probably told yourself that lie dozens of times.

One good thing about slipping up, especially if you've experienced the calm, focused, energized feeling you get from following the

Framework for a couple days, is that within minutes of unhealthy food entering your body you'll notice a steep downgrade in how you feel.

Your poor diet has always punished your body, but it's only in contrast to feeling amazing that you notice how terrible eating unhealthy makes you feel.

Soak up how bad it makes you feel.

Burn that rotten feeling into your brain, so that the next time you get the urge to cheat every cell in your body will cry out - NO!

Chapter Sixteen

After The Rapid Fat Loss Framework



Your body can adjust in a remarkably short period of time. You'll likely notice two things after you finish the Rapid Fat Loss Framework:

1. **Unhealthy food will cause your body to revolt:** A few French fries or a thin slice of cake might not make a noticeable difference, but you'll find your body will not tolerate an entire unhealthy meal. But if you push through the discomfort you can re-train your body to better tolerate unhealthy food.

2. Smaller portions of food will satisfy you: One thing you'll discover about your body is that it doesn't need a large amount of food to function at a high level. It requires a lot less than people imagine. But when you transition off the Framework your old autopilot habits may kick in, and you'll find yourself unconsciously loading up your dinner plate with a mountain of food. **STOP!** Cut the portions of every meal in half. Part of you might say "it's not enough", but trust us, it will be. Take your time eating, wash it down with a glass of water, and after you finish you'll find that a smaller meal was more than enough food.

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Changing bad habits is an active process. Stop sleepwalking through meals and become conscious of what you put in your body and how it makes you feel. Pay attention to the energized feeling you get from ultra-healthy foods that don't burden your body. Also pay attention to how fattening foods make you irritable, tired, and unable to concentrate. Build a new mental connection so that every time you think about eating unhealthy foods, those bad feelings wash over you. It won't happen right away, but in time you'll train yourself to crave eating healthy and be repulsed by eating unhealthy.

The Art And Science Of Cooking Healthy

Cooking is equal parts art and science.

The “science” part of cooking has made some incredible advancements recently.

Smart, creative people figured out how to make healthy versions of almost all of your favorite foods.

And we’re not talking about replacing sugar with a chemical tasting artificial sweetener or that health store bread that tastes like loosely packed together dirt.

There are now ways to recreate healthy versions of your favorite foods that taste divine.

If you poke around online you can find recipes for breads, desserts and other healthy versions of foods that were traditionally “off limits” if you were trying to stay in shape.

You can replace sugar with zero calorie alternatives like Stevia and Monk Fruit.

You can replace traditional flour with almond flour, coconut flour, and chickpea flour.

Making healthy versions of your favorite foods looks easy at first. You just swap out sugar and flour for healthy alternatives a bang-bang-boom you got yourself a meal that’s good for you. Truth is, it can be tricky learning to cook with these new ingredients. We suggest the following recipe websites to help you out:

<https://www.choczero.com/blogs/recipes>

<https://lowcarbyum.com/recipes/>

<https://www.skinnytaste.com/recipes/low-carb/>

These websites will show you how to keep your fluffy loaf of bread from turning into a hard pancake.

Have You Thought About Going Vegan Or Vegetarian?

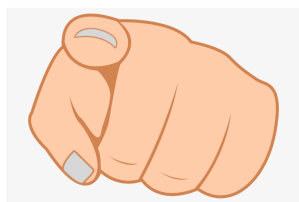
If you've been kicking around the idea of going Vegan or Vegetarian, now is a perfect time. After 10 days on the Rapid Fat Loss Framework, bad eating habits and mental hang-ups about food will be under control. If moving to a Vegan or Vegetarian diet is something you'd like to try, there will never be an easier time than immediately following the Rapid Fat Loss Framework.

You will have to research to learn how to achieve peak performance with these diets. This is not a guide for how to eat healthy as a Vegan or Vegetarian, but the trap many who eat this way fall into is - too many carbs and not enough protein.

If you decide to become a Vegan or Vegetarian, take some time to understand the right way to fuel your body without animal products.

Chapter Seventeen

It's Up To You



You have to use these techniques.

“Of course” you might say, but some people won't bother. They'll read this book. Agree with it, not follow the advice, and not lose any weight. Apathy, procrastination, and fear of change are difficult to overcome.

Follow the system and you'll be fine.

If you do experience hunger pangs, consume the suggested foods and drinks, use the breathing techniques, do a short burst of intense exercise and you'll be fine. You're not going to starve. You're giving your body everything it needs to function, break its food addiction, and release excess body fat.

It may seem bad, but think of all the awful things humans around the world are currently enduring (and oftentimes not complaining

about) and now focus on you stressing over wanting pizza instead of a healthy protein drink.

- We know how it feels to want nothing more in the world than to stuff 3000 calories worth of fat and carbs down your throat
- The trance you go into where food is all you can think about
- What it's like to fight the cravings at 3am before giving in and walking to the gas station for chips and candy
- What it's like to eat a meal so large that you hate yourself after
- What it's like to lose control and eat so fast that you're breathing heavily when you're finished...

Relax.

Follow the system and you'll be fine.

The Personal Demon We Can't Help You Conquer

It will get the best of many of you, unfortunately. The scenario will play itself out something like this...

You will follow the advice in this guide and start to get results.

You'll feel great. Cravings will be under control. You'll find the process relatively effortless.

Then you'll stop for no reason.

We've observed this over and over.

It usually starts with you experiencing a tiny hunger signal. It can happen any time, but typically happens when you're not busy and your mind is not occupied (when you're in bed or zoning out in front of a computer or TV).

You know what the system advises you to do. Have some plant protein or coconut oil or water or green tea or lemonade or negative calorie foods to satisfy the hunger.

You can also exercise or use the breathing technique to take your mind off eating.

But you'll choose not to do any of those things, and the hunger will grow into something that dominates your thoughts.

At any time you could follow the system and make the hunger go away, but you'll choose to fail.

You were getting results. You felt great. It was easy to follow. But you stopped.

You'll find yourself in the fast food drive through or online getting a food delivery.

Cravings won't cause it - you'll have that under control. For some reason you'll just decide to stop.

Why?

We do not know.

But we do know that this will be the fate of many of those who read this guide.

How can you prevent it?

Follow the system and you'll be fine.

Chapter Eighteen

Bonus: Get An Added Boost



Here is a list of supplements and resources that work well as a follow-up to the **Rapid Burn Blueprint**.

The following is for educational purposes only. We do not recommend you take the supplement we're about to tell you about for weight loss. If we get feedback that people are abusing the following supplement, this information will be edited out.

Serolean

Serolean is a weight loss supplement that works through a unique mechanism involving natural ingredients. The key to its effectiveness lies in its ability to boost metabolism and enhance fat burning processes.

Unlike traditional weight loss solutions, Serolean takes a more nuanced and comprehensive approach. It not only focuses on fat burning but also supports overall health and well-being. This includes providing a natural energy boost and promoting serotonin levels, which can help in managing mood and appetite.

[Click here to learn more about Serolean](#)

Hypothyroidism Solution

This is a digital guide created by Jodi Knapp, a health practitioner, and promoted by Blue Heron Health News. The product aims to help individuals manage and potentially reverse hypothyroidism through dietary changes and natural methods.

If your weight issues are related to hormone or thyroid problems, this guide will help you understand how to address this in a comprehensive way.

[Click here to learn more about Hypothyroidism Solution](#)

Nagano Tonic

Nagano Tonic is a morning tonic that jump-starts a slow metabolism, boosts energy and makes losing weight a breeze.

It is an all-natural powdered supplement that can be mixed into water or your favorite beverage.

Formulated from a mixture of herbs and nutrients used daily by the people of Nagano, who are the leanest, healthiest, and longest-living population not only in Japan but in the world.

[Click here to learn more about Nagano Tonic](#)

Sumatra Slim Belly Tonic

SumatraTonic is a natural supplement designed to support energy levels, mental focus, and overall well-being. It is formulated with a blend of adaptogenic herbs and other natural ingredients that are intended to enhance vitality and resilience to stress .

It's effectiveness is attributed to the synergistic action of its ingredients. Adaptogenic herbs such as Rhodiola and Ashwagandha help the body adapt to stress and promote balance, while natural stimulants like caffeine or green tea extract provide an immediate boost in energy and alertness. Vitamins and minerals that support cognitive function and energy metabolism contribute to overall health and vitality, making SumatraTonic a comprehensive supplement for enhancing physical and mental performance.

[Click here to learn more about Sumatra Slim Belly Tonic](#)

LeanBliss

LeanBliss is a natural 'ozempic' alternative.

Unstable blood sugar levels may contribute to weight gain and influence cravings and fatigue.

LeanBliss is designed to help manage blood sugar levels, potentially reduce cravings, and assist in weight management.

[Click here to learn more about LeanBliss](#)

LeptoFix

LeptoFix works by targeting leptin resistance, a condition where the body does not respond properly to leptin's signal to stop eating. This resistance can lead to overeating and weight gain. The supplement uses a blend of 22 natural plant extracts, including Mushroom Maitake, Vitamin E, Leaves of Graviola, Red Raspberries, and Korean Ginseng, to improve leptin signaling processes and boost metabolism.

By enhancing leptin signaling, LeptoFix helps the body to better regulate food intake and energy outflow, leading to reduced body fat and improved overall health. The supplement is also designed to be safe and free from harmful compounds, making it a risk-free and successful method for managing weight

[Click here to learn more about LeptoFix](#)

Chapter Nineteen

Appendix of Research Sources

Liver Immunobiology

<http://journals.sagepub.com/doi/full/10.1080/01926230590522365>

The Effect of Green Tea Extract Supplementation on Liver Enzymes in Patients with Nonalcoholic Fatty Liver Disease

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4763469/>

<https://medicalxpress.com/news/2016-10-young-people-liver-conditions-elevated.html>

Stress linked to liver disease deaths

<https://www.ed.ac.uk/news/2015/stressliver-190515>

Psychosocial stress and liver disease status

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2702105/>

Stress and the Liver

http://hcvadvocate.org/hepatitis/factsheets_pdf/stress_liver.pdf

Effects of Dietary Fructose Restriction on Liver Fat, De Novo Lipogenesis, and Insulin Kinetics in Children With Obesity.

<https://www.ncbi.nlm.nih.gov/pubmed/28579536>

Oily fish, coffee and walnuts: Dietary treatment for nonalcoholic fatty liver disease

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4588084/>

Energy Metabolism in the Liver

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4050641/>

Effects of L-theanine or caffeine intake on changes in blood pressure under physical and psychological stresses

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3518171/>

The effects of L-theanine (Suntheanine®) on objective sleep quality in boys with attention deficit hyperactivity disorder (ADHD)

<https://www.ncbi.nlm.nih.gov/pubmed/22214254>

Association between magnesium intake and depression and anxiety in community-dwelling adults: the Hordaland Health Study.

<https://www.ncbi.nlm.nih.gov/pubmed/19085527>

Rapid recovery from major depression using magnesium treatment.

<https://www.ncbi.nlm.nih.gov/pubmed/16542786>

Study Shows Chamomile Capsules Ease Anxiety Symptoms

<https://nccih.nih.gov/research/results/spotlight/040310.htm>

Substrate oxidation and control of food intake in men after a fat-substitute meal compared with meals supplemented with an isoenergetic load of carbohydrate, long-chain triacylglycerols, or medium-chain triacylglycerols.

<https://www.ncbi.nlm.nih.gov/pubmed/11684530>