

Health Terms and Conditions

Any and all information/audio/files contained on Healingbymind.com or any Healingbymind.com related sites, articles, reports, emails, videos, audio, materials or information are not intended to take the place of medical advice from a health care professional. Any action taken based on the contents found on this webpage, Healingbymind.com or any Healingbymind.com related sites, articles, reports, emails, videos, audios, materials, products or information is to be used at the sole discretion and sole liability of the the person or persons visiting Healingbymind.com or the Healingbymind.com fanpage.

Readers/customers of any information/audio/files found on Healingbymind.com or any Healingbymind.com related sites, articles, reports, emails, videos, audios, information or materials should always consult appropriate health professionals on any matter relating to their health and well being before taking any action of any kind concerning health related issues. Any information/products/audios or opinions provided here or any Healingbymind.com related sites, articles, reports, emails, videos, audios, materials or information are believed to be accurate and sound, however Healingbymind.com assumes no liability for the use or misuse of audio/information found on Healingbymind.com or any Healingbymind.com related sites, articles, reports, emails, videos, audios, materials or information.

Neither any personnel or associates of Healingbymind.com or any Healingbymind.com related sites, articles, reports, emails, videos, audios, materials or information will in any way be held responsible on behalf of any reader/customer who fails to consult the appropriate health authorities with respect to their individual health care before acting on or using any information or products found on Healingbymind.com or any Healingbymind.com related sites, articles, reports, emails, videos, audios, materials or information, and neither the author or publisher of any information found on Healingbymind.com or any Healingbymind.com related sites, articles, reports, emails, videos, audios, materials or information will be held responsible for errors or omissions, or use or misuse of the information or products found on Healingbymind.com or any Healingbymind.com related sites, articles, reports, emails, videos, audios, materials or information. By reading this, you agree to these terms.

Affiliate Terms

Also, this report contains affiliate links. What this means, is that I may earn a commission should you chose to sign up for a program or make a purchase using my web-links. It's okay though...I like these companies (and I have a funny feeling you will too!). For a full list of the companies which I promote, please check out my [Terms of Use](#).

regards, Julian Sirian



'Now that is over and done with...'

'Red Flag 1'

**How I was able to lose about 2lbs in 3 weeks,
primarily by, 'sitting down!'**



Controversial title, maybe? But here goes.

Before I say anything, imagine this scenario...

You're in a gym... working out...

It's about 8AM in the morning. It's been a rainy start, and you're tired.

There's a few guys around, and one other woman. You're pretty much on your own... no big deal...

You're on the treadmill, legs starting to feel like jelly, starting to sweat, starting to pant...

You know it's tough

People are glancing at you. You can't seem to avoid their gaze.

It's not the look you are expecting, either. It's the look of disappointment. Maybe it's judgement. Who knows.

Either way, it doesn't feel good. You want to feel good. You want to feel like a million dollars!

After all, you deserve it. You're the main gal. You want people to look at you in admiration. You want them to look in envy. It's not been easy, but you're putting in the laps. And you want to feel lighter and brighter.

You want to be the centre of attention. After all, you work your butt off, so that's fair!

What's not fair, is that you keep hearing the same ol' spiel...

'For you to loose weight, you have to spend hours in the gym!!!'

Now, I know what you are thinking...

Seriously? I'm not doing that!

(*who has time for that?*)

The thought of dragging your heavy-ass down to the gym, so that people can judge and gawk at you for hours, is not even *remotely funny!*

You want to be in and out like a jiffy. Shoot in and out, so to speak.

Who can blame you...

Not only that, but this CICO routine that everyone keeps promising about

doesn't seem to be working either. After all, you're careful with your diet, but you're not losing any substantial weight.

What the hell is going on. You're asking questions, but are getting no answers...

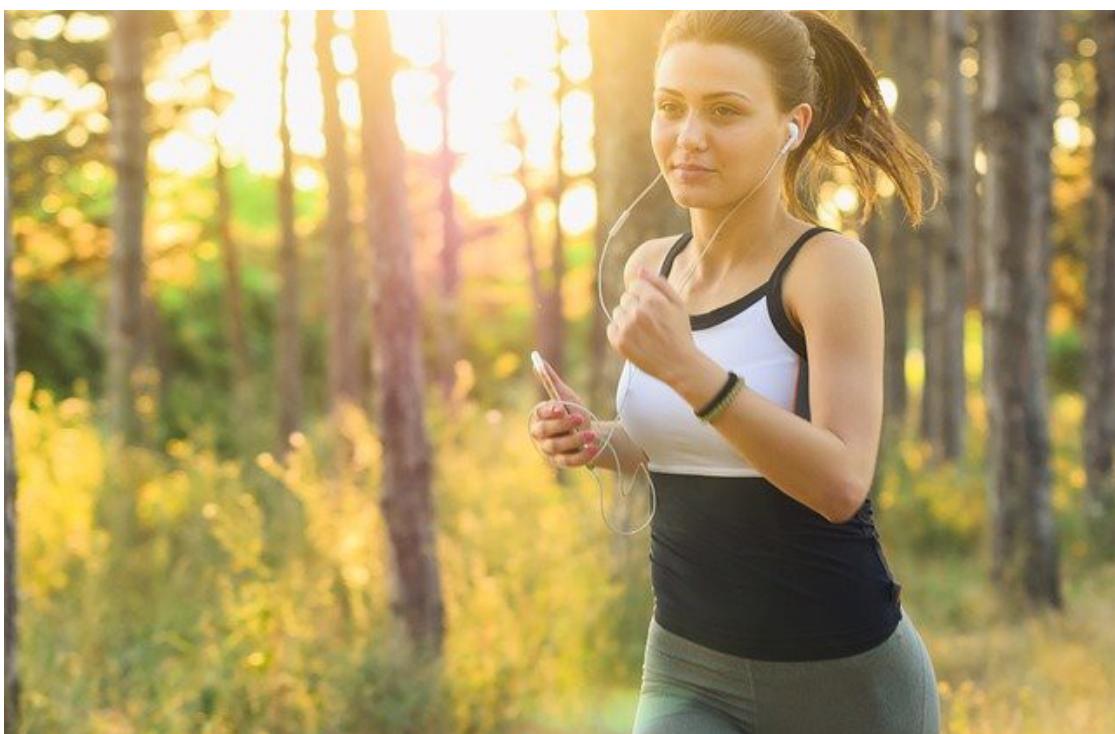
And it's an uphill struggle. And you want this struggle to end!

After all, you just want an easier way. Who doesn't?

Well, believe it or not, there is!

Because, thanks to the brilliance of High-intensity interval training (HIIT) you can now improve your cardiovascular fitness and burn fat quicker than ever before...

In just half the time.



I've never forget the time when a HIIT workout helped me.

This happened a few years ago. I remember waking up one morning, and felt it.

(this was going back to around 2014...it was just after the world cup in Brazil.)

I felt podgy...

Weak...

Very lethargic...

Slightly, 'crushed' inside (like my organs were being squeezed).

I couldn't believe it!

I actually couldn't believe that I put on a few pounds over Christmas (it's always over Christmas isn't it. Why Christmas? Nobody puts on weight over Christmas...**said no-one, ever;-)**)

Anyway...

I remember half trying to jog up to a local hill, about a kilometre away from where I lived. I'd say jog... more like, half walk, half stumble up there.



I couldn't get my legs to move, and felt my inner body was being crushed. (maybe I was sobering up after all that drink over the holidays I had, who knows).

Anyhow.

After I managed to get up to the top of this hill (it wasn't that high), I tried going for a sprint. I loved having a quick sprint.

Or that's what I thought...

Now just picture this scene in you mind; seeing a half-stumbling idiot, with tracksuit bottoms, wobbling from side to side as fast as he could go, with his legs all over the place.

And with no form (because I didn't care about form back then. I was very professional, clearly;-)

Pretty sight, yes?

Thought not!

That was what I looked like. I couldn't move my legs fast. I had no energy. I had brain fog.

I was a mess.

The only thing I DID have was hair...(and that was going as well!)

I felt humiliated.

Nobody told me this (they didn't have to, and in truth, there was nobody around anyway).

But I FELT it. I FELT the humiliation.

Wow...

Anyway. I tried it a few times (sprinting that is) gave up, and went home.

Beaten. By my own body...

I couldn't believe it.

Now, I'm a huge fan of HIIT. I've tried a few systems out over the years, so I can flick between them as I please.

But I hadn't been doing HIIT for a good, few months before that moment. And I was a fool for not doing so.

After a couple of days, I went on the stationary bike. I actually had to sit down, in order to improve my fitness. Yes, I know it was a controversial headline, but now you know what I did... (Am I bloody glad I got a Stationary bike, or what...)

I went as fast as I could. I managed a few reps of a HIIT programme...

I was awful. It stung. I felt shattered.

Tired. Fatigued...

Pissed off (truth be told).

The next day, something happened...

I actually felt healthier and lighter...but even more importantly...

I felt ALIVE!

(to me, that was the main thing...if you don't feel alive, what is the point. Seriously?)

To wrap this story up, it took me just under a month (about 3 weeks) to get my fitness back up and running. To feel my legs again. To feel my brain again.

And to feel more brighter again.

I was one of the lucky ones (I know not many people are that fortunate). It took just a few extra pounds for the alarm systems to kick in (I figured, only 2 lbs). A few weeks of HIIT and I was good.

Not great, mind you. Just good.

And THAT is why I take HIIT seriously! Not just for losing weight, but also for good fitness.

I used to work in a call centre (for over 15 years). The amount of times I heard the word, 'Spinning' baffled me...

HIIT on the other hand (which is shorter and more effective, in my opinion), not so much.

Yes, they ate their salads, watched their points...

But a proper burn with cardio (which is what HIIT gives you).

Absolutely not.

(some of them put me down as having a fast metabolism, and that was all. It hadn't even occurred to them that they could increase their metabolism to be almost the same as mine)

And that is why I love HIIT. It's fast. Sure, it's tiring, but it's short.

And guess what...

it's bloody effective!



HIIT is an interval training and has been designed to really push for fat burn, but be careful...

HIIT is NOT for the faint hearted. If you're serious about burning calories and want to see some serious results very quickly, using HIIT workouts can be one fast shortcut to your destination. And that is NOT an exaggeration.

Using HIIT workouts requires concentration and determination. It involves discipline and a vision.

Your muscles, lungs and heart are going to be screaming for you to stop, but you need to keep going anyway. Whether you like it or not (I'm being honest here).

Look, I know it sounds hard. We are all busy. Doing HIIT really will help shorten the time. Plus, you'll feel more brighter for doing it. Get a friend to join you with this. Try to make it a fun activity with a small group of friends.

I actually enjoy doing HIIT, I think it's quite fun.

Anyway...

Here's how to use HIIT workouts to improve your cardiovascular fitness and to blast some off those pesky calories off your body in a single exercise session.

Always start with dynamic stretching and a warm-up.

There are many people who consider stretching and warming up as a bonus.

It's not!

If you plan on doing a HIIT workout, this is essential!

The reason is simple...the risk of injury without stretching and warming up are quite high.

When you begin your HIIT session, you start off with a warm up period.

This can be by stretching your entire body for 3-5 minutes. This could be jogging on the spot, it could be a brisk walk outside.

Then you start your [HIIT workout](#), the trick being is to go at 90-95% of maximum heart rate.

Use the heart rate monitor on your local gym's workout machines or your own heart rate monitor to gauge how hard you're working out.

Don't forget, you have your friends as support. You've got this. I know it's tough, but trust me, you'll love it after you've finished.

The Research

- It's been shown that individuals will lose even more weight, if they have a higher VO2 max.
- HIIT allows you to burn more calories than traditional, moderate exercise.
- Metabolism is affected with HIIT for several hours after, more better than resistance training and jogging.
- You can even burn the same amount of calories with HIIT as with normal cardio, but in less time.
- The Carbohydrates, from Glycogen that you consume is used as fuel for HIIT. This helps reduce weight.
- 424 obese and overweight adults were looked at in 1 review. The review showed that both traditional, moderate cardio exercise and HIIT exercise reduced waist and fat.
- Sprint interval training reduced weight by around 12% in a study.
- Good news for obese and overweight individuals, their resting heart rate was reduced thanks to HIIT training.
- HIIT training also helps reduce your blood sugar levels as well.

Possible Solution

Here's a quick video from After Skool, which beautifully illustrates this.

https://www.youtube.com/watch?v=2GgKm_54kXI

This WILL get your body into a state called, 'Excess Post-Exercise Oxygen Consumption.' (EPOC). To put simply, you'll be burning weight for the entire rest of the day.

It must be noted, that if you have Adrenal fatigue, some research shows that intense exercise may have the [opposite effect to what you want](#).

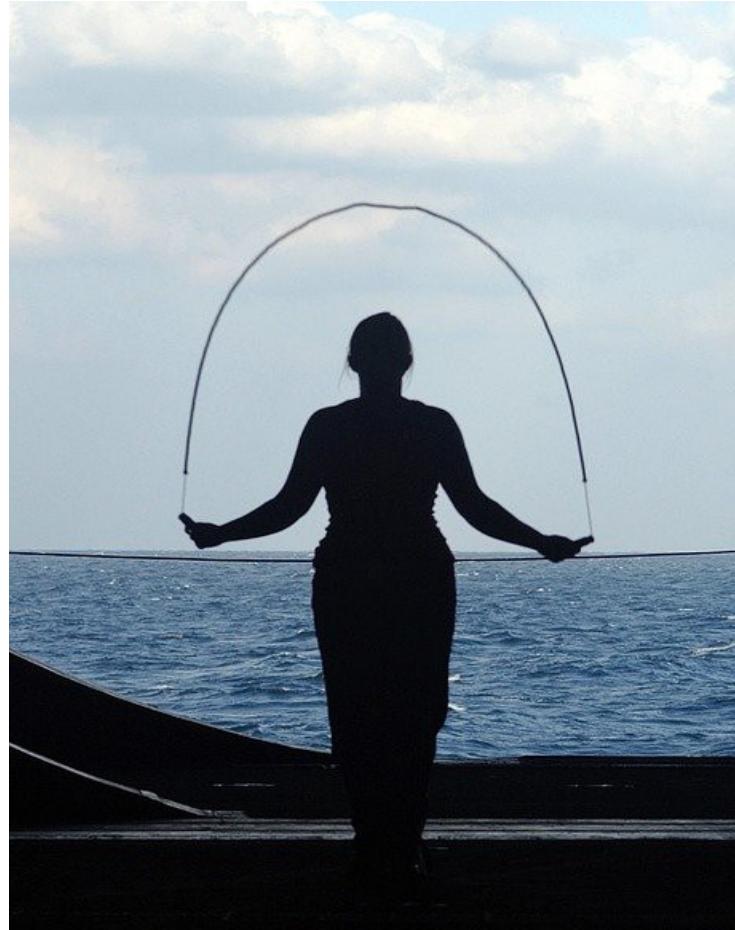
So please, always check with your local GP or doctor to make sure that your Adrenal Gland is not being overworked, before undertaking any [intense exercise programme](#). (More on the Adrenal gland later)

Other solutions...

Jump rope

Search online for some videos which shows how to use the jump rope to produce a good HIIT workout.

(I did it myself once...yes, you do feel the burn ;-)



Sprinting

If you can do it, go for it. Make sure that you tense your legs when you hit the ground only. Also aim for the ball at the top of your foot, not the heel.



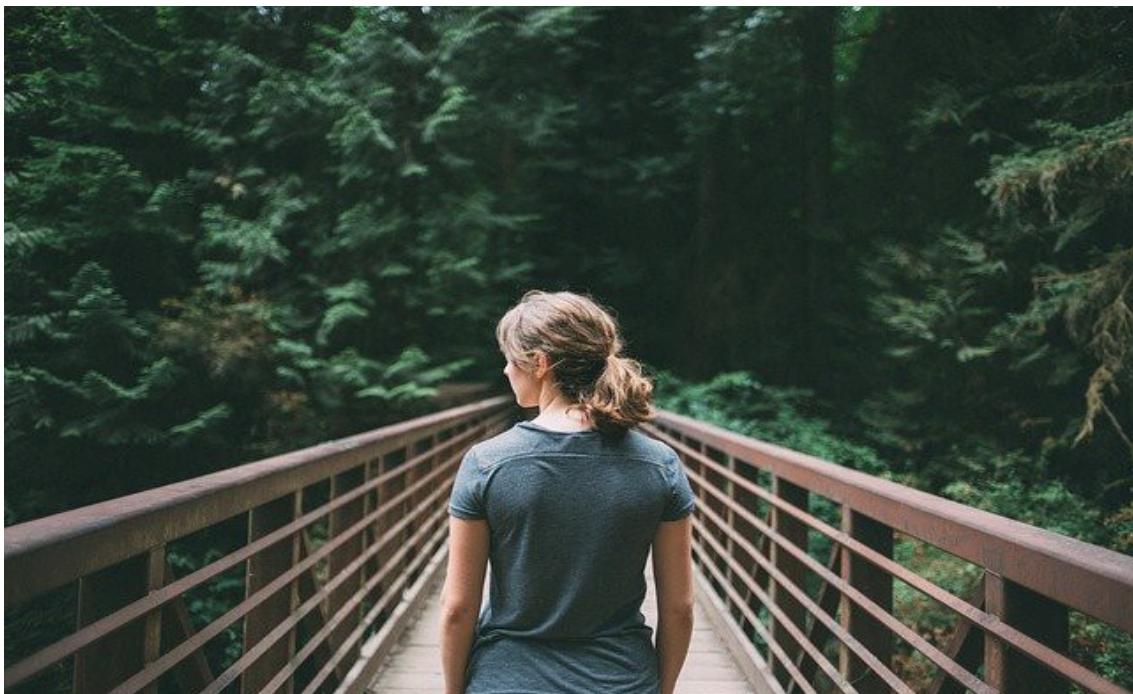
Stationary bike

If you can afford one, these are FANTASTIC. Just a cheap stationary bike or running machine will do.



Fast walking

This does work, as long as you break into some form of a sweat. Once you walk fast for about a couple of minutes, and you feel your heart-beat go up, stop for a rest, and wait for your heart-beat to go back down. Repeat this a few times.



Ok...

For now, take what you have read, and take this seriously.

You probably have already heard of HIIT beforehand. There is a good chance that you have.

You're not stupid (or you wouldn't have got this far) and neither am I.

That feeling in your stomach. That bubbling little bit of excitement?

Do yourself this one favour and EXPAND it.

I mean that.

I want you to get excited for the first time in ages.

Why?

Because without excitement, you are going nowhere, fast.

Excitement first, action second. Discipline third (usually after you see initial results).

And in that order.

So expand that excitement. Despite layers and layers of doubt, you still believe you can win this.

And you should. There is no hype here. I'm given you the straight facts!

Expand that bubble in your tummy, and let it grow. Stop doubting yourself (and me, for that fashion) and quit the scepticism.

I don't blame you, but this time, it's DIFFERENT.

I know what you are thinking?

'Is he for real?'

Yep.

I'm being serious. Few people in the real work take HIIT seriously. Sure, it's getting more famous now, but there is still a long way to go...

I want this to be the correct start for your journey. That is why I ask you to

bookmark the website you got these reports from. Because there is a lot of information here, and I want you to have it all.

Why?

Simple.

I'm tired of the lies. And I think you are as well!

I'm tired of the messages that you hear all the time.

Don't get me wrong, I'm all for body positivity. That's fair. You must always be happy and comfortable with yourself, with whatever weight you are at.

That's obvious, and I'm not going to be an idiot (or disrespectful) to say otherwise...

This is why I appreciate plus-size models. I don't even see them as obese, yet I will always appreciate what they do (and at least they are happy with their bodies, which is more than what I can say with some folk).

What I don't like, is that obesity is growing more and more each year. Across the world. And many people are moaning about this.

More and more people are getting pissed off. Either with what they see, or their lack of substantial progress.

And it's stupid. It's unhealthy. It's not safe...

But worst of all...

It's insulting.

It insults you, and it's insulting to me as well. (and if you are not insulted, congratulations...you're a very forgiving person).

Being obese is not clever. Not in the slightest.

And do you know what I find is even more stupid?

The fact that we have this massive body positivity movement going on, yet anywhere I go online, I'm seeing more and more people saying that they are not comfortable with their bodies...

Surely, it makes you wonder...if everything is about body positivity, we must all, by now, be a very *happy civilization*?

I mean, don't we all want to *look and feel lighter and brighter*? To bring joy and happiness to our own lives, or at the very least, be inspirational?



Isn't this what life is *supposed to be about*?

Instead...

I go online, and I don't see joy or happiness at all. I'm seeing a lot of journeys

taking place...

...and a lot of struggle.

There is depression (and that looks like it's going to get worse in the next 10 years) and I'm seeing a lot of negative gossip.

This, frankly, is a mess!

And it's disgraceful.

And it's not fair! Not to you (and not to me).

And certainly not to the world.

You and your friends deserve the best. That's fair.

It has such a knock-on effect to other areas of your life, including your mental health.

So, go through these reports. I'm all about body positivity, *when it's fair*.

When it's not fair, I have a problem. And I think you do as well.

So yeah...*I'm the real deal*.

I'm that bloody real, because for the most part, I'm pretty thin (apart from THAT Christmas, which I've already explained).

Maybe I'm slightly hyper-active. Maybe I have a higher metabolism. Who knows (and in truth, who gives a crap).

What I do know is this (and see this as something to ponder if you will, in the closing part of this report).

Not to get depressing or pessimistic, so please forgive the following imagery from this scenario. However, I need to say this...

If I ever was caught in an emergency...

I dunno, maybe there was an asshole around with a knife, or somebody needed my help.

I know one damn thing for sure...

I can sure as hell run as FAST AS I CAN and actually help them!

Or, if it is a maniac on the loose, I can run away as fast as my legs can carry me...

No joke!

That is *more* than what I can say for most people. And I mean, for MOST PEOPLE.

There you go, I said it.

Is it a popular opinion?

Probably not...

But I'm stating my truth.

We can all run. Maybe not as as fast as an elite athlete. But trust me, we can all run.

Or rather, we should *all be able to run*.

Our ancestors made sure of it, back in caveman days. It's part of your DNA, whether you like it or not. It's part of your survival instinct.

If you can't run at all, then you need to make some lifestyle changes. These reports (including this one) will go a long way.

They are not long. Your time is precious. You're busy. I get that. (And I'm sure as hell ain't going to be typing hours after hours, you've had that ;-)

But I have tried my absolute best to give you all the major, 'red flags' under one roof.

And HIIT is definitely one of them. Not a red flag, mind you, but a *solution* to a red flag (just to clarify, the reports deal with potential issues, which are the red flags).

You can go around each website, each forum, each comment online, and try to find out all the information by yourself.

Sure, you can do that. You can always do that...

Good luck to you. There is a lot of information out there. Some of it is very useful...

And some, *absolute bollocks!!!*

Or

You can take my word for it, and actually trust me with this. (Trust is a weird one...you have to EARN it. But by the end of these reports, I have a funny feeling that you will *begin* to trust me).

In order to earn that trust, I will produce as much science as possible, labelled under, 'The Research'.

As tempting as it may be, don't knock this. I've searched high and low to bring

you these medical links. They have come from digging as hard as I can, to get to the truth.

And please don't get me wrong on another point as well...

As you can see, there is very little mention about diet here.

Does that mean that I don't rate diet, or see it as a, 'red' flag?

Not at all.

I take diet very seriously. But there is a big issue with diets...

There is no, 'one size fits all' with diet. Sorry, but that is the blunt truth.

Some diets work with some body types better than others...

I can talk about a diet, and you may say that it is a load of crap. Then you can try a different diet altogether, rave about it, and I may think it is a load of crap. Or not sustainable.

Either way, none of us wins. And I want you to win here.



When you win, I win.

And we should all try to create win-win situations. I personally think that's fair.

Don't you?

So...

Do you due diligence with diets. Do your research. Some are better than others.

I may promote diets on my blog, but only ones what I feel have the highest success rate.

If you are desperate to look for something, as a general rule of thumb, stick to a healthy low fat or low carb diet. And get your fibre from fruit and veg. And steer clear from processed foods...

But this is a general rule of thumb, and don't be surprised if some folk may not get any success from this...

Anyway.

Read the reports, take action, and for goodness sake...

ENJOY IT.

(or at least, try to...)

In the next report, you will discover the next weight-loss step, that also helps improve your metabolism...

Until then,

Chow for now!

Did you like this report?

Feel free to share this report with as many of your friends as you like, and who could benefit from it.

Thanks ;-)

HealingbyMind.com © Copyright 2017 – 2022 All Rights Reserved