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*regards, Julian Sirian*



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

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



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 are tired.

There's a few guys around, and one or two women. You're pretty much on your own.

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

You know it's tough

People are looking 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 judgement.

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

You deserve it. You're the main gal. You want people to look at you in admiration. You want them to look in envy.

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

Now, I know what you are thinking...

Seriously? (*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 sexy!*

You want to be in and out like a jiffy. Shoot in and out. Who can blame you.

Not only that, but the CICO routine that everyone raves about doesn't seem to be working as promised either. After all, you're careful with your diet, but you're not losing any substantial weight.

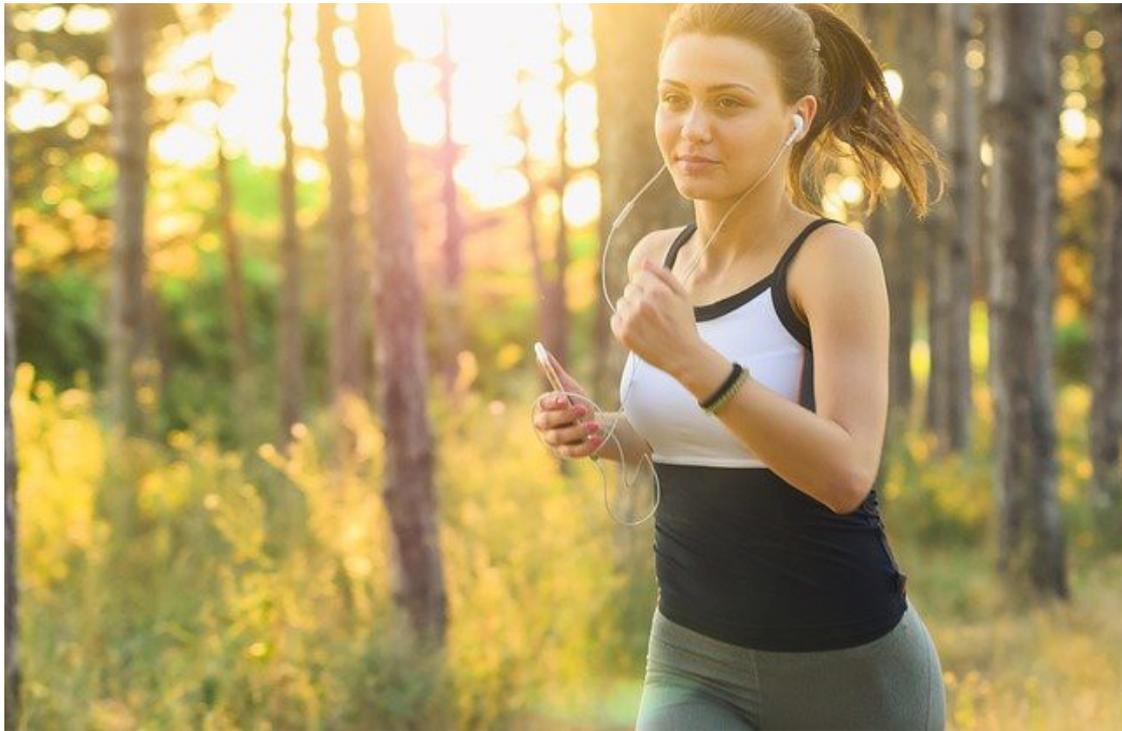
And it's an uphill struggle. And you want this struggle to end!

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 gong 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, of seeing a half-stumbling Brit, 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 (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...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 my abs 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 could increase their metabolism to be almost the same as mine)

And that is why I love HIIT. It's fast. It's tiring. It's short.

...but 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 (Look, I'm being honest here).

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. Also, you won't be able to work out as hard if you're not properly warmed up beforehand.

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.

## **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](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](#).

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.



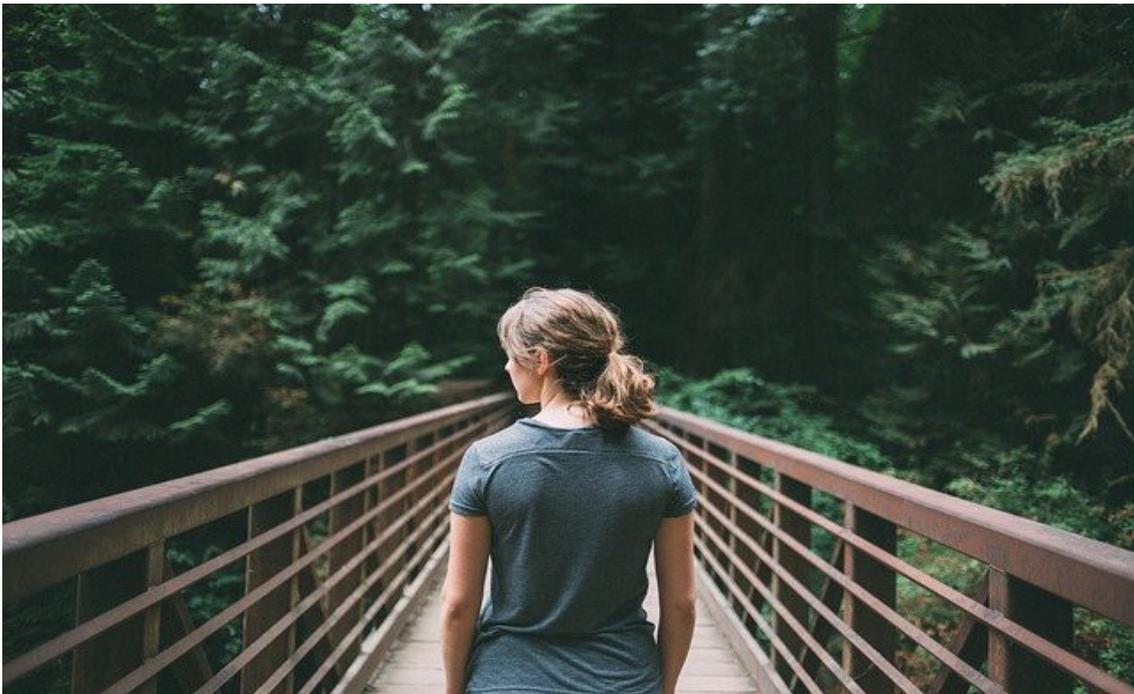
### *Stationary bike*

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



## *Fast walking*

This does work, as long as you break into a sweat. Once you walk fast for about a couple of minutes, and you feel your heartbeat go up, stop for a rest, and wait for your heart 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 go 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?'

Yeap.

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 this report 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 like 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 civilisation*?

I mean, don't we all want to look *healthy and sexy*. 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.

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

And it's hard for your local medical services. And, last time I checked, they are already under enough strain as it is!

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 already explained).

Maybe I'm slightly hyperactive. 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).

If I ever was caught in an emergency...

I dunno, 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* that what I can say for most people. And I mean, for MOST PEOPLE.

There you go, I said it.

Is it a popular opinion?

Who knows.

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. I get that. (And I'm sure as hell aint 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 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 other diets...

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 email list, but only ones what I feel have the highest success rate.

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!

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Just visit [this link](#), enter your email address, and you will soon join my list.

Thanks ;-)