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regards, Julian Sirian



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

Eat THIS to reduce your BMI by 61% in 8 weeks!



Imagine waking up...

You flick your mobile on, and you see 5:30 am. It's time to get up.

You get changed into some baggy shorts, and head to your kitchen. You turn the lights on, and you briefly glance outside.

It's pitch black.

You get your points table out, get the relevant vegetables out of the fridge, get your smoothie maker, and start cutting up that Broccoli.

You shove in all sorts into that smoothie maker, making damn sure you don't spill anything, that you don't cross your allocation for the morning.

You turn on the smoothie maker, let it do its magic, and then drink this goo.

It tastes weird, yet you know that this is good for your body. Plus, it helps the workout.

You start lifting a few weights, then you move onto the heavier ones (only a few reps mind), before hitting that stationary bike that has a cover over it, in the corner of your room.

You work up a sweat, panting furiously as your legs go round and round, desperately trying to get that blood pumping.

Your arms are tired, but you manage it. You do your reps.

You then go outside. It's now 6:30, and you can see the sunrise (and a gorgeous one at that).



You can see the stars in the clear, light bluish sky, start to twinkle their last light...

...and fade away.

It's cool, but not too cold. Plus, you are super warm.

You can feel a light, cool breeze. Nothing big, but it's enough to prickle a few hairs on your arm.

You walk for a few minutes, and find that patch of grass which has been your saving grace for the last 4 years.

You crouch down, and take the start position. You push off hard, and accelerate as fast as you can, for about 30 yards.

You do a few sprints. Nothing fancy mind, but just to activate those glute muscles. You're proud of your tushy, and you will not be swayed otherwise.

You head back inside, now the clock turns 7:30. You hit the shower, and wash that awful sweat off your face. You feel like a mess, but that won't last long.



As you step out of the shower, you can feel the warm damp on the handles of your fancy mirror, condensation everywhere. You can't see much, but guess what, you don't care.

As far as you are concerned, you're getting better.

You walk out onto that fluffy, white mat (that needs Hoovering, by the way).

You can feel the fluffs on your moist soles, and you gingerly hobble to the toilet seat, where you sit down.

You dry your feet off and head to your bedroom, where your day clothes hang there, waiting.

This has been a good workout. And you are proud.

And here is the thing...

You SHOULD be. Fair play.

But now, you have come to a critical junction, which few people realise...

Get this right, and your body will thank you for it. (or close there off)

Get it wrong, and you will have just missed out on one of the biggest opportunities that will be presented to you.

What am I talking about?

Your breakfast.

But not any old type of breakfast.



You see, you can feel your tushy, and you can now fit into those denim jeans which you haven't worn in years.

Your proud of that, and you want to keep it that way...

So now, this breakfast takes on even more importance than ever before.

You have got this far (and I sure as hell ain't going to let you down now...you've had that!)

The type of breakfast you need is a high-protein breakfast.

Now, bear with me here. This is going to get a bit interesting. I'm determined to wrap this final report on a high.

And I'm making damn sure I'm doing that. Because this cannot be ignored, or you are putting yourself at a significant disadvantage.

Having a high-protein breakfast is a clever meal to have.

Why?

Lets consider this statistic...

People who consumed more protein in the morning, and got their 30% of calories from the protein, got rid of approximately 11lbs in 12 weeks, on average.

Not only that, but we can do more...

Studies have actually shown that people having around 30g to 39 g of protein in the morning (yes, I know, that's loads...) allowed you to consume 175 lesser calories at lunch.

To put it another way, the additional protein in your stomach is harder to digest. This in turn, uses more calories as a result, which is good for body.

It also helps you increase your metabolic rate. Being serious.

There is a slight snag here (If you have read the previous part of this report)

If you have read my previous report on Glucomannan, you will know that Glucomannan is best done on a light-energy breakfast.

In other words, it is not a good idea to have Glucomannan with a high protein

breakfast. There is a chance that it won't be as effective as it should be.

And now, for the final time (probably won't be...), *drumroll please...*

(and there is a lot here...so take your time;-)

The Research

- There are studies that have shown that you will have less belly fat if you have a better protein intake.
- There is also an increase in feeling full, when increasing the consumption of Protein. This is due to an increase of hormones associated with fullness, Cholecystinin, GLP-1 and the peptide YY, whilst having a reduction of hunger hormone, Ghrellin.
- Participants held 50% reduced weight, due to a Protein increase from 15-18%, in this study. More info here.
- Having a good quality breakfast may reduce cravings for foods that may promote weight, as well as help sleep.
- Less calories were consumed at lunch with those who had a high protein breakfast, compared to those who had a similar caloric meal with reduced protein in it.
- Muscle loss can also be reduced due to a high protein breakfast. More info here.
- Many calories can be burned per day, thanks to a high protein breakfast.
- In an 8 week study, weight loss was 65% and BMI was reduced by 61% due to participants having an Egg Breakfast.
- A high protein breakfast may help speed up your matabolism, due to 20% of your calories metabolizing the protein.

Possible Solutions

Have a high-protein breakfast if you are unable to source Glucomannan supplements. That is the best way to go.

You can go for Whole eggs, Greek Yogurt, Blueberries as well as Salmon. A great start for the day in breakfast terms.

A quick note on Glucomannan...

If you can source Glucomannan supplements, try to alternate between a high-protein breakfast on one day, and then taking Glucomannan supplements (3 times during the day, 30 minutes before a meal, remember) on the other day.

Don't combine them both.

There you have it. These 11 mini reports will significantly boost your weight-loss programme.

Now don't get me wrong, diet plays a WHOPPING part in losing weight, and I'm not going to be an idiot by ignoring it (as the expression sort of goes, you lose weight in the kitchen, and you gain the fitness in the gym).

There are a great number of diets to choose from, from a fresh fruit diet...

...to the Keto diet ([The Keto diet](#) being a very good one).



Having said that, (and having worked in a call centre for over 15 years, I can testify to this...) few people actually lost any massive weight.

Maybe a little bit here, or there.

Some of them would even do spinning. (Not going to lie, spinning is not my idea for losing weight. Whilst it may be good for some people, more effective weight loss is due to HIIT training than Spinning...but then again, that's me)

Others would try a good diet, like [Keto](#). Others would go walking (which is actually a very good one).

But without taking their PSOAS into consideration (report 7) or their Thyroid (report 8) or even their DNA (report 5), they were going nowhere fast.

So please, don't dismiss these reports. As you can see, I've tried to include as MUCH science in them AS HUMANLY POSSIBLE.

I want to get the maximum out there in a very condensed fashion (hence why these reports are not long).

Using these reports in conjunction with a decent diet plan, will put your

weight-loss efforts on steroids. Being serious.

As always, I love feedback. If you want me to add more reports to this website, please let me know what other aspects of losing weight you want me to look into.

Just send me a quick email to

feedback@healingbymind.com

and I will do my utmost best to get back to you, within 48 working hours.

Thankyou so much for reading these reports. I wish you all the best.

As always...

Take care.

Julian Sirian

P.S.

Serious question...

Did you like this report (or these reports in general)?

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

Also, if you would like even more awesome free information of tips and hacks on losing weight, please subscribe to my email list.

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

Thanks ;-)