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regards, Julian Sirian



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

The main reason why most people don't lose weight easily (and which few gurus talk about...)?



OK...this is going to be a big one.

In fact, this is one of 2 biggies coming up.

To put it another way...you may not do that much HIIT...and yet you may still be able to lose a bit of weight (ask anybody who is involved in Spinning, and they will advise you, trust me).

You may not be able to purchase weights or kettle-bells, and yet, you can still get away with that with something else (like lifting heavy shopping bags, or picking up boxes at home).

Heck, you can get even get away with (just, mind) not having much sleep, or

even not increasing your Nitric Oxide levels.

It's not easy, but it's doable.

But this report is one of the 2 biggies, because if you take at least ONE thing away from this website, it's this (the 2nd biggie coming up, in a few reports time, comes second to this).

If you DON'T include this in your weight-loss programme...

Well, I'm not going to say that you won't win this journey. That's bollocks.

People lose weight all the time, and they don't even know what I'm about to share with you...

But lets just say that you will make life bloody tough for yourself. And when I mean tough, I mean ALMOST impossible.

When I worked in a call centre for over 15 years, I was amazed that few people knew this...

In fact, let me back up a few moments... NOBODY KNEW THIS. And I didn't know this until just last year. Why do think I'm desperate for this to get out more.

(Heck, even few, 'gurus' know this. Or if they do, they are keeping it hiding away...)

I wouldn't mind if people were doing different diets, or even watching their points...

... if they at least took this into consideration.



So it begs the question? Was this ever put into the mainstream media to begin with?

Well, actually, this is both a No and a Yes answer.

No for the most part. Unless you know where to look. And on which websites to look at as well.

And also, yes.

There was a documentary that had this part talked about right near the end (it wasn't even part of the main programme, but credit given where credit is due, it is mentioned near the end, so I will give it a pass...just).

Now, annoyingly, I can't mention the documentary for legal reasons (I really wish I could). It's a very good documentary...but I can't risk any legal consequences from it.

My apologies.

On the other hand...I can rely some of that info in this report, so at least you know a big one for losing weight.

(and, as always, I will try to include the science behind this.)

In fact, I discovered this by pure accident. This is not supposed to be a cheesy headline, but the honest truth.

You see, when I was preparing these reports last year (2020), I saw a documentary that caught my eye. And a little voice inside my head told me to watch it.

So I did. And it was revealing. (It was basically an experiment, that's all I dare to reveal).

But what was even more revealing, was the bit at the end. I couldn't believe what I was hearing.

(And it made sense to me in my situation, why I was able to scoff a lot of food down, and yet gain few pounds...apart from THAT Christmas which I've already mentioned...but anyway).

In fact, truth be told, I am pretty gobsmacked how few people actually know this...

Having said that, this one is not, sadly, directly influenced.

That is to say, last time I checked, nobody (and I mean nobody) has direct access to their DNA.

Sure, there is Epigenetics, which helps influence your DNA to some degree (search for that online...that is interesting in it's own right ;-)

But to actually express or make dormant certain genes? No, nobody can do that yet. At least, not to the best of my knowledge.

But you can influence it in other ways. And that is what we are going to talk about.

But before we shift into 3rd gear, lets go back to 1st gear, and start from the beginning.

Ready?

Ok then.

Without further ado...

Believe it or not, your body has a sort of pre-default programme that will determine how much weight you actually lose.

Yes, incredibly, you will find it very difficult to lose weight in the majority of cases!

Why?

Because of the expression of the, 'FTO' gene.

Now, whilst it is not set in concrete, there is good evidence to support the idea that people with the, 'FTO' gene being expressed will find it more difficult to lose weight than people who do not, caused mainly in our childhood.



Does that mean that all hope is lost?

No, like I implied earlier, thanks to the power of Epigenetics there is also some science to support the idea that our very own thoughts can help influence our genetic structure, to some degree.

However, it does mean that you need to take your bodies conscious (often called the subconscious) into consideration, when it comes to your weight loss goals.

Now, you may be thinking, 'how do we do that?'

By finding ways to help re-program your subconscious, by using the power of hypnosis.

Now, before you start (and for goodness sake), don't knock hypnosis...

Whilst hypnosis may sound crazy and only reserved for stage entertainment, it has long been proven that hypnosis has dramatic effects on your behaviour conditionings and your thought patterns.

Put simply, if you struggle to lose weight, there is a high chance that your very own subconscious is against you.

And if you still think hypnosis is a load of crap, consider this...some people have been able to successfully lose around 4 lbs in just one week, thanks to

the power of hypnosis!

But now to the important part...

The Research

- Weight loss success is almost doubled, when hypnosis is combined with Cognitive Behavioural Therapy.
- After 2 years, a study showed that, in a group of 109 people, the ones who practised hypnosis continued their weight loss.
- A 93% success rate with Hypnosis, by a study done in 1970.
- 60 overweight women, due to practising hypnosis, lost weight, in a 2014 study.
- After 3 months, in a study involving 60 overweight people, the ones who did the test with stress-reduction hypnosis, carried further weight loss after a further 18 months.
- Although inconclusive, 3 children and 8 overweight adults reduced their weight thanks to hypnosis, based on a 2017 study.

Possible Solution

It goes without saying, but this is where your due diligence comes into play.

Search around for some good hypnosis, weight-loss tracks.

They shouldn't be long, and will help you re-wire your mind to accept being slimmer.

Other solutions

For what it is worth (and if it helps), you can also try Michael Seversons hypnosis, at <https://tranceout.com> .

Hypnosis is great for getting you into the correct behavioural pattern, however you can still be making life difficult for yourself, if you don't practice this next routine often (which actually involves your legs) found in the next report.



Did you like this report?

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.

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Thanks ;-)