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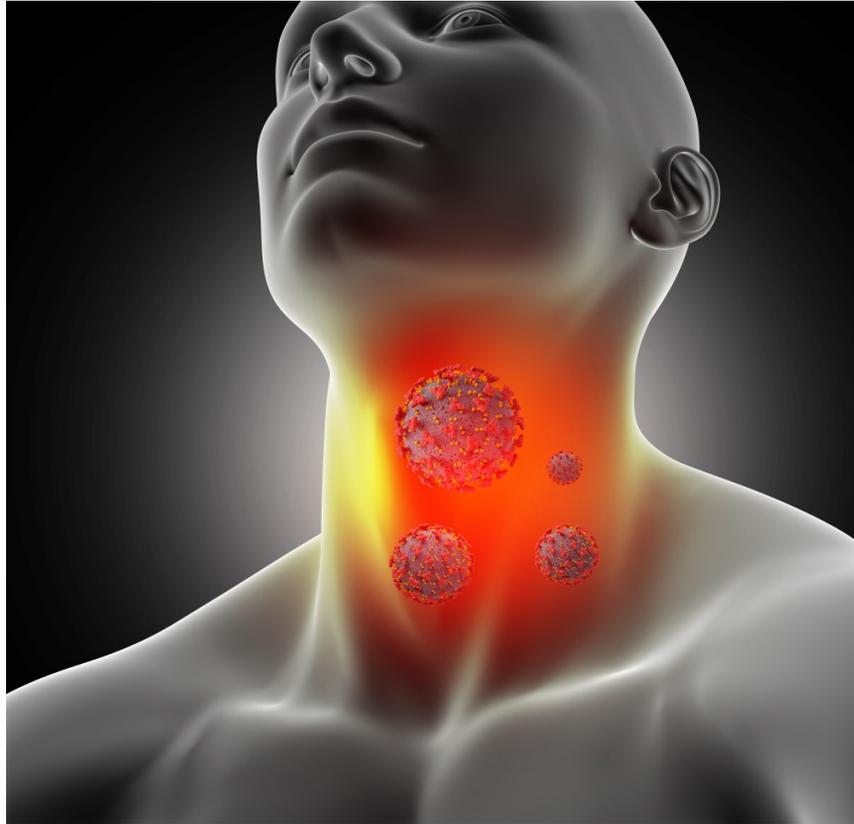
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regards, Julian Sirian



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

***If you don't include this in your programme,
you are at a **SERIOUS** disadvantage!***



Credit to [kjpargeter](#) for the photo

Ok...here goes...

Do you remember from the 5th report, (about your DNA) how I said there were 2 biggies?

(If you haven't read that report, I highly encourage you to read it. It's a must).

Your DNA is one of them...

Your Thyroid?

Number 2!

I will say (and will continue to say...) that before you start ANY weight-loss programme...

You do yourself this ONE favour.

Get your Thyroid checked out first. With a doctor or GP.

Make damn sure it's working as best it can.

If it isn't working very well, do yourself this at least this favour...

And take on a diet that helps your thyroid. (But more on that, later!)

Your Thyroid is like the fuel in your car.



You need it to travel to begin with. Fuel is important to travelling. No fuel, no

movement.

Simple.

Great quality fuel, and you will likely save money in the long term in fuel costs...

Poor quality of fuel?

Well...you're wasting money. As well as possibly clogging up filters, which can have a very expensive knock-on effect to other parts of your car.

Same with your Thyroid.

If you seriously think that you can lose any substantial weight with a programme, WITHOUT checking your Thyroid...

You may as well wish your life away.

As they say where I come from

'It's just not happening!'

And yet...

Despite its importance...

I hardly ever heard anyone talk about their Thyroid, when I worked in the call centre.

Sure, they will talk about their next spinning class...how tired they were from the last one... even how many points they can have for that day...

But their Thyroid?

Nope. Nothing.

No mention at all.

And not only that, but your Thyroid has some big connections to your body as well.

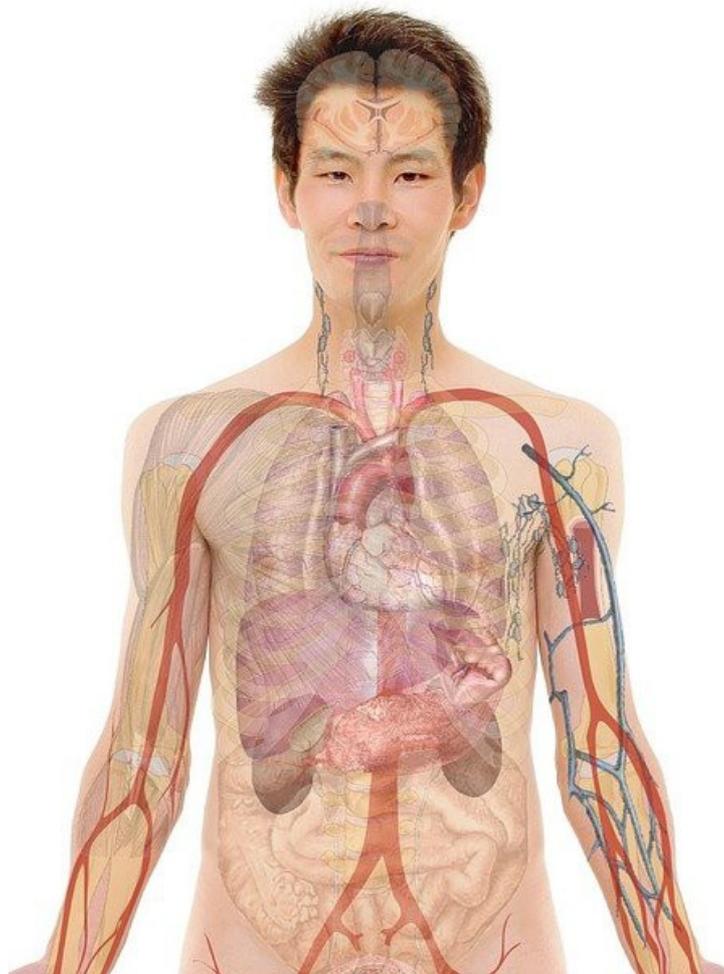
Not only will losing weight be a pipe dream, but you will gain other complications .

But let us back track a bit here.

You have a Thyroid gland.

And it's your friend.

And you know what, it is your dear friend. It does so much behind the scenes, you couldn't even believe.



It chugs away, providing your body and brain with the required hormones...

Minding it's own business.

Can I be honest with you? (I've been honest all along, for what it is worth, but here goes...)

I don't think the thyroid gets as much respect as it should do.

Seriously.

There you are, I've said it.

Wanna know why?

The reason being...most people are unaware of the Thyroid gland...

And few see it's connection to health and well-being.

Well, that's going to stop RIGHT NOW. As they say where I come from...

Not on my watch!

I'm going to talk about it right here and now.

And then I'm going to talk about it in relation to losing those pesky pounds.

Why?

Because it will be really dishonest if I'm trying to give you all the hidden information that could be stopping you from losing weight...

And I don't even include your Thyroid amongst those reasons...

(pretty dumb and moronic if you ask me)

So here goes;-)

It is situated around your Adams Apple, in your throat.

This is a pretty big gland, and is even a bigger deal.

Put simply, a proper functioning Thyroid helps regulate how your body uses its own energy, to be used with the organs, muscles and, of course, your brain.

Or to put it more specifically, your Thyroid controls the hormonal stuff in your body.

And guess what?

Your hormones regulates your metabolic processes.

Now, if you have an underactive Thyroid, you have a condition called Hypothyroidism. Not only does this affect about 5 millions Americans, it can lead to many issues...

Including...

(drum roll please)

Weight gain.

Or, to put it more accurately, the inability to lose weight easily!



If your Thyroid is out of wack, as it is house to your hormones, it stands to reason that losing weight will be very, very difficult, as your very own hormones are working against you.

It should go without saying, that before embarking on any weight loss programme, check with your doctor that your thyroid is fine, as it will be a struggle to get rid of the weight even if you pay attention to your Thyroid.

The cruel reality is, while you may gain a few pounds with an under-active

Thyroid, balancing your thyroid will have little affect on you losing the fat, in and of itself.

You WILL have to include additional stuff, like cardio or weight lifting to reduce the fat as well.

But you still have to put in the work with the Thyroid first, or no amount of cardio or weight lifting will achieve much in the long run.

Anyway...

...the usual drumroll please, because next we have...

The Research

- It's more difficult to lose weight if you have a Thyroid issue.
- You can increase your body mass if you are not careful, due to Hypothyroidism.
- Your metabolism can be increased, if you do more high intensity exercise, which also helps boost the levels of your Thyroid.
- More info here.

Possible Solutions

Try alternating between nibbling a Brazil nut (high in Selenium) and taking fruits that are high in Iodine.

Your Thyroid loves Selenium and Iodine, and you will find that you will also increase your energy.

Put simply, get your Thyroid working FIRST before attempting ANY weight loss programme. Check with your GP or doctor, and then (and only THEN) go from there.

Trust me, you will be saving yourself a lot of heartache, and your future self will be thanking you ;-)

A [working Thyroid](#) does wonders for your body, and mental health. You will be surprised how effective it will be.

I've nibbled a Brazil nut when I was sitting at my desk. I found that I was able to think more clearly, and actually felt like a sort of, 'Thermostat' kicking in.

I had no idea it was also reducing the risk of me, gaining a few pounds.

Oh well...

What if I was to tell you, that there was a 'hack' that could substantially help you lose that weight, and yet this was also most often overlooked.

In fact, it involves something so common (and in most cases, free), that you wouldn't believe how effective it was...

Would that interest you?

Thought so!

Guess what... that's 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.

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

Thanks ;-)