



The Lean Gene Diet

Webinar Course Outline

This Week Covers...

1. What to Do

- a) *What to eat, and what NOT to eat. (Recipes are provided.)*
- b) *Home Made Fat Loss Shake Recipe.*

***You'll start to burn fat from the first day! Your understanding comes later*

2. Why it Works: Keys to Rapid Fat Loss. How to:

- a) *Switch fat storing OFF, and fat burning ON!*
- b) *Control hunger.*
- c) *Accelerate fat burning.*

**You'll learn how to switch fat burning on at will! No more worrying if you break your diet and put a little back on. You'll know how to easily switch fat burning on again!*

***You'll know at a glance whether another diet will work or not, and whether or not it's worth buying it for the recipes.*

3a. Sensible Goal Weight Objectives

- a) *Are you a natural greyhound or a natural bear? (It's all about the size of your frame.)*
- b) *How to determine the size of your frame.*

3b. Cheating Sensibly. EVERYONE cheats on diets, so:

- a) *How do you cheat a bit and get away with it!*
- b) *How much can you cheat and get away with: your personal carb tolerance.*

**Cheating a little is more than tolerated: it's encouraged.*

4. When your HEAD gets in the way....

- a) *Motivation Secrets*
- b) *Break through mental and emotional blocks.*

5. Shifting Stubborn Fat

It is NOT immovable!

6. Keeping the fat off!

- a) *How to maintain goal weight.*

7. Do Fat-Loss Supplements Help?

- a) *Most of the time, NO! Here is why!*

8. Isn't Exercise Necessary for Fat Loss?

- a) *Exercise is NOT necessary for fat loss, and here's why!*
- b) *BUT...for when you feel SO ALIVE your body TELLS you to!*

9. Other Health Issues:

- a) *Lean Gene Diet Health Benefits.*
- b) *But what about saturated fat, cholesterol and heart disease?*

To enrol in The Lean Gene Diet webinar course go to:

<http://daviesnaturaltherapies.com.au/lean-gene-registration-page/>

