

The Truth You Never Know

CUSTOMIZED

WEIGHT LOSS

REPORT



www.BurnFatFormula.com

CUSTOMIZED Weight Loss Report

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you believe would benefit from reading it. **Thank You**

BY **Eric Ho**

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Hi there friend! If you are sick and tired of trying to do simple diet plans that you have hear countless claims about working, but you have never actually seen the results, then maybe it's time for you to give up on the so called "dieting fads," that are being advertised everywhere and actually do something that is going to be beneficial to you...

Instead of just listening to a commercial, a billboard, or some magazine ad for a product, maybe you should look at the real and scientific evidence behind a problem before you can expect to find a solution... I think if you read on you will see exactly what I am saying. Let's get started.

What Is The Definition Of Our Biggest Problem?



Currently in the United States there are many problems that individuals face on a daily basis. Some of these problems may not seem like a huge deal, but the truth is that they are still out there and they are

affecting hundreds of thousands if not millions of people at any given time.

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One of the largest problems that the United States is currently experiencing and facing at an increased and possibly even a dangerous rate is the obesity epidemic. The problem is not only growing in number, but it appears to be affecting society in unprecedented ways! Even people that do not suffer from obesity directly are still affected by the consequences that it can bring about.

There are many signs that show that this epidemic is spreading and even becoming dangerous. Some specific examples include an extremely high increase in the rate of people that are affected by type two diabetes mellitus. This disease used to be referred to as adult onset diabetes. This specific issue is now affecting so many individuals that the rates are becoming dangerously high.

Other major signs can be drawn from society. Even though we might not all be suffering from obesity, we all still have to deal with the changes and consequences that those who are obese bring about.

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An example of this is where manufacturers around the world have to create brand new products to replace the ones that used to suit us just fine and that technically still work. Something as

simple as a bed, a chair, a couch, or even toilet and toilet seat that used to be able to support the average individual has now had to go through an entirely new engineering process so that the average individuals can actually receive support without breaking the furniture.

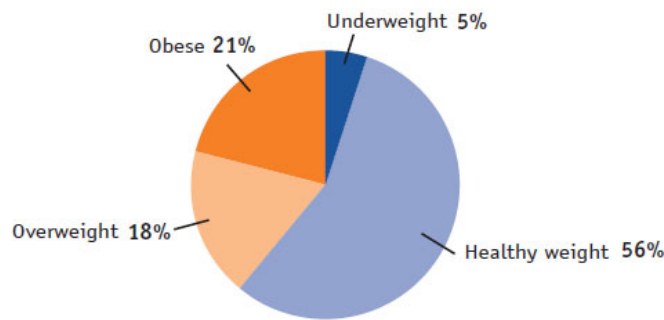
Furthermore, the medical community has had to change a lot of their high tech instruments as well. The equipment and resources that used to be universal such as ambulances, hospitals, stretchers, and even the way that casts or braces were created have had to be re-engineered in order to provide for people that are literally doubling in size.

This might not seem like a huge difference, but if we cannot even see the major changes that are currently becoming necessary, then maybe the problem has already gotten too big...?

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The center for disease control (CDC) has already found that more than 71% of men in America simply weigh too much. Furthermore, women are not as far behind as you might think; they check in with over 61% of women being in the overweight range as well.

Weight status in NYC public schools, kindergarten–eighth grade



Accompanying this statistic is 33% of all children who are also currently overweight, and that number is extremely scary because children have a higher

metabolism than all adults do! Plus, with their supposed higher activity levels, no children should really be overweight!

What this tells us is that obesity is becoming one of the largest problems that we face as a society. It is approaching tobacco as the number one cause of preventable death in the U.S. every year, and according to the CDC, the current price tag to every single taxpayer is over \$117,000,000,000 per year! That number is in billions!

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If I were to tell you that there were still many places in the world that were inhabited by older, indigenous, and remote cultures that were off the grid which have never even heard of our modern epidemics, what would you think?

The truth is that there are places where they do not even know the meaning of some of the greatest problems that we face such as obesity, cancer, heart disease, colitis, diabetes, hypertension, arthritis... and the list goes on!

The truth is that these cultures have never even heard of many of the problems that we seem to face on a day to day basis. These isolated cultures not only have extremely high levels of fitness and health that are built into their day to day life, but their fitness levels actually rival some of the fittest people in our entire society.

Researchers have continued to study these people and they've actually found results that almost anyone would find astonishing. These cultures have almost no birth defects, physical deformities, or weight problems at all in their society. It is almost as if they just don't have them for the most part!

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So, how can it be that these people who live in the far corners of the world and aren't exposed to any sort of extra medicine or technology are still able to live without the physical problems that we seem to have? How is it that without any extreme levels of research and study they can be so lucky?

It almost seems completely crazy to think that in an area so far away from the mainstream society (where they have nothing that an advanced civilization does) that these people do not suffer the same health problems that we do?

They have no scientists or formal doctors, no high-tech research and medicine to help them, no million, billion, or multibillion dollar pharmaceutical companies to provide them with relief and the chemicals that they need, no governmental-regulating bodies to tell them what to eat, what to avoid, and etc.

They don't have any of the luxuries that we do either. They have no real workout facilities, fitness clubs, supplements and vitamins, or weight loss clinics. So how in the world can they possibly move forward in a society or they have almost no resources when compared to an advanced civilization, yet

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still be so far ahead of the rest of the world with concerns to physical epidemics and problems?

What I'm about to tell you is not only one of the craziest things that you have probably ever heard but the fact is that it is 100% entirely true concerning these indigenous peoples and what they do to stay healthy. Many of these so-called healthy diets and lifestyles of the indigenous people are actually far away from any advice that any health or fitness expert would ever tell you to do.



The truth is that Alaskan Eskimos (who are known for great immune systems and cardiovascular health) survive largely by eating abnormally high quantities of fat along with several pounds of meat each

and every day. Their diet is mainly centered around caribou, moose, seal, and salmon. They also have some kelp, but they add a lot of whale blubber to that as well.

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The Swiss people who are known for their longevity and living in isolated mountain villages have diets that are primarily whole and hearty rye bread with large quantities of high-fat cheese and extremely fat cream or raw goat's milk as well. In addition, they wash this down with a lot of meat and wine.

The African Masai tribes, which are known for their mental and physical development as well, primarily eat just meat and milk along with the blood that they take from live cattle.

Overall, the people who live high in the Andes Mountains, deep in the Amazon rain forest, out in the south Pacific islands, and natives who are all around the world seem to have great health benefits and virtually no health problems.

It seems like everyone who eats the food of their ancestors are the ones that do not have any problems present. They're the ones that seem physically and mentally fit time and time again throughout the studies!

So, now that you've heard some of this information and have seen that even though the advanced civilizations of the world seem to have all of the technology, resources, and passion for trying to deal with physical problems

and diseases, you can tell that it is actually the most primitive and remote of societies that seem to have the best health!

So let me ask you how in the world is this possible? Read on to find out...

Why Can That Actually Be The Way It Is?

For thousands of years in the history of our planet, people all over the world from different locations, climates, ethnicities, cultures, and etc. have come to develop specific nutritional patterns and needs. They develop these needs as a result of where they live and also what their habitat had to offer as well. The result of all of this happens to be that people today have a wide range of requirements with respect their overall nutrition.

Anything from carbohydrates to fats to proteins and any other type of building block as it relates to dietary needs will be fully customized and specific to individuals based on their history and culture.

However if you look at the nutritional science that people face today you can actually see that one of the main principles is that everyone seems to try to

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follow the mass market approach. Everyone wants to do what the popular thing is, and they all want to try to follow the leader with whatever new fat, diet, or activity is supposed get them into shape.

However, this one size fits all diet and fitness approach doesn't actually work. Just because people think they can do it, it doesn't mean it's actually the right way for them!

This false assumption has proven time and time again through actual and clinical studies that it is scientifically inaccurate to claim that you can't get your best results simply by doing the "one size fits all" generic approach to dieting and exercise.

Some people that are considered nutritional experts will even try to tell you that you should only eat low fat and low-protein type diets with a lot of carbs. Other so called experts will come right back and try to tell you that you should be on the high protein and fat diet while staying away from carbs entirely. And yet even other experts will tell you to stick to a 40-30-30 diet, where most

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everything you eat should have an equal and balanced component from the other categories as well.

While it might be true to some extent, none of this information is accurate for any given individual. It is only an average. In other words, it might work for everyone on the average, but that doesn't mean it is great or even the right choice for you as an individual. Furthermore, some people might even suggest this is the worst thing that you can do.



And as you get further into this phenomenon, you can actually start to see why this becomes a major problem. You can even walk through the grocery store and see entire isles devoted to micro biotic, raw-food, celebrity, organic-food, dairy-free, Sugar-Free, low-fat, high CARB, low CARB, high protein, substitute... and basically any other diet under the rainbow that you can imagine.

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The main point of this is that because the market has so many different dietary options and because there so much conflicting advice out there from people that are supposed to be experts, what are you supposed to do?

If we do not know what we're supposed to do (especially when our experts aren't telling us the right information or they are all telling us different information that conflicts) then we might actually end up even worse off than we were before.



Instead of trying to get on a set diet and make rational decisions about our health, some people will end up switching back and forth and playing that never-ending game of “dietary roulette.” They never know what will work and they could end up doing something that would actually hurt their bodies in the long run and not help themselves instead.

The standardized diets and cookie cutter nutritional programs do not admit to the fact that we're all genetically different. Therefore, even if we live the same

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lifestyle as someone else who is exactly like us, we're going to need different nutritional inputs.

The changes between the diets of two given people who are extremely alike can be mind boggling how different they actually are. Just like some cars can run on gasoline and others need diesel fuel, your body has its own metabolic engines and needs its own body fuel to even run at all, let alone efficiently.

Because so many people take it for granted that we're all different, it only makes sense that people just don't understand that they need their own specific and customized metabolic and nutritional information.

Human beings end up trying to follow diets that have rounded off numbers. Someone who weighs 200 pounds and is trying to lose weight might end up following the advice of someone who is 100 pounds and just trying to tone up. Someone who exercises by running 5 miles a day might try to follow the same dieting advice as someone who barely walks around the house. People just don't seem to understand that their nutritional needs are just like their fingerprints; completely different from anyone else's.

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So, what you do need to remember is not just that the cookie cutter diets don't work, you also need to remain sure that the next time someone tells you that you need to get onto one of those one size fits all type diets and exercise programs, you need to make sure that you completely avoid it.

Furthermore, just because you know someone who might've had success with one of these diets, it doesn't mean that it will actually work for you as well, nor does it mean that they couldn't have had better results by getting on a customized plan.

The problem is that we have actually all been misled by the different diet and nutrition industries. They know that if they can make their work easier and create only a few plans that they try to jam everyone else into, it actually becomes much less work for them overall.

It makes it easier because they can just tell everyone to do the same thing, and they don't really have to customize anything for us or look into new information, either. Plus, if it's easy, then more people will want to do it!

So here's the major question, if you now understand what the main problem is with respect to diet and exercise, and you now understand that you cannot continue to live in a world where the one size fits all mentality is actually the best thing for everyone.

What In The World Is The Solution?

When you start to think about all the different technologies, experts, research, and professionals that as well as the millions of hours, dollars, and uncountable effort towards finding new ways of becoming more fit and sustaining a proper diet, you almost have to wonder why the answer isn't simply a known fact in our society by now.

The truth is, however, this specific ability to analyze any individual and understand their nutritional differences and needs now exists in our world! That technology and process is referred to as metabolic typing.

Metabolic typing is a brand new technology that is not only cutting edge, in some ways it's still incomplete. However it is good enough at this point in its

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development that it can actually show us our specific nutritional requirements.

It is amazing to think that there's actually a formula that tells us what we should be eating and need to be eating based on all of our different components and factors in our lives (diet, exercise, activity, metabolism, genes, and etc.). But the truth is that this logical methodology can actually provide us with what we have all needed for quite some time and perhaps too long.

Metabolic typing is able to give us a systematic means of testing, repeating testing, and even verifying what our proper and most important nutritional makeups and needs can be. We can finally answer the question of what is the perfect diet for any one of us specifically.

For the first time ever, metabolic typing is now a very simple and user friendly method that anyone can use. The power to fully customize your own diet plan specifically to your own body chemistry just by using the self-test and questionnaire which is in chapter six of my Burn Fat Formula eBook will enable you to identify your specific metabolic type.

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The best thing is that you can do it quickly and easily. If you are then able to use this information to select the specific foods and combinations of foods that are going to best meet your needs for nutritional value as well as allow your body to function at the utmost levels of efficiency.

Once you finally discover your metabolic type for the first time in your entire life, you will actually be able to know what the best foods are for you to put into your body each and every meal for the rest of your life!

Plus with the ability to retest and recheck your metabolic type as time goes on, you will always have the information at your fingertips to figure out what you should be eating!

You no longer will have to guess anymore and play the game where you try out new diets for a few weeks and then wonder whether or not they are actually working! You will finally have the means and ability to take away those old cookie cutter diets and all of the guesswork associated with that process as well by using the new metabolic typing system found right in my Burn Fat Formula ebook.

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Have you ever thought that there could be other issues with your eating as well that you might never have noticed? It might be the case that even if you are currently trying to eat the best foods possible which are made up of the utmost quality you could still be making a mistake!

Even if you only shop in the best stores, get the highest quality ingredients, and cook foods to their utmost of perfection without allowing any that chemicals, fats, or other additives, you could actually still be missing out on the specific nutrients that you really need for your personal diet!

The good news is that my Burn Fat Formula ebook will help you to discover your metabolic types and know not only what you should be eating for health, but you will also know what you should be eating for your optimal diet specifically.

If you get on a specific metabolic diet that is designed to enhance your efficiency in nutrition, then you should be able to see hunger in food cravings, blood sugar imbalances and other digestive problems all simply leave.

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And, in no time at all you will more or less be rid of any headaches, depression, irritability, and etc. all in the short term as well! You'll end up having a lot of energy, you'll be full after you eat a meal and you won't want to overeat, and you will also be able to enjoy your food as well!

In the long run you will then be able to see better abilities to deal with your weight and have permanent weight loss that you can actually notice and be proud of, a stronger immune system, much greater endurance, slowing of the aging process, and even the ability to prevent or perhaps reverse many types of illness!

Metabolic typing is great because it not only gives you what you want, but it also tells you exactly what you need to see the best results come out of your body.

How do I know that this will work for you? Because I know that metabolic typing is not some new fad or theory. It is not some big scam that some money makers want you to pursue so that they can sell you all new products, shakes, pills, and etc. Metabolic typing is a scientifically proven way of discovering

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what type of body you actually have and then making informed decisions off of that.

What you definitely need to think about doing after hearing all of this evidence and information is trying out my Burn Fat Formula Program. It is geared towards showing you the easiest and most efficient ways of discovering your metabolic type and then creating your own personal plan for your everyday life!

You don't have to worry about cookie cutter fads anymore because you're going to have all the information at your fingertips which will allow you to put together the best diet plan that you'll have forever! Why is it so good?

Because it is 100% specific to your body and to your needs!

I know that everyone is different, but I've never seen anyone use my system of metabolic typing and burning fat that hasn't seen results that they can be proud of within four weeks.

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I really hope that you want to get involved at this time, because simply put, my system works! I know you can hit your goals if you use this system, so I just want you to try it!

Furthermore, because I know that you're going to absolutely love this system and you won't want to go back, you can try this risk free! For a limited time offer, we're letting you use this program for 60 days absolutely risk free!

If you don't see the results that you want within 60 days, I will personally get the money back to you! So now you've got absolutely nothing to lose, and you know that we're giving you the answers as well as the information to get any results that you've ever dreamed about, what are you waiting for? Click the link below and start your path to a better life right now!

<http://www.BurnFatFormula.com>

I can't wait to hear your success story!

Wish you success

Eric Ho