

*BANNED FROM YOUR TV...*

# ***5 Fat-Killing Secrets***



***Producers Sneakily  
Edit Out!***

*By Christopher Stewart*

***Banned From Your TV!***

***Five Fat-Killing Secrets***  
***“Biggest Loser”***  
***Producers Sneakily***  
***Edit Out!***

***What Happens When The Cameras Stop Rolling? The Dirty Truth Will Leave You Stunned... It Will Leave You Angry... And It Will Leave You Thinner!***

***Read On To Uncover...***

- How those “salad starvation diets” cause the contestants to pack on the fat faster than they lost it to begin with.
- The disgusting subliminal marketing ploy producers use to steal from you like they’re cracking into their own personal piggy bank.
- Why humiliating “in your face” military-style training tactics only work on TV, and will certainly backfire on you.

**Plus...** a surprising fat loss secret that allows you to go to bed full and still burn fat. This is definitely something Bob and Jillian will NEVER tell you.

## **My Big Ol' Disclaimer...**

I've put in my best efforts in preparing this report. But I make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this Report.

The information contained in this report is strictly for educational purposes. Therefore, if you wish to apply ideas contained in this report, you are taking full responsibility for your actions.

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You should always consult appropriate health professionals on any matter relating to their health and well-being before taking any action of any kind concerning health related issues.

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Still with me?

Great.

Read on below so we can get started...

## Introduction: The Fat Loss Facts They Will Never Tell You...

The night began like every other...

My wife put our newborn Audrey to sleep... and I read bedtime stories to our 7-year old Quinn before tucking him in.

Both exhausted... we cuddled on the couch. It was time to watch our favorite TV show... The Biggest Loser.

Finally... a much needed break from Dora the Explorer and Rugrats. If you're a parent, you understand how important "kid-free" TV time is to your sanity!

We've been watching "Loser" for years. If you're not familiar with the show, it's a competition where massively overweight people compete to see who can lose the most body fat.

### About The Author

My name is Chris Stewart. I'm not a doctor... I'm not a journalist... and I'm definitely not a late night infomercial host here to tell you how to bounce off the pounds with some worthless bungee device.

But this is exactly why you must listen to every word I'm about to say inside this special "Fat burning Manifesto."

Because I'm not one of them.

I'm just a huge fan of The Biggest Loser. A guy who stumbled upon the behind the scenes truth.

The same truth that allowed me to go from having "sure-to-kill-me" blood pressure... to losing 38 pounds of FAT (not water weight) in little more than a blink of the eye.

And I did this without a screaming self-important fitness trainer, over-priced cardboard box food, or exploitive use of cattle scales and "applause" signs.

My wife Julia likes the show because the stories tug the heart strings and never leave a dry eye. She really is the most caring person in the world.

I watch "Loser" because, well... I enjoy our time together. And I have to admit the amazing transformations suck me in.

Each episode is packed with moments of struggle, agony, and small successes... that soon lead to massive life-changing results.

It's good TV.

And you've got to respect the sheer guts of anyone willing to put their weight loss struggle on view for all to see.

Over the course of the season, most contestants will lose well-over a hundred pounds.

I remember watching the finale of Season 9. The winner Michael Ventra, set a record for melting off 262 pounds.

He didn't just lose a person... he lost a whole other fat person. How can you not want to cheer on someone who does something this monumental.

As my wife and I were lying on the couch, a contestant shared a heart-breaking story about why he was there.



**It's My Wife Who Normally Needs The Kleenex, But This Time... It Was Me...**

Now... I normally wouldn't admit this, but when he went into the part about wanting one day to see his daughter have her dream wedding and his son grow-up to take on the world... the story hit home.

I started to feel my heart in my throat. And Julia saw it happening...

She looked up and with a surprised stare on her face asked, "Are you about to cry, Chris?"

She knows me better than anyone in the world. And her one look was all I needed to start balling.

I couldn't hide it. Because the reason tears flowed from my eyes was simple. I wanted the exact same things for my kids.

I wanted to one day be "grandpa" to their kids. But if I kept going on the path I was on... I knew that wasn't going to happen.

Something had to change. I *couldn't* leave my beautiful wife without a husband and my two children without a father.

Sure I was sucked-in... I was rapt by the drama... but that's when I discovered...

## Just How *Wrong* The Fat Loss Advice Inside The Biggest Loser Show Really Is.

This show and others like rely on common myths that sound great on the TV, but NEVER work for you in the REALWORLD.

The very same advice repeated in fitness magazines... diet books... and every rip-off TV infomercial you've ever watched.

But this is where it ends... this is where you learn the truth that will make you never look at Bob and Jillian the same again!

Plus, as a thank you for reading this report... I'm going to let you in on the best dieting secret I ever learned.

A metabolism-boosting food you eat before bedtime to burn calories while you sleep.

So you fall asleep full... and lose more weight than if you went to bed hungry. This is the secret Jillian and Bob probably don't even know about.



*Are you a midnight snacker like me? Read on to see how you're late night habit can help you BURN fat...*

-7-

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## Chapter 1: Five Fat Killing Secrets "The Biggest Loser" Producers Sneakily Edit Out.

Extreme diets... in-your-face trainers... and push you till you drop workouts... all for weeks on end.

Everyone can agree extreme deprivation like this makes great TV. When people are shoved to the edge, conflict erupts.

But "Soap opera" excitement doesn't always translate into helpful advice for real people who aren't 200 pounds overweight.

After all, if you're anything like me, you can't afford to take off work for months on end to lose weight. Heck, even a day may not go over well with the boss.

In other words...

TV... magazines... and infomercials often peddle unrealistic advice about what it takes to lose weight.

What they tell you *seems* like it should work...but never pans out in the real world.



**"Made For TV" Weight Loss Advice Rarely Holds Answers To Fast And Permanent Fat Burn**

And there's no better example of this than what's shown on The Biggest Loser.

So, let's talk fat facts.

The five Biggest Loser fat killing secrets that end up on the cutting room floor...

## **Fat Killing Secret # 1: Starvation Diets Destroy Your Metabolism.**

Do you know how much contestants on The Biggest Loser are told to eat for an entire day?

I'll give you a hint... it's less than a single veggie sub at Quiznos.

That's right... less than a "salad on bread" at only 1,000 calories for all three meals.

I mean... that's also about the same as a cheeseburger happy meal with chocolate milk and a single cookie.

In other words... Your "TV pals" expect a single "kids meal" to sustain a grown adult for an entire day!

But often they eat much less than that.

Kai Hibbard (Season 3) came clean and griped about how some days all she would consume was coffee.

-9-

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## No food at all!

This is why they call it a diet... stay on it for any length of time and... you die!

Now... you're probably wondering why these contestants don't immediately collapse from sheer starvation.

The answer is your body finds its fuel elsewhere. And this process isn't a pretty picture...

It gets the fuel by cannibalizing your muscle.

The same muscle that would otherwise keep your metabolism in high gear.

Muscle, you see, is one of the things that helps you burn fat. If these extreme diets are chewing up your muscle, you're burning less fat.

This means if you still want to lose weight... you have to eat even less. Your body then chews up more muscle, which means your body is now burning even less fat.

### Try As You Might... Why You Can't Lose Weight...

An eye-opening article published inside the journal, *Medicine & Science in Sports & Exercise*, tells the remarkable tale of a 51 year old triathlete who put himself on a starvation diet.

Over the course of the year, he trained for two hard hours each day, yet GAINED 15 pounds!

No, this wasn't 15 pounds of muscle. This was something else.

Doctors ruled out underlying health conditions and prescribed a new, healthier diet.

Instead of the 1,000 calories a day he was ingesting, he was given a nutritious 1,500 calorie a day diet.

The result?

His resting metabolism increased by 35%. Losing fat then became simple. He lost 5 pounds in only six weeks.

It's an endless cycle.

This is why they have to keep pushing so hard on the show. As the season continues, their metabolisms slow down to almost nothing.

Remember... this show isn't about saving people's lives. It's not about weight loss at all. It's about television ratings. Plain and simple.

By hook or by crook they'll do anything to make contestants skinny. According to Kai Hibbard, they even pressure contestants to workout when they are injured.

In a recent interview, she relayed what happened when fellow contestant Heather had a serious calf injury and told trainers she couldn't work out...

"...they made it look like it's because she's lazy and refuses to work out, when actually she's been told by the doctors, 'Do not run, do not do this, you cannot do this. And production

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## A Whole New Meaning On Biggest Loser Temptation

Each season, contestants' are presented with various temptations. It's just another device producers use to create drama.

In Season 11, contestants were forced to spend 30 seconds in a room with their favorite foods.

Mac and cheese... fried chicken... pizza... chocolate cake... and everything that's right about the world.

Contestants must decide if they want to eat their favorite foods and win the challenge... or stick to their goals and stay hungry.

Knowing what you now know about how little nutrition 1,000 calorie diets give you... do you think you could resist?

Well... this is exactly the same cruel trick every diet you've tried in the past plays on you.

They deprive you and then leave you to temptation.

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and her personal trainer wanted her to do it anyway, just for the cameras."

Shocking accusation to say the least.

So, where does that leave the rest of us? The answer will shock and surprise you.

**You've simply got to eat.**

Get the *right nutrients* needed to maintain your fat burning muscle. For that you need protein. We'll talk more about this in a moment.

## **Fat Killing Secret # 2: Fat Burning Muscle Isn't Really Built During "Huff and Puff" Heavy Lifting.**

You don't have to watch the show for more than a minute to see contestants panting with their mouths wide open and tongues sticking out. Sweat dripping from the tips of their noses as they grunt their way through some ferocious workout.

But what the show rarely tells you... and never shows you are the light workouts. The ones meant to simply "maintain." It's during these workouts when muscle is preserved so once again your body goes back to burning calories for fuel.

-12-

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The reason they don't show these much more important workouts is simple... they don't make good TV. No... along with midnight snacks, and sweets after meals, we crave drama.

And let's face it... there's no drama in someone taking a leisurely stroll on a treadmill.

Fact is... you don't have to become a body builder to burn massive amounts of fat. All it takes is the right combination of nutrition and a light workout plan to maintain muscle.

As weight loss expert Paul Som says, "...[light exercise] speeds muscular recovery by improving circulation and keeping the muscle fibers activated without breaking them down intensively."

Plus, with a muscle maintenance approach, you don't just get to eat a well-rounded diet. You're encouraged to stay full.

### **Fat Killing Secret # 3: Being A Calorie-Counting Robot Actually Makes You Gain Weight.**

I remember a contestant in season 11 saying something that made me stop and listen.

He said, "The scale is what we live and die by."

-13-

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In other words...

The entire show... much like every other weight loss system... revolves around the scale.

What they don't show you is... the dangerous obsession it takes to get the scale to go down. The starvation... the deprivation... the torture... just to shave another pound off that scale.

Contestants go to all lengths to achieve the unrealistic goals trainers set for them.

Then what happens if you don't meet these goals? They question your effort. They question your commitment. They rip you to shreds for being "lazy."

Season one winner Ryan Benson shocked the world when, on his personal website, he admitted, "**...by the time of the final weigh-in I was peeing blood.**"

### **Fat Killing Secret # 4: Dangerous Internal Fat Makes It Impossible To Get Thin.**

I can tell you this... the vast majority of nutritionists, doctors, or self-proclaimed "experts" will never mention anything about this.

Jillian will never talk about this. And Bob certainly won't either.

### **It's A Silent Killer Called "Omentum"**

The Omentum is a fatty membrane that drapes around your abdominal muscles and around your stomach.

It's responsible for the "Beer belly," AKA the "Spare tire." Above all else, this is the fat that kills.

Think of the Omentum as a "vacuum." It not only goes into fat storing overdrive when you're under stress... but it also loves to suck-up insulin.

You're body then thinks you need to produce more... which can directly lead to type-II diabetes.

Add to this the heart disease dangers that come with the presence of Omentum fat, and it's easy to see why it's so scary.

But, here's the kicker...

#### **"The Grinch In Your Gut"**

In a segment taped before Christmas, Dr. Oz did a segment on the Omentum belly fat.

Inside he called it the "Grinch in your gut" because of the dangers it causes to your health.

Omentum is the fat most associated with hardening of the arteries and heart attacks.

Medical research points to the Omentum as being the sneaky culprit behind the release of a "killer" appetite increasing hormone.

In other words, this fat makes us even hungrier... which makes us eat more... which makes us even fatter.

It's one of the reasons you must target the Omentum first if you want to shed the pounds quickly and permanently.

## **Fat Killing Secret # 5: You Already Have A 6-Pack.**

Often you see contestants on the show do session of after session of sit-ups, crunches, and leg lifts to tone their tummies.

What Jillian and Bob fail to tell you is this... You already have a perfect set of abs. A tight six-pack... maybe even an 8-pack.

The only problem is that it's hiding under an unsightly layer of fat.

And here's why this so important to know...

Ab rollers... crunch machines... and plain old fashioned sit-ups AREN'T the best way to uncover your head-turning



**Believe it or not... hidden below ugly fat hides a tight, toned, and firm bikini-ready bod!**

tummy. You can do 1,000 sit-ups a day for a full year and still not burn the fat that hides your natural physique.

Why?

Because these are anaerobic exercises... not fat burning aerobic exercises.

Of course... you won't find the secrets to do this revealed on TV. You won't find them in magazines at the grocery checkout. Usually, doctors won't take the time to tell you.

In the next chapter, we'll talk about why (hint: It all comes back to money).

## **Chapter 2: Why The Fat Loss Truth Won't Be Broadcast On TV.**

Imagine...

You flip on the TV. The Biggest Loser is on. Only it's not the show you remember. The show is completely different.

It's no longer a competition. The contestants' spend more time recovering than in the gym. And the trainers help contestants' lose weight at a healthy pace.

There's no rush to the finish line.

Would you watch this show? If you're honest, it would probably be a pretty dull way to spend your evening.

All that drama... gone. The audience... gone. And without viewers like you to watch, advertisers wouldn't pay-up. The show would quickly be cancelled.

This kind of stark reality is much the same in magazines and books too.

Headlines that scream, "6-minutes to 6-pack abs" are bold promises that move copies off the shelf.

But, we all know now... the exercises that are designed to tone and tighten don't burn much of any fat.

-18-

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They're pretty much a waste of time, unless you've already got that tight bod and just need a little toning.

Yet... pick-up any magazine or book and this is the kind of fat loss advice you find.

Why? Because it sells. The truth isn't as sexy.

But if that wasn't enough, it gets worse.

### **There's A Dirty Little Secret The Biggest Loser Producers Pray You Don't Catch Onto...**

The cold hard truth is... they're never going to reveal the real fat loss secrets on TV.

They want you to *buy* those secrets in the form of meal plans, supplements, and even home delivery box food all stamped with The Biggest Loser logo.

100 million dollars.

That's how much CBS's "The Early Show" reported the show had made in a single year, with a big part coming from product sales.

#### **Jillian's Stunning Off-Camera Comments You Won't See In Primetime...**

The AP newswire recently had a story about some recent comments from Biggest Loser trainer Jillian Michaels...

Where she revealed surprising feelings about training contestants...

**"They're 400 f—ing pounds...They're not a normal person. These people are half dead."**

-- Jillian Michaels

Put simply... if you lose weight just by what you learn watching the show, they would no longer have customers to sell their licensed products to.

I hope this is all starting to make sense to you.

I don't say this to depress, but to encourage. If you've tried the pills... the potions... the in-home gimmicks, there's hope.

Only... you won't find the answers in all the same old places. Not even from your doctor.

So where are these answers?

Well... one day I was browsing the magazine rack at my local bookstore.

That's when an idea hit.

I couldn't help notice all the models staring back at me from the covers. I wondered... what do these "Professional bodies" know that the rest of us don't?

You see them on the magazines. But you never see their actual tips inside. They're just bodies to sell the junk articles from the staff writers.

That when I began exploring... researching... and fact-checking every last detail. And what I discovered is guaranteed to surprise you.

-21-

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## **Chapter 3: The Fat Burning Shortcuts They Should Show On The Biggest Loser.**

You see... what I uncovered from my research was you don't need to spend 4 hours a day in the gym. In fact, you don't have to spend hours doing anything.

Easy shortcuts exist to ignite your inner-fat burning metabolism. But no one is talking about them.

Now I don't have the time to go into all of them right now. But probably one of the most exciting tricks is my...

### **Bedtime Super-Food Snack Secret...**

Before I finally dropped the fat... I tried countless diets. The South Beach Diet, the Grapefruit Diet, Atkins... Weight Watchers, you name it.

My weakness was never following the plan during the day... it was following the plan after dark.

The dreaded "nighttime nibbles" were my undoing.

You know what I'm talking about...

-22-

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You skip bacon for breakfast... munch on salad for lunch... and boil chicken for dinner... all the while you watch friends and family chow down on real food.

So come night time... you're starving!

It's not long before you find yourself stalking the fridge. You open the door to take peek, grudgingly go back to watching TV, but you always find yourself gravitating to the fridge like you're being pulled by some evil magnet.

I found it impossible not to succumb to temptation. And I hated myself for it.

Of course... most experts (including the trainers on The Biggest Loser) will tell you going to bed on a full stomach is a giant "No, no."

They'll tell you that your body can't digest food while you're asleep and so it all turns to fat.

The only problem with that argument is... it's 100% nonsense!

That's right... this dangerous fat loss myth is just not true.

It turns out that going to bed on an empty stomach can actually sabotage even the most enthusiastic and determined weight loss efforts.

How?

Even when you're asleep your body still needs fuel. To maintain your fat burning muscle, the best fuel comes from certain unique types of protein.

When you feed your body these special proteins before bed... you not only give your body the fuel it needs to preserve fat burning muscle, you fill-up your belly making you fall asleep satiated.

So the choice is yours... you can starve yourself and exercise till you fall over, what I call "The Biggest Loser" approach...

Or you can ignite your metabolism by feeding your body the right foods at the right times. This is a science you won't find on TV.

Of course you're wondering what these magical foods are.

Since this document is already running long, you'll have to learn that in this great video I put together.

In the video, I'll talk more about that special protein and how to find it in three delicious midnight snacks. Plus we'll also get into...

- Simple secrets to a tight tummy, toned thighs, and a firm butt... without doing a single sit-up, crunch, or targeted exercise.

-24-

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- The grade-school science to managing glucose levels and jump-starting your energy. This is the key to sticking to any exercise plan.
- Fast, safe, and effective tricks to targeting dangerous Omentum fat. That stubborn belly bumper that keeps you from ever losing weight.

I’ll even talk about the plan I ultimately came up with to shed 38 pounds of ugly fat... and finally reveal the lean sexy six-pack that had been hiding there all along.

You’ll also meet Pam and Amy. Two friends of mine that used the exact same plan to create bodies like this:



**Pam went from 29% to 21% body fat and lost 24 pounds.**



**Amy went from 26.5% body fat to 19.4% and lost 12 pounds of REAL FAT.**

And they did it all in only 12 weeks.

There are a ton more pictures where those came from, including my before and after photos. In order to see them and to see how this unique plan can change your life too, go watch my...

## **Free Exposé On The Multi-Billion Dollar Weight Loss Industry...**

<http://www.AttackTheFat.com/Free.html>

In it, I'll also show you how to "work smarter, not harder" to jump-start your metabolism and escape an industry that doesn't want you to get thin.

Go here right now to watch it all...

<http://www.AttackTheFat.com/Free.html>

When you get there, enter your name and email address to access this totally free video presentation.

As an added bonus, you even get my free watchdog newsletter... where I keep you updated with the latest fat loss news.

In the first issue, I'll also show you the entire uncensored quote where Jillian Michaels refers to contestants as "F—ing 400 pounds" and "Half dead."

-26-

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It makes you wonder who the real Jillian is when the cameras aren't rolling.

**Just be sure you do it right now.**

This free video presentation is VERY time-sensitive. It definitely won't be up for long. You may even be reading this too late.

Go there right now...

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-27-

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