

A yellow measuring tape is coiled and draped across the left and bottom portions of the image. The tape features black numerical markings and is set against a vibrant green background. The text is overlaid on the right side of the image.

# Your Superfood Weight Loss Secret

## Your Superfood Weight Loss Secret

Before we get to the surprisingly simple way anyone can rapidly accelerate weight loss, let's cut to the truth about losing weight. There may be no other industry in the world more confusing or contradictory than the diet and fitness industry.

Ask 10 “experts” for the “secret” to losing weight and you're likely to get ten different answers. So who's right? Who's wrong? And how do you know?

Diet and fitness is a multi-billion dollar industry that spends hundreds of millions of dollars every year in their never-ending effort to sell us the “quick and simple” solution to ending our weight loss problems forever.

To be sure, some of these solutions really can help you lose weight permanently. Others may help you drop a few pounds quickly only to see the weight come back because they're designed to produce short-term results but don't work long term. And some of them simply don't work at all.

The purpose of this chapter is to cut through all the confusion and contradiction and give you something simple that actually works!

Of course it all comes down to diet and exercise. Without a doubt exercise is important to overall health....

However, you may be surprised to discover that **diet is actually more important than exercise.**

As the saying goes: “You can't out-train a bad diet.”

Why? Because while a calorie may be a calorie, the source of the calorie (the food you eat) can make all the difference in the world – especially when it comes to shredding fat and shedding pounds.

Our bodies need protein, carbohydrates, and fat. Yet not all carbs, proteins, and fats are equal – not even close.

There are good and bad sources of all these nutrients.

Take carbs for example. Fresh, natural and organic fruits and vegetables are the best source of carbs.

Yet the typical person loads up on bad sources of carbohydrates – specifically processed junk foods like French fries, potato chips, and pastas for example.

The same is true for proteins and fats. Many people don't realize your body actually needs fat. Or that eating the right fats can actually help you lose weight.

Healthy fats are found in foods like avocados, olives, olive and coconut oils, and nuts for example.

Think about it. You could eat all the spinach, kale, and broccoli you want and have a hard time gaining any weight even if you weren't working out on a regular basis.

On the other hand, if you're constantly loading up on cheeseburgers, French fries, pizza, soda pop, and other staples of the typical diet, you'll have a hard time losing weight no matter how much you exercise.

You can enjoy these foods in moderate amounts without feeling guilty, but the typical person eats too much of these processed carbohydrates and packs on pounds as a result.

That's why you cannot out-train a bad diet.

On the other hand, depending on your personal situation you could easily drop 10 to 20 pounds in a few weeks by doing nothing more than making a few simple changes to the food you eat.

That's why I want to focus this chapter on food and highlight the importance of what you put in your body.

Now, if you're expecting me to place all the blame on any single food or group of foods as the sole culprit for weight gain, I'm sorry to disappoint you but that simply isn't the case.

We do not get fat by eating carbs or fat. It's not that simple. The truth is a bit more complex.

We gain weight by repeatedly eating too much over a long period of time. More specifically, by consuming more calories than our body needs day after day.

If you have excessive weight to lose you know that weight did not just suddenly appear overnight, right?

It came gradually over days....weeks.... months... or even years.

It wasn't one cupcake or one extra helping of lasagna. It was repeatedly eating more sweets or snacks or even healthy foods than your body needed for energy.

The excess calories you consumed over that long period of time is stored as fat and results in weight gain.

Unfortunately, there is no "magic" overnight solution. And you should run from anyone that claims to have a "magic pill" for losing weight overnight.

Sure you may lose a few pounds quickly, but “pills” won’t work long-term. The weight will come back.

And that’s not what I want for you. You deserve better than that.

However, if you are smart about what you eat – you can still enjoy an occasional hamburger, a slice of pizza, or your favorite dessert while losing weight and more importantly keeping the weight off.

It all comes down to understanding that all foods are NOT created equal. Some foods are better for weight loss than others.

The key is understanding which foods accelerate your weight loss and produce the quickest results...

And that’s what I am excited to share with you today!

This program My Bikini Belly is a scientifically proven method for losing weight – and more importantly keeping the weight off – as rapidly and safely as possible.

### **3 Natural Weight Loss Super Foods...**

I’ve discovered 3 little-known, natural, and powerful super foods capable of cleansing your body of all toxins, metals, and acids AND helping you lose excess weight faster than you may have imagined possible.

I still find it amazing that these 3 super foods remain such a secret. As you’ll see, adding these “super foods” to your daily diet is incredibly simple.

These super foods can increase your energy and vitality, and make you feel 20 years younger practically overnight.

**If you follow the simple steps I'm about to share, you will be shocked at how quickly you can shed pounds and shred fat...** even if you do indulge in an occasional hamburger, fries, or slice of pizza.

Believe me, I could write a book on these three super foods but for now I'll just give you the quick highlights...

## **Super Food #1: Chlorella**<sup>12</sup>

If you're serious about shedding pounds, then one of the tiniest organisms found on Earth may be the simple solution.

Chlorella is a microscopic, single-celled, blue-green algae that lives in fresh water. It is revered as a super food and natural medicine.



More importantly, scientists have shown chlorella to be enormously beneficial in weight loss and many other aspects of good overall health.

A research team in Kyoto Japan found that chlorella **promotes weight loss** by controlling gene expression to produce reductions in body fat percentages, fasting glucose levels, and total circulating cholesterol.

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<sup>1</sup> <http://naturalsociety.com/green-superfood-powerful-weight-loss-tool/>

<sup>2</sup> <http://drjockers.com/the-superfood-power-of-chlorella/>

Thanks to rich amounts of trace [minerals](#), chlorophyll, and anti-oxidant [phytonutrients](#), chlorella has an extraordinarily high nutrient density.

Chlorella contains:

- 16 vitamins and 8 minerals (plus vital trace elements and minerals)...
- 19 amino acids (including the 9 essential amino acids) making it a highly digestible complete protein...
- The highest concentration of RNA/DNA nuclei acid in all know plant foods...
- The richest source of chlorophyll known to man...
- Essential fatty acids (Omega-3 and Omega-6)...
- And much more...

Here's a short list of the incredible health benefits chlorella provides:

- Improves digestion...
- Helps with constipation...
- Boosts your immune system...
- Cleanses the blood...
- Relieves inflammation...
- Promotes optimal blood pressure...
- Reduces fibromyalgia pain...
- May reduce cancer risk...
- Effective for hormone imbalances...
- Increases white blood cell count...
- Detoxifies harmful radiation...
- Reduces body odor...
- Helps tissue growth and repair...
- And many more...

**To help shred fat faster:** For the next 30 days, mix 1 tablespoon of chlorella in water twice per day – once in the morning and again in the evening. Or you could add it to your favorite smoothie recipe.

## **Super Food #2: Cacao**

Cacao is a raw form of chocolate. But did you know that not only is it a powerful aphrodisiac, it is said to be the most pure form of vitamin C?!



Cacao can give you enough energy to replace your morning cup of coffee. Or you can add it to your coffee to create a more healthy and flavorful morning beverage.

Cacao's biggest health benefit could be that it is one of the strongest antioxidants on Earth.

Cacao has more antioxidant flavonoids than any other food tested so far – including blueberries, red wine, and both black and green teas.

In fact, cacao has up to four times the quantity of antioxidants found in green tea.

The long list of health benefits provided by antioxidants includes:

**Promoting Heart Health:** Helps dilate blood vessels, reduce blood clotting, and improve circulation. Helps regulate heartbeat and blood pressure, lower LDL cholesterol, and reduces the risk of stroke and heart attacks.

**Protection from Environmental Toxins:** Helps repair and resist

damage caused by free radicals, and reduces the risk of certain cancers.

**Serotonin:** Cacao raises the level of serotonin in the brain; thus acts as an anti-depressant, helps reduce PMS symptoms, and promotes a sense of well-being.

**Endorphins:** Cacao stimulates the secretion of endorphins, producing a pleasurable sensation similar to the runner's high a jogger feels after running several miles.

**Phenethylamine:** Phenethylamine is created within the brain and released when we are in love. It acts as a mild mood elevator and anti-depressant, and helps increase focus and alertness.

**Anandamide:** Anandamide is known as the bliss chemical. Cacao contains both Nacylethanolamines, believed to temporarily increase the levels of anandamide in the brain, and enzyme inhibitors that slow its breakdown. It also promotes relaxation, and helps us feel good longer.

**Essential Minerals:** Cacao beans are rich in a number of essential minerals, including magnesium, sulfur, calcium, iron, zinc, copper, potassium and manganese.

**Magnesium:** Cacao could be the world's #1 source of magnesium. Magnesium balances brain chemistry, builds strong bones, and helps regulate heartbeat and blood pressure. Magnesium deficiency, present in 80% of people, is linked with PMT, hypertension, heart disease, diabetes and joint problems.

**Sulfur:** Cacao is high in the beauty mineral sulfur. Sulfur builds strong nails and hair, promotes beautiful skin, detoxifies the liver, and supports healthy pancreas functioning.

**Essential Fats:** There is a misperception that chocolate is fattening.

In truth, the fats in cocoa butter are healthy fats. Cacao contains oleic acid, a heart-healthy monounsaturated fat, also found in olive oil that may raise good cholesterol.

**Appetite Suppressant:** Yes, that's right! Raw chocolate actually has appetite-suppressant properties and often added to weight loss products to help control hunger!

**Aphrodisiac:** Chocolate has long been the food for lovers and is a symbol of sensuality and sexuality. The ancient Aztecs gave chocolate as wedding presents and other South American civilizations believed that chocolate was the food of the heart.

**To help shed pounds faster:** For the next 30 days, create a delicious tasting energy boosting beverage by mixing 1 tablespoon of cacao with water, almond milk, or your personal favorite healthy drink. Do this twice daily – once in the morning and again in the evening.

### Super Food #3: Goji Berries<sup>3</sup>

Also known as wolf berries, goji berries have been a staple of traditional Chinese medicine for thousands of years.<sup>4</sup>

Goji berries have a natural tinge of sweetness combined with a very slight herb-like taste.



<sup>3</sup> [http://www.huffingtonpost.ca/2014/03/28/goji-berry-benefits-\\_n\\_5044948.html](http://www.huffingtonpost.ca/2014/03/28/goji-berry-benefits-_n_5044948.html)

<sup>4</sup> [http://www.huffingtonpost.ca/2014/03/28/goji-berry-benefits-\\_n\\_5044948.html](http://www.huffingtonpost.ca/2014/03/28/goji-berry-benefits-_n_5044948.html)

They also contain tiny seeds that add a nice texture to your meals.

You can eat goji berries raw or soak them in hot water. You can also add goji berries to trail mixes, smoothies, or as a garnish to salads or yogurts.

A 500-gram bag of dried goji berries usually costs about \$15 to \$20 at most natural food stores. Organic goji berries have been known to sell for \$30 to \$40.

You may find the best bargains at local Asian stores. Yet I've discovered an even more affordable source I'll share in a moment.

Goji berries are loaded with beta-carotene – an important nutrient known to help promote healthy skin.

Goji berries can also help boost the immune system and protect the eyes. And goji berries are an excellent source of vitamin C that can reduce tough cold symptoms.

Even better, goji berries are low in calories, fat-free and are packed with fiber — which also helps you manage weight and go the bathroom on a regular basis.

Finally, goji berries are an excellent source of antioxidants. They contain 21 trace minerals, and **15X the iron of spinach.**

**To increase energy and accelerate weight loss:** For the next 30 days, add a serving of goji berries to your daily routine. You could even mix all 3 super foods – chlorella, cacao, and goji berries – with your favorite fruits in a blender to create a super food smoothie!

So that's it. Pretty straightforward, right?

I'm absolutely convinced beyond the shadow of a doubt that chlorella, raw cacao, and goji berries are three of the most healthy super foods on the planet.

Yet I'll admit it was a challenge to narrow it down to just 3 super foods because a healthy diet obviously consists of more than just these three foods. So let me share...

## **A Short List of Other Super Foods...**

**Spirulina** is an incredible super food that provides a concentrated source of protein, vitamins, antioxidants, and other nutrients.

**Lecithin** is vital to the construction of your cells. It also repairs liver damage and improves memory.

**Pea Protein** is packed with branch chain amino acids. BCAAs help you lose weight by keeping you full between meals.

**Wheatgrass** – just a single scoop of this super food is equivalent to 5 full servings of fruits and vegetables.

**Slippery Elm Bark** cleanses your body from the inside out.

**Alfalfa** is known as a cure for kidney problems, reduces swelling, and nourishes the digestive, skeletal, glandular, and urinary systems.

**Bilberry** promotes cardiovascular and eye health.

And **kelp** helps reduce water weight and toxins in the body.

If you've struggled to lose weight or constantly lack energy, then simply adding these super foods to your diet along with the other

strategies you'll discover in this proven program will be a real game-changer for your overall health and weight loss.

Yet if you're like most people, then you have a very busy life. You have a job, a spouse or significant other, and possibly children.

And you have other interests that could include church, volunteer work, sports, pets, and on top of all that you have a social life.

Believe me, I understand!

And that's what led me on my search for...

## **The ULTIMATE Super Food Solution...**

After months of experimenting, I finally discovered a fantastic product that combines ALL of the super foods I've told you about – and over 70 natural and organic ingredients in all – into one super healthy powdered drink mix.

It's called **Daily Energy**<sup>®</sup> – the world's first premium super food cocktail.



At first I was skeptical because not many of these types of products deliver on their promises. So I put this one to my demanding tests and held it to my stringent standards.

From the beginning I was impressed with the long list of high-quality ingredients but that alone was not enough for me.

So I tracked down the creator of **Daily Energy**<sup>®</sup> and grilled him with tough questions about the ingredients and the manufacturing process.

I came away from the meeting impressed by his research and the sources of the organic and natural ingredients they used.

At the end of my investigation, I was convinced **Daily Energy**<sup>®</sup> was far and away the best supplement I had ever found

Why do I make this bold statement?

Let me give you a long list of reasons why I consider **Daily Energy**<sup>®</sup> my personal “nutritional insurance”...

- Each serving of packs the antioxidant equivalent of 12 servings of fruits and vegetables (something sorely lacking in the typical modern diet)...
- It contains over 70 organic and natural ingredients from the highest quality sources that can be found around the globe...
- It contains countless nutrients and minerals that can't be found in everyday foods...
- It contains essential prebiotics, probiotics, and digestive enzymes to promote and improve gut health...

- It can help you accelerate weight loss and achieve optimum health in just 30 seconds per day...
- It gives you a healthy and sustained energy boost without any crash...
- And perhaps best, it tastes absolutely fantastic!...

As you can clearly see, **Daily Energy**<sup>®</sup> isn't like other supplements.

It has been a real game-changer for me and my family. This is my “go-to” all-in-one greens drink.

That's why **Daily Energy**<sup>®</sup> gets my seal-of-approval.

So what's the biggest difference?

## **An Abundance of Natural, Organic, Nutrient-Dense Ingredients Combined into a Single Green Powder...**

Most supplements are not natural. They're actually manufactured in a lab in a process that provides a small fraction of the nutrients, vitamins, and minerals found in nature's whole foods.

**Daily Energy**<sup>®</sup> is made with the highest quality whole foods available. Even better this powerful combination of super foods is freeze-dried when they are at their freshest to preserve as much of nature's nutrition as possible.

And there are no shortcuts taken in creating the product either. Instead of using the standard (and cheaper) hot-milling process, each and every ingredient in **Daily Energy**<sup>®</sup> is cold-milled to maintain its integrity before being combined into a single delicious and super healthy green powder.

The synergistic effect of combining these 70+ organic and natural ingredients in very specific quantities and combinations provides incredible health benefits you'd never get from eating each ingredient individually.

Shortly after adding **Daily Energy**<sup>®</sup> to my daily routine, I felt more energized and alive than I've felt in years. Most people notice the difference after just a few days.

And it gets even better...

Aside from the tremendous health and weight loss benefits, **Daily Energy**<sup>®</sup> is...

## **A Simple, Great-Tasting Weight Loss Shortcut...**

Most of these healthy green powders taste like grass clippings. That makes them tough to swallow and gives you good reason NOT to use them.

**Daily Energy**<sup>®</sup> is naturally sweet. And all the health benefits I've covered so far are packed into a single scoop you can consume in just 30 seconds per day.

Whether you mix it with a glass of water or add it to your favorite smoothie recipe, you'll look forward to this ultra-healthy energy boost every day.

After all you've discovered about super foods today, I think you'll agree that **Daily Energy**<sup>®</sup> is hands down the single best and fastest way to nourish your body with the nutrients it needs every day.

It will also help you achieve optimal results in the shortest amount of

time with this program My Bikini Belly.

It's also important to point out that **Daily Energy**<sup>®</sup> contains absolutely no synthetic chemicals, artificial colors, flavors, preservatives, or sweeteners of any kind.

And you won't find any GMOs, herbicides, pesticides, wheat, dairy, gluten, corn, lactose, sucrose, dextrose, egg, yeast, peanuts, or animal products in **Daily Energy**<sup>®</sup> either.



So it's suitable for just about everyone on the planet regardless of allergies or dietary preferences.

Don't just take my word for it though. Here is what people actually taking **Daily Energy**<sup>®</sup> have to say about the world's first premium super food cocktail.

"I am a firm believer in Daily Energy. Love the energy it gives me before a workout. I'm in better shape now than I have ever been in my life. I love you guys, and will ALWAYS use Daily Energy, as part of my daily routine. BTW, I also teach fitness now. ☺"



"At 57 and 210 lbs I knew I had to do something to protect myself against the heart disease that runs in my family. Now at 59 I have lost 35 lbs, weigh 175 lbs, and my total cholesterol is down to 136. I feel great, have tons of energy, and I am prescription free! I am pushing 60 and feel better than I did in my 40's!!!"



Based on my own personal experiences and those of my clients, I'm absolutely convinced you'll see similar results.

Since you're new to the My Bikini Belly community and because I want you to experience the fat and weight loss results you deserve as quickly as possible...

For a LIMITED TIME I've arranged for your personal supply of **Daily Energy**<sup>®</sup> to be delivered straight to your doorstep with absolutely NO RISK and guaranteed results at the lowest price possible.

I can't guarantee how long this special offer will be available so if you have any interest at all in taking my #1 recommended supplement for a "test-drive," then please take advantage of this opportunity today while it's still available.

Before I tell you how much you'll save, let me give you all the information you'll need to make an informed decision.

This is an easy decision because there is NO RISK whatsoever. **Daily Energy**<sup>®</sup> comes with a no-questions-asked 60-day Money-Back-GUARANTEE.

In other words, if you don't agree that **Daily Energy**<sup>®</sup> is the best supplement you've ever tried and that's it's not all I've promised...

In fact you're anything less than 100% completely satisfied for any reason at all – even if you don't like the label...

You can return the bottle (even if it's empty) for a FULL REFUND of the entire purchase price.

That your personal GUARANTEE that **Daily Energy**<sup>®</sup> will deliver all the health and weight loss benefits you expect and deserve.

Now, here's the really exciting part...

I have teamed up with the friendly folks at **Daily Energy**<sup>®</sup> to offer my most valued customers like you an EXCLUSIVE DISCOUNT.

This highly discounted price is not available to the general public. And when you add monthly delivery and ACT TODAY...

## **You'll SAVE 30% Off the Regular Price...**

Most people pay \$99.99 per month plus shipping and handling.

Through this special offer, you'll pay just \$69.95 + shipping and handling

Remember, **Daily Energy**<sup>®</sup> contains over 70 organic and natural ingredients. You'd spend A LOT more than \$69.95 and waste hours of valuable time trying to source these ingredients yourself – if you could even find them.

And each super healthy scoop packs the nutrient value of 12 servings of fruits and vegetables you can enjoy in just 30 seconds for less than the price of your morning cup of coffee.

If you're truly serious about accelerating your weight loss results, you won't hesitate to take advantage of this special offer.

Please don't delay though because I can't guarantee how long this exclusive discount will be available. **[CLICK HERE NOW.....](#)**

**CLICK HERE**



## **SPECIAL OFFER**

**Get a Head Start on Your Transformation with 30% Off Daily Energy For a Limited Time!**

**Regular Price \$99.95**

**Yours today for only \$69.95**

Remember, with the protection of a 60-Day Money-Back GUARANTEE, this is truly a RISK-FREE opportunity. You have nothing to lose and everything to gain. **[Click here to lock in your discount today!](#)**

Now that you know about these spectacular super foods and **Daily Energy**<sup>®</sup>, I want to show you some delicious recipes I have created to set your taste buds on fire!

Although **Daily Energy**<sup>®</sup> is delicious when just mixed with water, sometimes I like to spice it up a bit!

As it is in powder form, it's perfect for mixing into your morning smoothie.

After years of spending hours in my kitchen making a mess, I have discovered some of the most nutritious, appetizing, and CRAVING-FIGHTING smoothie recipes.

Here are three of my absolute favorites that I'd recommend you start

making today!

## Green Coconuts



### **Ingredients:**

Makes: 1 serving

- ✓ 8-10 oz. coconut water
- ✓ Crushed ice
- ✓ 1 scoop **Daily Energy**

### **How To Make This Smoothie:**

Blend ingredients on high for 2 minutes. Enjoy.

## Go Go Juice



### **Ingredients:**

- ✓ 1/2 c. unsweetened grass-fed kefir of choice
- ✓ 1 scoop **Daily Energy**
- ✓ 1 Tbsp. cacao powder
- ✓ 1 tsp. cinnamon
- ✓ 1 tsp. turmeric
- ✓ 1/2 c. water

### **How To Make This Smoothie:**

Blend on high until smooth.

## Blue Boost



### **Ingredients:**

- ✓ 1 c. organic baby spinach
- ✓ 1/2 c. organic arugula
- ✓ 1 Tbsp. **Daily Energy**
- ✓ 2 slices fresh avocado
- ✓ 1/3 c. organic frozen blueberries
- ✓ 2-3 organic frozen strawberries or fresh vine ripe strawberries
- ✓ 1 c. filtered water

### **How To Make This Smoothie:**

Rinse and wash greens and fresh strawberries, if needed.

In your blender of choice, add the spinach and arugula first, then the remaining ingredients with filtered water.

Blend on high until smooth.

## ACV Tonic



### **Ingredients:**

- ✓ 1 1/2 Tbsp. Bragg's Apple Cider Vinegar
- ✓ 2 tsp. honey (adjust to taste)
- ✓ 1 scoop **Daily Energy**
- ✓ 8 oz. water

### **How To Make This Smoothie:**

In a shaker or blender, add ingredients and mix until smooth.

LAST CHANCE.....If you missed it before, make sure you pick up your special discount for **Daily Energy**<sup>®</sup>. [Click here now!](#)