

THE FAT BURNING FURNACE

How You Can Comfortably Lose Your Excessive Body Weight In 28
Days

By Teejayworld Publications

<https://teejayworld.com/the-fat-burning-furnace/>

INTRODUCTION

Thank you for investing in this helpful report which is going to be worth far more than the amount you paid for it.

I promise you that.

Obesity has become a major health problem worldwide. This abnormal accumulation of fat has many health consequences, including diabetes (80% of cases), high blood pressure, excess cholesterol in the blood, cancer (especially endometrial), and heart, respiratory and joint disease.

Have you ever wondered why Japanese do have a longer life span and a very low obesity rate? In case you do not know this before, please sit tight and enjoy.

Even researchers are largely interested in what differentiates Japanese people from other populations.

Japanese are known to be very healthy and balanced. The Japanese lifestyle is so special that it allows them to have a very low obesity rate and a much higher life expectancy (average life is 86 years for women and 79 years for men). Did you see that?

Many have speculated that the Japanese have very specific genes allowing them to stay slim. But following the scientific studies, it was found that the Japanese could be obese if they adopted the American diet.

So the Japanese diet is a good example to follow. It's just a matter of habit!

This is what the Lagos prostitute emulate plus some modifications. Please take note that this modification has been tested and practiced in Nigeria over the years by experts and they discovered it shrinks body waist of excess body fat in 28 days, and no further modification is required.

It takes 28 days to finish this weight loss diet plan. It is only the supplement that requires 50 days to complete.

This diet does not allow any salt, sugar, alcohol, bread and any other foods except for the ones in the menu.

For best results do not make any changes to this weight loss diet menu. If you strictly follow this diet you will lose up to 15 pounds or even more depending on your initial weight and age.

Seven (7) Key Habits That Will Let You Lose Excess Body Fat Fast

- Balance diet choices: Consume far more fish and eat less red meat. Fish is rich in many nutrients such as protein, vitamins A and D, and minerals like iron and is high in omega-3 fatty acids. Eating less red meat also reduces the risk of heart disease.

The fish-rich meal promotes the eating of healthy omega 3 fatty acids, while eating Green tea is well known for protecting the heart and fighting off chronic illnesses. Ending a meal with fruit also stops one from indulging in trans fatty foods like cake.

Rice is the main carbohydrate consumed in Japan, and is present at almost every meal which is their secret to shedding fats. According to the Weight Loss Center, carbohydrates account for around 55% of Japan's total calorie intake. Japanese favor brown rice, which is higher in fiber than white rice.

- Small portions: Emphasis on the way you present your food and despite smaller portions of the meal, it should offer a satiating meal (that is satisfied).

You must follow the principle of enjoying food slowly. Each dish must have its own plate and the food should be arranged to show off its natural beauty. Please make sure not to fill each plate completely and stop eating once you are 80% full, avoiding any urge to continue eating for the sake of it. Wait 20 to 30 minutes to determine if you are still hungry. Since it takes approximately 20 minutes of eating for the satiety center in your brain's hypothalamus to register that your stomach is full, eating slowly means you will recognize you're full sooner, and thus eat less.

This portion control allows to keep off extra weight.

- Light cooking: When you want to cook, please adopt healthy cooking methods including heart friendly oils, and not exposing the raw ingredients to overly high temperatures for long periods.
- Freshly prepared stew with light cooking is preferred. Avoid over-warming of stew for longer days. Choice methods include pan grilling, stir-frying, steaming. Fresh foods are also preferred. Overall this cooking style leaves you with a light, fulfilled feeling in your stomach. These methods also preserve a food's nutrients and antioxidants, and reduce the number of fat calories.

- No bread. Just rice.: Avoid bread for now. Instead, traditionally steamed rice is preferred. Without bread, your diet will remain free from refined wheat flour. You can go a step further in adding healthy choices to your diet and opt for brown rice, a healthier option than white rice.
- No sugary and processed food and drinks: Instead of using coke, fanta, chivita, cake or ice cream for a sweet ending to a meal, it is better to serve small helpings of fresh fruit, but not daily. Fruit is rich in antioxidants and other essential nutrients, and less sugar prevents diabetes, excess fat and weight gain.
- Exercise: incorporate exercise into your daily lives whenever you can. Try to include exercise more in your lifestyles rather than working out at the gym. By walking to work or taking the stairs, you burn calories as part of your daily routine, a key step in fighting obesity.
- .A different attitude: Even while you are implementing this weight loss diet plan, devote less time to dieting. In addition to your healthy attitude to food, spend some of your time in incidental exercise such as jogging, skipping, climbing staircase, brisk walking and so on.. Together with smart diet choices, being active allows you to be slim and contributes toward your health and longevity.

Here is what you should know:

- Diet makes up 60-70% of the achievement;
- The Supplement makes up like 20%;
- Workout can significantly boost the effects;
- To remain in a good health and fit, you should consume a healthy diet, be physically active, and drink plenty of water. However, every culture has its own rules when it comes to health and weight loss.

Some Rules You Need To Take Note When It Comes To Losing Body Fat

These are secrets when it comes to health and weight loss:

- Warmth is the most important

The food we consume is turned into energy. During the summer, fruits and vegetables cool the body and ease the adjustment of the body to the high temperatures.

On the other hand, the food we consume in the winter is higher in calories, as the body needs to warm up in the cold weather. Raw foods are beneficial, but you should also try to consume warmer foods more often.

In summary, balancing is essential

- Meals

Japanese for example, believe that liquids negatively affect digestion, so they do not drink anything while eating.

Liquids cool the system and absorb its warmth. Also, water neutralizes the stomach acid, so the system will need to spend additional energy to digest foods. The best sources of liquids are soups, fruits, and vegetables.

Note: If you eat like a sumo wrestler, you will look like one

Sumo wrestlers eat nothing for breakfast, and as soon as they get up, they start off with an intense training. Then, they eat a super rich lunch and take a nap afterward.

They have only two meals daily, but they are huge. Therefore, even though you exercise regularly, if you eat too much, you will gain weight. It is a fact that junk food and large meals are more powerful than exercising.

Therefore, your diet should be balanced, and you should also sleep well and be physically active.

- Hot baths prolong life

Hot baths relax the body, reduce stress, and stimulate circulation.

According to research, they also help digestion, prolong life, and improve skin complexion. Experts believe that the perfect temperature is 100-104 degrees Fahrenheit.

This Japanese Method Will Help You Quickly Get Rid of Belly Fat

Japanese actor Miki Ryosuke recently discovered an interesting method that helped him to lose 13 kg (28.7 lb) and 12 cm (4.7") from the waist in just a few weeks by chance.

This result was a side effect of a back pain relief exercise prescribed to him by a doctor, and this exercise takes him only 2 minutes a day.

You can also try this technique and understand exactly how it helps you lose weight.

- Ryosuke called it a long-breath diet. The technique lies in taking a certain position, taking a three-second breath (inhalation), and then a strong exhalation for seven seconds.
- Most European doctors support the use of breathing exercises for weight loss and explain their effectiveness as follows:

fat consists of oxygen, carbon, and hydrogen. When the oxygen we breathe in reaches the fat cells, it splits them into components (carbon and water) . Therefore, the more oxygen our body uses, the more fat we burn.

- Perform the exercise every day for 2-10 minutes.
- In addition, as experts say, this technique will strengthen the body's muscles and increase metabolism.

Now let us move to the weight loss diet plan proper

But before we continue, there are things you need to take note:

- 2 weeks before you begin the diet, minimize the amount of food you eat gradually until the day the diet starts. This way, the body is able to adapt to the extremely smaller portions you take throughout the next 28 days.
- You cannot eat food with salt and sugar. Salt tends to stimulate fluid retention in the body, leading to a bloated appearance. Sugar, on the other hand, tends to be stored in the body as fat when there's excess amount of it so it's prohibited at all cost. All types of sweet treats and alcoholic beverages are completely off limits.
- Always take the required portion of food and stick to a rigid schedule (breakfast, lunch, and dinner only). Drink at least 1.5 liters water each day and boost your nutrition by taking the recommended supplements.
- This weight loss diet plan will include meal plans for good 28 days. The kinds of food you can eat while taking this diet include boiled meats (in small amount), vegetables, boiled eggs, and poultry as well as steamed fish and teas/coffees at certain times of the day (usually mornings). Snacking is prohibited.

Factors to Consider before starting this plan:

- Portions and consistency are key. If you are taking more than the required amount of food, it will affect the results of the diet by the 28th day. If say, you tried to replace a certain type of food in the meal plan, the diet will lose its effectiveness altogether! so, get everything in place before commencing.

Why? The diet is designed to alter the body's metabolic rate. Every element in the meal plan works in conjunction with others to ensure steady weight loss. All components of the meal plan are meticulously researched to achieve the desired results.

- This extreme diet plan requires total commitment and almost supernatural self-control. After the 28th day, you are not expected to load yourself with heavy meals. You still need to watch what you eat. In fact, you are advised to gradually increase your diet so the body won't get too shocked from the amount of food it takes after such rigorous diet plan.
- Finally, never extend this diet plan beyond the required duration
Most experts advise to never repeat this diet twice in the same year.

IN SUMMARY

For nearly 4 weeks, do not use:

1. Salt- it holds excess fluid.
2. Sugar- it causes wrinkles and excessive roundness barrels.
3. Bread- primarily made from white flour, which does more harm than good to your body
4. Alcohol- even 100 grams of wine nullify all your efforts: alcohol alters the metabolism for the worse, prevents the removal of toxins.

Please note: Do not carry out this plan if you are pregnant or breastfeeding

THE WEIGHT LOSS DIET PLAN

=> Day 1

- Breakfast - black coffee or green tea.
- Lunch - 1 hard-boiled egg, vegetable salad preferably romaine lettuce with olive oil, one fresh tomato.
- Dinner - broiled, steamed or boiled fish, salad preferably romaine lettuce with olive oil.

=> Day 2

- Breakfast - black coffee, or green tea.
- Lunch - broiled, steamed or boiled fish, salad preferably romaine lettuce with olive oil
- Dinner - 1 little wraps of moinmoin.

=> Day 3

- Breakfast - black coffee.
- Lunch - one hard boiled egg, 3 large fresh or boiled carrots with olive oil and lemon juice.
- Dinner - vegetable soup, apple.

=> Day 4

- Breakfast - black coffee.
- Lunch - small plate of fried rice, fried in olive oil, apples.
- Dinner - 2 hard-boiled eggs, , romaine lettuce or vegetable salad with olive oil.

=> Day 5

- Breakfast - one fresh carrot, dressed with lemon juice.

- Lunch - broiled, steamed or boiled fish, 2 cups of unsalted tomato juice.
- Dinner - broiled, steamed or boiled fish, vegetable salad preferably romaine lettuce with olive oil.

=> Day 6

- Breakfast - 2 cups of watermelon
- Lunch - steamed or broiled chicken breast, vegetable salad preferably romaine lettuce with olive oil or steamed carrots.
- Dinner - 2 hard-boiled eggs, fresh sliced carrot with olive oil and lemon juice dressing.

=> Day 7

- Breakfast - green or black tea.
- Lunch - 1 cup of beans, any fruits.
- Dinner - choose whatever you want from previous days except for day 3.

=> Day 8-28

- Repeat the above weight loss diet menu every week from day 8 to 28.

And here is finally revealing the supplement:

The name of the supplement is **SPIRULINA**. I am sure you are glad to hear this, the same way I was then.

Spirulina is an organism that grows both in fresh and salt water. It is a form of bacteria called cyanobacterium, which is often referred to as blue-green algae. Just like plants, cyanobacterium can produce energy out of sunlight, via the process of photosynthesis.

Spirulina is a floating microalga found mostly in the water reservoirs of Africa, India, Mexico, and America.

So, if you are serious about getting back in shape and losing that excess fat fast, do more than just eating healthy and exercising. Having supplements can speed up the process and one such natural weight loss supplement is Spirulina. This blue-green alga is branded “Best Food for the Future” by the UN for many reasons, weight loss being one and most important of them.

How Does Spirulina Helps In Burning Excess Fat?

Here are some of the things you need to know about Spirulina and weight loss:.

Low Calorie

One tablespoon spirulina contains only 20 calories. Consuming low-calorie food is essential if you want to lose weight. It will help create a negative energy balance. Therefore you can add it to your morning juice without having to worry about consuming too many calories

High Protein

When it comes to weight loss, a low carbohydrate and high protein diet work for most dieters. Spirulina contains about 65-75% protein and comprises all the essential amino acids. Proteins take longer to digest than simple carbohydrate. Spirulina therefore keeps you full for longer (I like this). Also, proteins help build lean muscle mass thereby making you look toned and increasing your muscle power and endurance.

3. Highly Nutritious

Spirulina is rich in vitamins C, B1, B6, B5 and E and minerals such as copper, zinc, manganese, useful enzymes and dietary fiber that makes it a perfect weight loss supplement (Yipee). These minerals, vitamins,

enzymes, and dietary fibers help in digestion, metabolism, removing toxins, and also preventing fat absorption

4. Antioxidant & Anti-Inflammatory Properties

Spirulina has antioxidant and anti-inflammatory properties (I'm so loving this). The antioxidants help to nullify the harmful oxygen radicals and prevent the body from producing proinflammatory molecules. This prevents the body from being in a state of stress and avoids inflammation. Toxic buildup and inflammation are two leading factors of weight gain, which spirulina can clearly protect you from.

5. Suppresses Appetite

Spirulina is also an appetite suppressant (People that have been asking for drugs that will not make you eat, this is for you ...lol). It contains the amino acid phenylalanine that stimulates the secretion of cholecystokinin that helps to suppress appetite (interesting).

6. Hypolipidemic Properties

Many scientific studies conducted to find the benefits of spirulina has confirmed that spirulina possesses lipid lowering properties (you can't afford not to get this supplement, except your village people are after you...smile).

It helps to lower the bad cholesterol (LDL) and triglyceride levels in the blood and increases good cholesterol (HDL) in the blood. So consuming spirulina will boost fat mobilization, which is what is critical for weight loss.

7. Lowers Blood Sugar

High blood sugar can increase the risk of developing insulin resistance, obesity, and diabetes. Spirulina helps to lower the blood sugar levels in Type 2 diabetes patients (another essential supplement for diabetic patient).

Therefore, if you include spirulina in your diet you can prevent insulin spikes, and further protect yourself from diseases and prevent weight gain.

8. Lowers Blood Pressure

Spirulina also helps to lower systolic and diastolic blood pressure thereby making it a potent antihypertensive agent (good you start using it now, and prevent future occurrence of hypertension and excessive weight gain).

High blood pressure and stress leads to weight gain, and spirulina supplementation can prevent you from becoming plump, especially in your tummy area.

Do you still need a prophet to tell you that you need to get this supplement?

So, those are the 8 reasons why spirulina is considered one of the BEST weight loss supplements.

Now, let's find out how you can consume spirulina.

There are many ways through which Spirulina can be consumed, but the one you will be making use for this purpose of weight loss is the tablet form. It has been formulated into tablet form by a reputable Pharmaceutical Company overseas. And it is very easy to use

Spirulina Powder

You can stir a tablespoon of spirulina powder into your juice or smoothie.

Or stir a tablespoon of spirulina powder into a glass of water.

Just add 1 tablespoon spirulina to whatever juice of your choice, and you are good to go

Spirulina Tablets

If you want to take spirulina tablets, then it is safe to take 500 mg tablet 2 times a day.

For the purpose of this weight loss, we are making use of the Spirulina tablet. And you are to take **one tablet two times daily for 50 days**, which means after completing the 28 days weight loss diet plan, you will still continue using the supplement.

The price of the tablet ranges from N2,000 to N2,500

Is It Safe To Consume Spirulina?

Spirulina is approved by the FDA as safe for consumption.

What you should take note before buying Spirulina

You can buy spirulina at any pharmacy nearby or even online. Check the label for the expiry date, buy from a known brand (I would recommend Mason Brand containing 100 tablets), and it should be organic.

Why This Approach Works

This weight loss diet plan clearly shows that you need to include a substantial amount of lean protein (fish, chicken, mushroom etc.),

complex carbs (fruits and vegetables), healthy fats (nuts and olive oil), and dietary fiber (fruits, vegetables), metabolism boosting agents (green tea), and weight loss supplements (spirulina) to shed the fat.

Finally, do you know their are other benefits of consuming Spirulina?

- These are what your body will be getting as bonus for using this supplement
- Spirulina is also found to inhibit the entry of deadly viruses (such as HIV) into the human cells.
- Spirulina helps to prevent the growth of Candida.
- It helps to detoxify heavy metals, especially arsenic.
- Helps to fight cancer.
- It increases stamina and energy.
- It fights liver disease.
- It improves bone health.
- Spirulina also helps treat anemia.

- It helps to prevent brain damage and improve memory.
- It is very useful to alleviate symptoms of PMS (post menopausal symptoms).
- Spirulina is very effective against sickness caused due to radiation treatment.
- It nourishes your skin and keeps it healthy.

IN SUMMARY

Workout regularly - you can exercise at home. Do a mix of skipping, brisk walking, climbing stairs, strength training, and light weight lifting at least 15 minutes a day to get a slim and fit body.

Avoid stress - stop getting anxious and worried.

Try to eat home-cooked food most of the times to avoid consuming hidden calories present in foods you get outside

Get 6-8 hours of sleep every day to help your body repair and rejuvenate the wear and tear in the muscles as well as nullify the harmful toxins.

Drink water when you feel hungry at an odd time. Your brain gives you the wrong notion of being hungry when you are just thirsty.

Walk to and from office, take the stairs, stand and work for a few minutes—This will help you use up the calories.

Say no to foods that are high in calorie, sodium, and sugar such as aerated drinks, packaged fruit and juices, fried chicken, burger, pizza, fries etc.

Reward yourself once in a week for adhering to a healthy diet plan.

Keep yourself motivated.

Weight loss is guaranteed if you follow these tips. Especially if you boost your weight loss by consuming spirulina together with the diet plan.

It is really amazing how much a single cell organism can do.

And now it's your time to lose that unwanted fat and bring out the confident and sexy shape in you. Start today, start now!!!

However, I will be drawing the curtain now by reminding you that you can get in touch with Jennifer through this email if you have any questions or enquiries: **jenniferglory8@gmail.com**.

I hope this short report has helped you...

Please do not take any of the things in this report as a joke. These are simple things that some people pay Doctors huge amount of money just to learn.

You have heard them, but the question is will you do them?

Thanks for reading....

Best of Luck!

Regards,

Jennifer &

John

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