

THE REAL TRUTH ABOUT LOSING WEIGHT

The Hidden Truth About Overweight and Obesity: And How You
Can Comfortably Deal With It

By Teejayworld Publications

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

INTRODUCTION

Are you bored of wearing loose clothes, dark jeans, and body shapers to hide your figure flaws?

The fact is, these clothes cannot protect you from obesity-related diseases such as diabetes, cardiovascular disease (hypertension, stroke e.t.c) and infertility. But losing weight can help you deal with all these.

So, if you are serious about getting back in shape, do more than just eating healthy and exercising. Having supplements can speed up the process.

Probably you have faced a lot of challenges just like me:

Like your girlfriend leaving you without any particular reason, or maybe they didn't even accept to date you in the first place. They might even be giving you unnecessary excuses. Some will even tell it to your face that they cannot date oversized men just like my girlfriend Blessing did to me, before God sent me that angel that changed my story totally...Bro., Sister, wise up and act fast

Maybe you have even spent all your hard earn money on different things that will help shed your excess fat, but non seemed to have worked.

Or you are beginning to notice some health challenges (you will discover some of them as we progress). Now is the time to act so that you will not end up endangering your life or spending even huge amount of money than you have spent in the past.

This one is disheartning, there are a lot of people out there that are overweight but they didnt take cognisance of it. Some are even obese without taking the necessary action. Probably because they did not go for medical check up or they do not know how to go about it themselves.

By the time you finish reading this article, you would have developed an in-depth knowledge about how you can deal with

excess weight so as to prevent yourself from disease conditions associated with overweight and obesity.

What Can I Do If I am Overweight or Obese

OR You Want To Look Slim And Fit

In fact, you are in the right place. Please sit down comfortably and enjoy this live saving article.

But before then, it is one at a time. So, let us take it step by step

Quickly take note of this:

Worldwide, obesity rates have more than doubled since 1980 according to the WHO. As of 2014, over 1.9 billion adults were overweight or obese. After this increment, it should come as no surprise that weight has become a hot topic across all demographics, finding its way into all areas of our lives.

It's clear that many more adults are now overweight or obese than in the past. But, how is being overweight or obese detected?

As we proceed. you will find out

One of the most common and effective way is through the calculation of your Body Mass Index (BMI).

Body Mass Index (BMI)

The most common way to measure whether you are overweight or obese is body mass index—also known as BMI. BMI uses your weight and height to estimate your body make-up.

BMI, more often than not, correlates with total body fat. This means that as the BMI score increases, so does a person's total body fat.

- BMI calculation

BMI in an individual is calculated by the use of a mathematical formula.

The formula is - $BMI = (\text{Weight in kilograms}) \text{ divided by } (\text{Height in metres squared})$

It is this simple, calculate your weight in Kg and divide it by your height in meters raised to power 2. That is all.

Or you can go to a pharmacy nearby, they will help you check within few seconds.

A normal BMI score is one that falls between 18.5 and 24.9. This indicates that a person is within the normal weight range for his or her height.

A BMI chart is used to categorize a person as underweight, normal, overweight, or obese. where did you fall into?

Body Mass Index (BMI)	Weight Status
Below 18.5	Underweight
18.5 - 24.9	Normal
25.0 - 29.9	Overweight
30.0 plus	Obese

Waist Circumference

Where you store fat, especially how much you store around your waist matters a lot to your health. So, it's also important to consider your waist size.

To measure your waist size (circumference),

- i. Place a tape measure around your bare stomach just above your hip bone.
- ii. Be sure that the tape measure is snug (without pinching your skin) and lines up parallel to the floor.
- iii. Relax, exhale, and measure your waist.

Waist size greater than 35 inches is abnormal.

Note: If your BMI suggests that you are overweight or obese OR your waist size is greater than 35 inches, your weight may be putting your health at risk

If you have a BMI that is already over 24.9 and you have some of the symptoms below, do not hesitate to deal with it.

1. You find it difficult to exercise - As a matter of fact, physical activity is a necessary part of a healthy lifestyle. But if your weight holds you back, weight loss could make moving way more fun, which will ultimately help you stick to any fitness goal.

2. Your snoring could wake the dead, and you constantly wake up weak and slow - If you snore like crazy and rarely get a good night's sleep, you may suffer from sleep apnea, a condition in which irregular breathing disrupts your sleep.

Excess weight can bring it on: When your body stores fat around the neck, it can narrow the airway to cause shallow breathing or pauses in breathing.

3. You have tender spots everywhere - Inflammation can make the fatty tissue beneath your skin feel tender to the touch, kind of like spotty bruising. If your BMI is especially high, and you feel pain in random places, weight loss could help.

4. You're easily tired. (most of the time) - Internal inflammation caused by excess fat can lead to a perpetual state of fatigue. If you have an elevated BMI, and routine tasks like grocery shopping exhaust you, your extra weight could be the culprit, deal with it.

5. You're always hungry, even though you eat plenty - Of course, this could be a sign that you're eating the wrong foods, like candy, which lack the fiber, protein, and healthy fat that keep you full.

But it could also be a symptom of insulin resistance or type 2 diabetes, especially if you've had an elevated BMI for years, plus blurry vision, tingling, or numbness in your hands and feet, or extreme thirst, according to the American Diabetes Association.

Over time, excess weight can trigger these conditions, while weight loss can reverse them. (you will also see how this supplement can reverse it)

6. Your health practitioner diagnosed you for high blood pressure or high cholesterol - Medical practitioners say weight loss can bring these

numbers down without medication, which is safer, cheaper, and more sustainable than popping pills forever. (you got this)

7. Your waist circumference is greater than 35 inches - It has been discovered that excessive belly fat can increase your risk of heart disease, type 2 diabetes, high cholesterol, and high blood pressure, according to the Centres for Disease Control.

8. You lost a grandparent or parent to cancer - Excess fat can produce excess estrogen, which is linked to breast cancer, and other kinds of hormones that may promote tumor growth, according to the National Cancer Institute.

A family history of cancer can increase your risk from the get-go. While there's not much clinical evidence to prove that weight loss can protect you entirely, many observational studies have linked lower weight gain during adulthood to an overall lower cancer risk.

9. Your knees, hips, and back ache. Excess weight can put extra pressure on the joints, which wears down the tissue around them and makes moving uncomfortable, according to information from the National Institute of Health.

10. You've gained a few Kg every year since, before you can remember. When you're growing, it's normal to gain weight over time. But if your weight continues to soar after your height peaks, please do something.

11. Frequent Heartburn - Excess weight, even slight ones, can lead to more acid reflux. More than one-third of overweight and obese individuals experience gastroesophageal reflux disease (GERD). Other symptoms of this condition include belching, nausea, a bitter taste in your mouth, and abdominal pain.

In summary people with a high BMI, belly fat and oversized body are at risk of:-

- high blood cholesterol or other lipid disorders
- type 2 diabetes
- heart disease
- stroke
- high blood pressure
- certain cancers
- gallbladder disease
- sleep apnea and snoring
- premature death
- osteoarthritis and joint disease and so on

If you fall into any category above, you need a fast solution. You should lay your hands on the Lagos Prostitute's Diet Plan and the One SINGLE

Supplement that works like magic in giving you a slim, fit and healthy body in just 28 days.

It worked for her, it also worked for me and several other people. So, why won't it work for you. It will definitely work, 100% guaranteed.

Having said that, shouldn't you know something about this supplement that you will be making use anytime from now?

Definitely you should,

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.

How Does This Supplement Helps In Burning Excess Fat?

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

Low Calorie

One tablespoon of the supplement 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. This supplement contains about 65-75% protein and comprises all the essential amino acids.

Proteins take longer to digest than simple carbohydrate. The supplement 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.

Highly Nutritious

It 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

Antioxidant & Anti-Inflammatory Properties

It also 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 this supplement can clearly protect you from.

Suppresses Appetite

Whao! it 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).

Hypolipidemic Properties

Many scientific studies conducted to find the benefits of this supplement has confirmed that it 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 it will boost fat mobilization, which is what is critical for weight loss.

Lowers Blood Sugar

High blood sugar can increase the risk of developing insulin resistance, obesity, and diabetes. This supplement helps to lower the blood sugar

levels in Type 2 diabetes patients (another essential supplement for diabetic patient).

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

Lowers Blood Pressure

It 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 supplementation like this 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?

I don't know if you actually discovered something along the process. If you don't, let me tell you. You will discover that all the benefits of the supplement actually cater and deal with all the consequences and negative effect of overweight and belly fat discussed earlier. Isn't that interesting?

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

These are what your body will be getting as bonus for using this supplement

- It is also found to inhibit the entry of deadly viruses (such as HIV) into the human cells.
- It 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.
- It 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).

- It is very effective against sickness caused due to radiation treatment.
- It nourishes your skin and keeps it healthy.

I hope this report helped you. And you have learnt one or two things.

I want to use this opportunity to introduce you to the eBook that helped me lose my excess body fat within 28 days. It is the same eBook compiled and written by this Lagos prostitute. It is titled "**The Fat Burning Furnace**".

In this eBook:

You will have access to the Lagos prostitute's 28 days weight loss diet plan

You will finally discover the One SINGLE Supplement that was gotten from an Ancient secret formula that will help you boost your weight loss along side the 28 days weight loss diet plan in just 28 days.

You will discover how you can effectively carry out this 28 days weight loss diet plan on your own.

You will also get to know the various dosage forms of the supplement available, you will find out the dosage form that is recommended for this

purpose, the dose you are to take and the duration of use will all be revealed.

You will find where you can easily get this supplement at a reasonable price and the brand you should buy.

Things you should Avoid for this period of 28 days will be revealed.

You will discover the seven (7) key habits that will let you lose excess body fat fast.

You will also discover some rules you need to follow when it comes to losing body fat.

You will come across ONE Ancient Japanese method that will help you quickly get rid of Belly Fat.

And the most of all (this should come with extra price though, but we won't do that), you will have access to this Lagos prostitute's email address (that is if you want to). where you can ask her questions, and she will be willing to attend to your question (this alone costs N5,000 but we won't charge you for this)

So, if I want to get this eBook, how do I go about it.

Please note: This Fat Burning Furnace eBook is not a must for everybody. It is specifically designed for those that are ready to stay healthy and fit. It is only meant for people that can invest a token into their lives.

I stopped forcing people to do things long time ago. I only advise them now. Why? reason is because, I wasn't forced. I seriously needed it, and I went for it.

So, you want to get it, it is very simple. Just follow the instruction below to get your copy now.

And guess how much the eBook is? It is not the original price of N5,000. We decided to bring it to as low as N2,500 for the first 50 people that order now. And I am sure that can't be more than 24 hours.

So, that price is for the fastest people, after which we will increase the price to the original amount of N5,000. You can get it for just N2,500 now, if you act fast.

We put it at that price because that tiny price will put it within the reach of everybody I know anyone that cannot invest N2,500 into their lives will definitely not have access to this eBook.

The instructions in this eBook are guaranteed to work for you 100% if you use them, because they worked for me and several other people.

If you use them and your results aren't great. We will refund exactly your money back with an apology. Which is not possible anyway, something I used?

Here is how to Order

WARNING: Please follow the instructions below step by step to avoid delay in the delivery of your copy of the eBook.

Payment Option 1 - Bank Deposit/Bank Transfer

To get a copy now, follow the instructions below:

Step 1: Deposit the sum of N2,500 only into any of Guaranty Trust Bank (GTB), Nigeria.

Note: You may also pay via online transfer if you operate an internet banking account.

Details of bank account to be credited:

Bank: Guaranty Trust Bank (Gtb)

Account Name: Adetunji John

Account Number: 0037512540

Step 2: After making the payment, send the details of your payment to this email address: **jenniferjohnade5@gmail.com**

Make the subject of the email says:

Payment for The Fat Burning Furnace

The details to be sent are:

Your full name, email address, phone number and teller number (if you pay cash at the bank).

This is all you have to do

Once we receive your payment email and your payment has been confirmed from the bank, you will get an email which would contain the download link to The Fat Burning Furnace and information on how to get across to Jennifer for consultation.

Payment Option 2: ATM CARD

This option gives you instant access to the guide if you have an atm card.

You can make payment with your card by clicking the link below...

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

Scroll down and locate where the MAKE PAYMENT option is. Click on it, you will be guided on what next to do.

Regards,

Jennifer &

John

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