

Special Report

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5 Reasons You Can't Lose Weight!

By JJ Smith

www.JJSmithOnline.com

Contact Information

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Fax: 202-230-7195

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NEW BOOK: Get Your Copy Now!
Lose Weight Without Dieting or Working Out!



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Want to lose weight without counting calories, starving yourself, giving up your favorite foods, or eating bland packaged foods? Would you like to look and feel younger and healthier than you have in years without diets and exercise? If you've answered yes to these questions, this book is for you! JJ Smith's revolutionary system teaches proven methods for permanent weight loss that anyone can follow, no matter her size, income level, or educational level. And the end result is a healthy, sexy, slim body.

JJ's breakthrough weight-loss solution can help you shed pounds fast by detoxifying the body, balancing your hormones, and speeding up your metabolism. You'll learn which foods help you stay slim and which foods cause you to get fat. If you have been on a roller-coaster ride of weight loss, you will finally be able to get off, lose weight, and stay slim for life!

You will learn how to....

- Detoxify the body for fast weight loss
- **Drop pounds and inches fast**, without grueling workouts or starvation
- Lose up to 15 pounds in the first three weeks
- Shed unwanted fat by eating foods you love, including carbs
- Get rid of **stubborn belly fat**
- Trigger your **6 fat-burning hormones** to lose weight effortlessly
- Eat foods that give you **glowing, radiant skin**
- Eat so you feel **energetic and alive** every day
- Get physically active **without exercising**

This is your last stop on the way to a new fit and healthy you! Look and feel younger than you have in years. **Create your best body—NOW!**

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5 Reasons You Can't Lose Weight!

Battling excess weight can be one of the most frustrating, challenging, and emotionally draining experiences on earth. Despite the numerous diets, exercise regimens, and magic pills for weight loss, Americans continue to grow larger and larger year after year. More than two thirds of the adult population and one third of our children are now overweight. Obesity rates have tripled since the 1960s.

I believe that most overweight people are actually naturally thin. The body is complex and designed to maintain healthiness. The body is smarter than any diet pill or fad diet on the market. If you just change your eating habits to align with your body's natural ability to heal, stay slim, and have energy, you will never have to worry about weight again.

The truth is that nobody wants to be fat. Excess weight is due to a combination of factors that are often outside of one's control, such as genetics, hormonal imbalances, or the poor quality Standard American Diet (SAD) readily available to us. It isn't your fault that you have problems with your weight. Even if you have enough willpower to keep yourself from eating when your brain tells you that you're hungry, you still may not be able to lose weight. There are so many other factors in play that cause you to gain weight. Until you understand the real reasons you gain weight, you will never be able to lose weight permanently. The key is to learn to naturally speed up your body's fat-burning capabilities to help you lose weight effortlessly and get healthy.

The good news is that anyone can lose weight and stay slim if he or she just understands, addresses, and corrects the hidden causes of weight gain. In order to succeed in the battle of the bulge, you have to realize that losing weight involves a major lifestyle change.

There is no one simple reason why an individual may have trouble with his or her weight; in most cases, there are several reasons. I will share five reasons with you so you can understand how to assist your own body in becoming naturally thin and healthy.

Reason #1: You Have Toxic Overload in Your Body

There are many factors that contribute to weight gain, and one factor that is most overlooked by traditional diets is toxic overload. More simply put, people often have difficulty losing weight because their bodies are full of toxins. The more toxins you take in or get exposed to every day, the more toxins you store as fat cells in the body. Toxins stored in fat cells are difficult to get rid of through dieting alone. You must first detoxify the body. When the body is overloaded with toxins, the body transfers its energy away from burning calories and uses that energy to work harder to detoxify the body. In other words, the body does not have the energy to burn calories. However, when the body is efficiently detoxifying and getting rid of toxins, the energy can be used to burn fat. In my new book *Lose Weight Without Dieting or Working Out!* I provide a 3-part Detox-Eat-Move (DEM) System that starts with detoxification as the first step in helping you shed pounds.

Simply put, traditional diets so often don't work because they don't address the toxic waste in the body. Counting calories does not detoxify and cleanse the body. Weight loss won't be permanent if your body's systems are sluggish or impacted with waste matter or toxins. You must first rid your body of toxins to ensure that your body can best metabolize the food you eat without leaving excess waste which results in weight gain.

What Are Toxins?

I was coaching a client a few weeks ago and she asked me a very poignant question: "JJ, why am I always sick and what's making me fat?" I said, "That is the not the question of the day, but the question of the century." Toxins make us fat and sick! And they are the missing piece to the puzzle as to why we can't lose weight and why we feel unhealthy and tired!

A toxin is any substance that irritates or creates harmful effects in the body or mind. Toxins are everywhere, and we are unknowingly filling our bodies with them every day. There are two types of toxins: environmental toxins and internal toxins.

- *Environmental* toxins are found outside the body/mind and include pollutants, smog, prescription medications, hormones/birth control pills, household cleaners, food additives, pesticides.
- *Internal* toxins are found inside the body/mind and include bacterial/yeast/fungal overgrowth, parasite infections, chronic worry or fear, food allergies, and dental or medical implants such as implants from cosmetic surgeries, joint replacements, or mercury dental fillings.

We live in a sea of toxins. You cannot avoid them, but you can help your body get rid of some of them. Every person on the planet contains residues of toxic chemicals or metals in their tissues. Some 80,000 new chemicals have been introduced since the turn of the twentieth century, and most have never been tested for safety or for how they interact in the human body. Our air is toxic; our water is polluted; our food is depleted of nutrients and packed with poisonous chemicals and hormones. Not only that, but our minds and hearts often get polluted also.

Toxins create a heavy burden in the body, which causes many of the body's systems to malfunction. The buildup of toxins overwhelms the body's vital organs and other systems, creating an array of health issues including fatigue, memory loss, premature aging, skin eruptions/acne, depression, arthritis, hormone imbalances, chronic fatigue, anxiety, emotional disorders, muscle and joint pain, cancers, heart disease, and much, much more.

As I gained weight in my thirties, I learned that although my metabolism was beginning to slow due to aging, that wasn't the real reason why I couldn't lose weight. I learned that my excess weight was not all fat; some of it was waste in my body—excess toxic *waste* caused by years of poor eating, leading to fluid retention and intestinal waste matter in my colon.

There's no delicate way of putting this, but to some extent, we're all toxic, which is one of the biggest reasons so many people are overweight. Just because you are overweight does not guarantee that you have toxic overload, and just because you are thin does not mean that you do not have a toxic overload. We have to evaluate our toxic overload individually regardless of whether we are slim or fat. However, it is rare that an overweight person who rids the body of

excess toxins does not lose weight. Please know that getting rid of the fat by exercising or dieting doesn't necessarily get rid of the toxins. Toxins just get reabsorbed by your body, creating new fat cells, which hinder your ability to lose weight *permanently*.

Toxic Overload in Your Body

Toxic overload refers to the level of toxins found in tissues of the human body by analysis of the blood and urine. Toxins are stored in almost every tissue in the body including fat, skeletal muscle, bones, tendons, joints/ligaments, and visceral organs.

When the body is properly nourished and detoxified, its organs operate at peak performance. However, whenever our elimination channels become clogged due to toxic overload and poor diet, we should follow a comprehensive detoxification program to improve its functioning. Detoxification may still be unfamiliar to many, but is really quite natural and beneficial. Just as we regularly clean our homes, our cars, and the outside of our bodies, we should cleanse our inner body.

First, to get a sense of what the toxic load is in your body, take the *How Toxic Are You?* quiz.

How Toxic Are You Quiz?

If you are dealing with fatigue, weight gain, chronic disease, inability to focus, or accelerated aging, you will want to take this quiz to determine if toxic overload in your body is the underlying cause. Take this quiz and score your results to gain a sense of how much toxic burden you're carrying in your body.

Read each question and give yourself 1 point for every *yes* answer.

- Do you crave sweets, breads, pasta, white rice, and/or potatoes?
- Do you eat processed foods (TV dinners, lunch meat) or fast foods at least three times a week?
- Do you drink caffeinated beverages like coffee and tea more than twice daily?
- Do you drink diet sodas or use artificial sweeteners at least once a day?

- Do you sleep less than eight hours per day?
- Do you drink less than 64 ounces of good, clean water daily?
- Are you very sensitive to smoke, chemicals, or fumes in the environment?
- Have you or are you taking antibiotics, antidepressants, or other medications?
- Do you or have you taken birth control pills or other estrogens, such as hormone replacement therapy?
- Do you have frequent yeast infections?
- Do you have “silver” dental fillings?
- Do you use commercial household cleaners, cosmetics, or deodorants?
- Do you eat non-organic vegetables, fruits, or meat?
- Have you ever smoked or been exposed to secondhand smoke?
- Are you overweight or do you have cellulite fat deposits?
- Does your occupation expose you to environmental toxins?
- Do you live in a major metropolitan city or near a big airport?
- Do you feel tired, fatigued, or sluggish throughout the day?
- Do you have difficulty concentrating or focusing?
- Do you suffer bloating, indigestion, or frequent gas after eating?
- Do you get more than two colds or the flu per year?
- Do you have reoccurring congestion, sinus issues, or postnasal drip?
- Do you sometimes notice bad breath, a coated tongue, or strong-smelling urine?
- Do you have puffy eyes or dark circles under your eyes?
- Are you often sad or depressed?
- Do you often feel anxious, antsy, or stressed?
- Do you have acne, breakouts, rashes, or hives?
- Do you have less than one bowel movement per day and/or get constipated occasionally?
- Do you have insomnia or trouble getting restful sleep?
- Do you get blurred vision or itchy, burning eyes?

The higher your score, the greater the potential toxic burden you may be carrying and the more you may benefit from a detoxification and cleansing program. If you scored 20 or higher, you

will *significantly* benefit from detoxifying your body, which could lead to weight loss and improved health and vitality. If you scored between 5 and 19, you *may* benefit from a detoxification program for improved health and vitality. If you scored below 5, you might actually be free of toxic overload in the body and living a very healthy, toxin-free life. Good for you!

Signs of toxic overload in the body include the following:

- Bloating and gas
- Constipation
- Indigestion
- Low energy /fatigue
- Brain fog/Depression
- Weight gain
- Chronic pain
- Infections
- Allergies
- Headaches.

One of the most commonly held myths today is that the body can detoxify itself and does not need any help. You may have heard that the body can eliminate toxins on its own. Our body does naturally try to eliminate toxins, but overexposure to any of them will slow down the body's detoxification systems. The reality is that you can assist the body in detoxifying and eliminating toxins that causes weight gain and harm your health. You can and should detoxify and cleanse the body if you want to live better and live longer. Yes, toxins are real, they do exist, and the good news is that there are many ways to eliminate them from the body.

I believe the most effective weight-loss programs should focus on both fat loss and detoxification. Detoxification is a total-body cleansing process that removes toxins from the body. Detoxification is critical to losing fat because many of the toxins the body holds onto are stored in fat cells. When you detoxify the body, toxins stored in fat cells are released and

eliminated from the body so they don't cause weight gain and illness. Therefore, weight loss that includes detoxification results in not only fat loss but also overall improved health and wellness. In my new book *Lose Weight Without Dieting or Working Out!*, I share ten ways to detoxify the body including Colonics, Saunas, Body Brushing and many others so that you can reduce the toxic overload in your body which hinders your ability to lose weight permanently.

Reason #2: Your Hormones are Not Balanced

We all know that fad diets are a thing of the past. The mantra of “eat less and exercise more” is ineffective for many people who want to lose weight. We know that the no-carb, low carb, no-fat, low-fat crazes of the eighties and nineties were hit-or-miss in terms of results. But now we have better scientific information on more important factors that help us lose weight: *hormonal balance*.

Welcome to the world of understanding your hormones, the little messengers that control your appetite, metabolism, and how much weight you gain or lose. Please note that if you are a woman over the age of thirty-five, there are three key sex hormones (estrogen, progesterone, and testosterone) that play a role in weight gain. In my new book, *Lose Weight Without Dieting or Working Out!*, I include a chapter called, “Stop Weight Gain During Perimenopause and Menopause” to address these unique issues.

It is essential to understand how hormones play a role in maintaining our weight. Hormones control almost every aspect of how we gain and lose weight. Some hormones tell you you're hungry, some tell you you're full; some tell your body what to do with the food that is eaten, whether to use it as fuel for energy or store it as fat, which causes us to gain weight. Hormones are responsible for metabolizing fat. By controlling your hormones, you can control your weight.

Hormones impact how you feel, how you look and, most important, how you maintain your weight and health. When your hormones are balanced properly, you will have great health, beauty, and vibrance. When your hormones are imbalanced, you have mood swings, you crave unhealthy foods, and you feel sluggish and lethargic.

I once had an unexplained weight gain of thirty pounds, practically overnight, in just a few months. If I ate a Big Mac, I gained a pound by the next day. But today I can easily eat 2,000 calories of nutrient-rich foods a day, without exercising, and still maintain my current weight. None of this would be possible without finely tuned hormones that accelerate my metabolism and cause me to burn fat as opposed to storing fat. I'm happy to reap the benefits of a stronger

metabolism now, but for years my hormones were working against me. I didn't understand much about them years ago, but now I know how to ensure they work in my favor.

Hormones Control Your Appetite

There are certain hormones that balance hunger and fullness in the brain that are key to permanent weight control. If you were never hungry, losing weight would be very easy. If you properly control the hormones that are directly affected by what you eat, you will not be hungry between meals and will have sufficient fuel and energy for the day. This will expedite fat loss.

Feeling hungry is one of the most powerful urges we have. When you feel hungry, everything else is secondary to getting food into your system. This is because the brain becomes desperate to get the energy it needs to function.

There are hormones that control your weight, often called metabolic hormones, brain messenger chemicals called neuropeptides, and messenger molecules of the immune system called cytokines, produced in the fat cells, white blood cells, and liver cells. All of these components work together to communicate to the organs and tissues responsible for managing your weight and keeping you alive. Good communication results in a healthy metabolism. These finely tuned systems determine your health and metabolism. They are what tell you that you are full and to stop eating, making the difference between whether you gain or lose weight.

Let's see how these complex messenger signals work. When your stomach is empty, one of the chemical messengers secretes hormones that tell your body and brain you are hungry. Your brain then prepares the stomach to receive some food. When you eat, the food enters the gut and releases yet more hormones, preparing it for digestion. As the food makes its way into your bloodstream, more messages coordinate your metabolism, telling your pancreas to produce insulin. Your fat cells then sends hormonal messages back to your brain to stop eating, along with signals from your stomach that you are full. Your liver then metabolizes or processes fat and sugar and helps use it for energy or store the excess as fat.

Your body can't work the way it's supposed to if any one of the hormones is out of sync. You have to be able to naturally optimize how all of your hormones work as opposed to trying to address one at a time. They are too closely integrated to address one; if one is out of sync, then there are already other chemical imbalances in the body.

Six Hormones That Affect Weight Gain

There are six hormones that affect weight, and when they are unbalanced, it will be difficult for you to lose weight. Here is a brief overview of how these six hormones affect weight gain.

- *Glucagon*: Without adequate levels of glucagon, you will feel hungry and tired because the brain is not getting enough fuel (blood sugar).
- *Cortisol*: When you are stressed, your body releases cortisol (also known as stress hormone). Fat caused by stress (i.e., stress fat) stores in the stomach area causing that stubborn belly fat.
- *Leptin*: Leptin is nicknamed the natural appetite suppressant. Leptin controls how hungry you are on a daily basis. Leptin tells your brain when you are full. But when levels are too low, leptin signals your body to store fat.
- *Thyroid*: Thyroid hormones have a profound impact on weight because they regulate how the body burns carbohydrates and fats. When the thyroid is not functioning properly, especially if it becomes underactive, it causes the metabolic rate to decrease, which greatly affects weight.
- *Human Growth Hormone (HGH)*: HGH is considered to be a “building” hormone because it sends signals to the body to be lean and muscular and work to ensure fat is burned and not stored.
- *Insulin*: When insulin levels are high, this is a signal to the body to store extra calories as fat and to refrain from burning fat. Many specialists have stated that it is excess insulin that makes you fat and keeps you fat. Insulin creates fat in the body by taking excess sugar and placing it into fat cells. *In order to control your weight, you must control your insulin levels even if you're NOT diabetic.*

In my new book, *Lose Weight Without Dieting or Working Out!*, I provide many natural ways to retrain your hormones to perform optimally so you can start losing weight and feeling balanced, happy and healthy. To get you started, I will provide three keys to balancing your hormones below.

3 Keys to Balance Your Hormones:

- *Remove excess toxins from the body.* The endocrine system, which controls hormone production, is exceptionally sensitive to toxins. When the endocrine system is “disrupted” by toxins, hormone imbalances can occur. The chemicals and toxins in the environment send signals to our bodies that make them produce more or less of our hormones than normal. These toxins, which are “endocrine disruptors,” confuse the body, causing it to overreact to their signals, disrupting the normal, healthy functioning of the hormonal system. So, getting rid of toxins is key to balancing your hormones.
- *Incorporate healthy, whole foods into your diet.* Whole, fresh, and natural foods repair and restore the normal functioning of hormones. These are the foods that trigger your fat-burning hormones and halt your fat-storing hormones. When you give your body the foods it was designed to utilize, you support your hormones to do what they're meant to do: make your metabolism work for you, not against you. The foods that help restore your body's metabolism and naturally balance your hormones include legumes (beans), alliums (garlic, onions), berries (blackberries, blueberries, raspberries), veggies especially dark green, leafy veggies (spinach, kale, collards), nuts and seeds (almonds, pecans, sunflower seeds), and whole grains (oats, barley, quinoa).
- *Lower your stress levels.* You learned earlier that when you are stressed, your body releases a hormone called cortisol, which increases belly fat. Rest, sleep, and relaxation all play a role in lowering the stress in your life. But sometimes you have to “detox” from family and friends who cause you unnecessary stress and strife. People who belittle you and make you feel unworthy should get very little of your time. These people trigger stress and negative emotions in your life. Sometimes they can just say hello, and your stress level increases because you know at the end of that interaction, you will feel low,

hurt, or sad. Take steps to minimize the time you spend with these people and find ways to minimize stress in your life.

You can balance your hormones through the foods you eat and lifestyle choices you make on a daily basis. When your hormones are functioning at their optimal levels, your body is at its peak performance and can maintain your healthy, ideal weight.

Reason #3: You Have a Sluggish Metabolism

Have you tried calorie-counting diets, fat-free diets, small portions diets, low-carb diets only to regain every pound you lost while on the diet? Have you tried the weight-loss support meetings and sat next to people who were having success while you looked like you'd been cheating when you really hadn't been?

Have you always felt something was wrong or different about your body, especially as you've watched skinny friends eat twice as much as you and not gain a pound? Well, you were probably right. A combination of factors including aging, stress, hormonal changes, and poor food choices all cause a gradual change in metabolism. You are not lazy, and you do not lack willpower or discipline. Your body simply responds differently to food because you have a sluggish metabolism. I know this, because I had a sluggish metabolism that slowed in my late thirties. But through studying to become a certified nutritionist specializing in weight management, I began to learn more about my metabolism and its effect on my weight gain. When I first started rapidly gaining weight, I would limit what I ate. I even tried to work out with a trainer, but still gained ten to fifteen more pounds. I continued to gain weight despite following the traditional advice of "eat less and exercise more." But my body did not respond to that advice. So, I know I needed a different and new approach, and I needed it fast. Thank goodness I found it!

If you find it impossible to lose weight and keep it off, even when you follow all the traditional guidance on dieting and exercising, it is very likely that a sluggish metabolism is one of your problems. It is important to understand how your unique body metabolizes food because that determines how food turns into energy or fat in your body. Most diets don't factor in each individual's metabolism. They just focus on dietary changes but don't factor in how your individual metabolism is affecting your weight gain. This is why some people have great success with one diet but others get no results from it at all.

If you have a sluggish metabolism, your body won't respond to traditional diets and weight-loss programs. The traditional diet approach of decreasing calories won't work because weight is

determined by your body's response to how foods are processed or metabolized within your body.

How Your Metabolism Affects the Calories You Burn

Metabolism is commonly thought to be a matter of how fast or slowly you burn calories. We often hear people say, "I can't lose weight because I have a slow metabolism." In general, that is true, but metabolism is much more complex. Metabolism represents all the signals and chemical reactions in your body that regulate your weight and the rate at which you burn calories. A number of factors determine how your metabolism processes food and burns calories, including environment, age, food quality, stress levels, genes, and physical activity. Aging in particular has a noticeable impact on metabolism, due to changes in hormone balance. Once you understand what controls your metabolism, you will be able to make changes that will automatically turn your body into a fat-burning machine. When you stop focusing on losing weight and instead on restoring your body to its optimal performance, the weight loss happens effortlessly and automatically.

Here's how the metabolism works: Someone with a high metabolic rate is able to burn calories more efficiently than someone with a slower metabolic rate. Any calories that are not burned get converted to fat. Let's take a look at the three main types of calorie burn that happen throughout your day.

Calorie burn #1: The majority of the calorie burn comes from your basal or resting metabolism, which means you burn calories while you're doing absolutely nothing at all. Yes, 60 to 80 percent of your daily calories are burned up by just doing nothing. Whether it's watching TV, sitting in a meeting at work, or sleeping, you are continuing to burn calories. The reason is that your body is always in a constant state of motion. Your heart is beating, blood is pumping through your veins, and your lungs are breathing. This is another reason I say that exercise is not that important to losing weight. Exercise is important for cardio health, but the calories you burn from exercise don't account for the majority of caloric burn happening throughout the day while doing absolutely nothing (your basal metabolism). The calories you burn during your one hour at

the gym are relatively insignificant compared to all the calories you burn during the other twenty-three hours in the day. It's more productive to focus on naturally increasing the rate of your *resting* metabolism—i.e., your caloric burn throughout the day.

Calorie burn #2: The effect of simply eating and digesting your food accounts for about 10 to 15 percent of the calories you burn each day. Studies have shown that during the eating process, your metabolism increases by as much as 30 percent, and this effect lasts up to three hours after you have finished eating. How much caloric burn occurs depends on the type of food you eat. More caloric burn is used to digest protein (25 calories burned for every 100 calories consumed) than to digest fats and carbohydrates (about 10 to 15 calories burned for every 100 calories consumed). That's why my 3-part system described in my new book ensures that you include an appropriate amount of lean, healthy protein each day.

Calorie burn #3: About 10 to 15 percent of your calorie burn comes from increasing your heart rate, strengthening your muscles, or physical activity, even light physical activity such as walking up the stairs. In my 3-part system described in my new book, *Lose Weight Without Dieting or Working Out!*, I discuss ways to “get moving” so that you become more physically active throughout each day even if you don't go to the gym or work out.

How to Avoid Slowing Your Metabolism

One of the greatest myths about weight loss is that for some people, it is harder to lose weight because they have a genetically slow metabolism. But scientific research shows that this is simply not true. Your metabolic rate is not fixed for life, and, in fact, it can and will change throughout your lifetime.

Yo-yo dieting will alter your metabolism for the worse and make it more difficult to lose weight in the long term. Some of you who are constantly on diets have probably begun to slow your metabolism unknowingly. Here's how this happens: When someone goes on a diet, the body notices that it is not getting as much food as it used to or as it needs to, so in order to conserve energy, the body slows its metabolic rate. It also begins storing fat reserves to ensure that it will have enough energy throughout the day.

Another problem with endless dieting is that you begin to lose lean muscle mass, which controls your metabolic rate and helps you burn body fat. When the body isn't getting enough food from the diet, it must conserve energy, so the body begins to "eat itself" to get the extra energy it needs. Thus, in addition to slowing your metabolism, you also may be actually losing muscle mass.

Instead of dieting and eating less, you actually want to eat more when you're hungry, which for most people is every three to four hours. Eating every three to four hours signals your body that you have plenty of food and energy to fuel the body throughout the day, causing the body to speed up metabolism to allow the energy to be used most efficiently.

How to Boost Your Metabolism

As I said earlier, you definitely have the ability to speed up or slow down your metabolism. Because everyone's body is different, some of the methods to speed up your metabolism will work extremely well, while others not so well. I know for me, drinking green tea gives me a very noticeable boost in my metabolism, because I not only burn fat, I also notice less cellulite as well.

In my new book, *Lose Weight Without Dieting or Working Out!*, I provide 12 ways to boost your metabolism and I also include a list of certain foods that are especially effective at speeding up your metabolism. To get you started, I will provide my 7 favorite metabolism boosters below. However, be sure to check out the other methods described in my new book so you can incorporate as many metabolism boosters as possible. This way you can figure out which ones work best for you so you can continue with the most effective methods on a regular basis.

Here are seven ways to boost your metabolism to burn more calories:

1. *Eat breakfast.* Have a hearty breakfast to rev up your metabolism for the day. Eating a high-protein breakfast wakes up your liver and kicks your metabolism into gear. A high-protein breakfast can increase your metabolic rate by 30 percent for up to twelve hours, which is the calorie-burning equivalent of a three- to five-mile jog. It is important to feed

your body every three to four hours and not skip any meals. You especially don't want to skip breakfast. When you skip breakfast, it means your body goes without fuel for about fifteen hours including the overnight hours. This causes it to automatically store fat over the next twenty-four hours because it thinks it's in starvation mode or a deprived state.

2. *Eat more frequently.* The goal is to not let more than four hours pass without a meal or snack. Yes, ironically, it is important to *eat* to lose weight! The number of times you eat is important to keep your metabolism revved up. Every time you eat, you have to burn calories in order to digest your food and eating increases your metabolic rate. When more than five hours pass without eating, your body automatically lowers its metabolic rate. In contrast, by eating meals and snacks throughout the day, your body stays at a steady metabolic burn rate that helps you burn calories and fat all day. Remember we are eating every three or four hours because eating less will slow your metabolism. It sends a signal to your body that it is starving and deprived, causing the body to respond by slowing the metabolic rate and holding on to existing fat reserves in the body. So, eat more. Yes, you can do that!
3. *Drink more cold water.* German researchers found that if you drink six cups of cold water a day, it can raise resting metabolism by about 50 calories daily, which in a year can help you to shed about five pounds. This is because it takes more work for the body to heat the water to your body temperature. This is a small thing that can help you lose weight with very little effort. The Germany researchers also suggest that for up to 90 minutes after drinking cold water, you will keep your metabolism boosted by as much as 24 percent over your average metabolism rate.
4. *Don't eat right before going to bed.* Eating before bed is a guaranteed way to slow your metabolism and gain weight. The easy solution is to eat dinner and give yourself at least two to three hours after you eat before you go to sleep. You may even want to eat more lightly at dinner and the heaviest at breakfast. Getting more of your energy from your food earlier in the day helps you lose and maintain weight loss because your body can burn fat throughout the entire day. The fat-burning systems in the body slow, rest and repair at night while you're sleeping.

5. *Drink caffeinated coffee or tea.* Caffeine is a central nervous system stimulant and can speed up your metabolism by 5 to 8 percent, which helps to burn about 100 to 175 calories a day. This does not mean you should overdo it and drink several cups of coffee. Having one cup of coffee is sufficient, but too many cups of coffee can have adverse side effects. Additionally, green tea, my favorite metabolism booster, is found to provide many health benefits to the body.
6. *Get moving.* Physical activity of any kind speeds up metabolism, and aerobic exercise gives it a significant boost. Also, the higher the intensity of the aerobic exercise, the more it will help your metabolism remain elevated for an extended period of time, so that you continue to burn calories even after you have stopped exercising. In my new book, I discuss ways to “get moving” even if you don’t go to the gym or workout.
7. *Spice it up.* One study showed that hot or spicy peppers (chili or cayenne peppers) caused a temporary metabolism boost of about 23 percent. Some people have even purchased cayenne pepper capsules to supplement spicy pepper into their diet daily just to boost their metabolism.

Once you begin to boost your metabolism, the weight will come off and stay off permanently. Not only that, but your health will improve as well. You can learn how to speed up your metabolism so you burn more calories and fat throughout each day.

Reason #4: You Don't Avoid Foods That Make You Fat

Simply put, there are certain foods that make you fat and just by eliminating these foods, you could lose a *significant* amount of weight even if you don't exercise. In contrast, did you know there are certain foods that you can eat that actually help you lose weight and stay slim; we call these "skinny foods." In my new book, *Lose Weight Without Dieting or Working Out!*, we dedicate an entire chapter to the foods that help you stay slim and healthy. In this section, I want to provide a list of foods that should be minimized or avoided altogether. The foods listed below have the biggest impact on excessive fat in the body as well as poor health.

Sugar

Many people are addicted to sugar and don't even know it. I believe this addiction is the main reason people get fat. They don't think they eat a lot of sugar because they don't eat a lot of candy, cakes, and pies, but the problem is that sugar is hidden in many foods, including breads, muffins, and even dried fruit. I believe sugar is toxic. It has no nutritional value, it's highly addictive, and it makes you sick and fat.

Sugars include refined white sugar, brown sugar, high-fructose corn syrup, and sugar alcohols such as sorbitol, mannitol, xylitol, etc. When you eat sugar, you trigger a vicious cycle of sugar cravings, increased insulin production, increased appetite, more sugar intake, and more insulin production, until you are in a cycle of cravings, binging, and crashing all day long. Eventually, this leads to insulin resistance, which is a major contributor to weight gain and rapid aging.

Examples of foods containing lots of sugar include cakes, pies, candy, barbecue sauce, breakfast cereals, cookies, doughnuts, fruit punch, fruit juices, ice cream, jellies, pudding, popsicles, sodas, yogurts with added fruit, etc. Just read the label and look for sugar in the list of ingredients. As a general guideline, try to avoid products that have more than 5 grams of sugar per serving.

Salt

Many people are aware of the health-related issues, such as high blood pressure and cardiovascular disease, that result from too much salt in their diet. But most people don't realize how salt contributes to weight gain. Salt wreaks havoc on your waistline. A 2007 study

published in *Obesity Research* showed that high-salt diets are directly associated with more fat cells in the body, and even worse, that salt makes fat cells denser and thicker.

When you eat too much salt, your kidneys have to work overtime to excrete the excess. The body can best handle only about 1,400 to 2,500 mg per day, but today most people consume 4,500 to 6,000 mg of salt per day. If the kidneys become unable to excrete all the excess, the salt begins to build up in the tissues and damage cells. When your body has damaged cells, other bodily functions suffer, including the ability to burn fat. A high-salt diet also hardens the arteries, which makes it difficult for oxygen to get to your cells. When you get less oxygen into your cells, you will have a less efficient metabolism, slowing your ability to burn fat.

A high-salt diet makes you retain water and become bloated. Even if you lose body fat and remain bloated, you will still look and feel puffy and heavy. Salt attracts and holds water, increasing blood volume and making your body expand and become bigger and thicker. The retention of extra water and fluid results in major bloating. Even after eating a meal high in salt or a salty snack, you'll notice how your stomach begins to look bloated and bigger. Many people with a high-salt diet are carrying around five to ten pounds of extra water weight. When you eat salty snacks, you become thirstier and hungrier and end up overeating—all things you don't want to occur when you're trying to lose weight.

Trans Fats

There are three types of fats: healthy fats, bad fats (discussed a little later in this section titled "Saturated Fats"); and ugly fats, trans fats, also labeled on products as hydrogenated oils. These man-made fats are the worst of all—considered by many to be toxic. Your body cannot properly digest trans fats, and they negatively impact your weight and health. They are found in fried foods like potato chips, french fries, and onion rings, and, unfortunately, in virtually every commercially packaged or baked goods, including cookies, pastries, doughnuts, and crackers, because they don't spoil quickly and help to extend the shelf life of these products. Eating trans fats is like eating plastic and is very bad for one's health, yet modern Americans consume them in large quantities often without the slightest awareness of what they are doing. Trans fats disrupt

metabolism, cause weight gain, and increase the risk of diabetes, heart disease, inflammation, and cancer.

One Harvard study found that getting just 3 percent of daily calories from trans fats (about 7 to 8 grams of trans fat) increase your risk of heart disease by 50 percent. And given that the average person has about 4 to 10 grams of trans fats in his or her diet, it is no wonder heart disease is such a major killer in modern times. Learn to identify trans fats in foods. Read the labels on all food products before you buy them and avoid products whose labels contains the words *trans fat*, *hydrogenated*, and *partially hydrogenated*.

Saturated Fats

Saturated fats are found in red meat and many dairy products like whole milk, cheese, and butter. Eating a lot of saturated fat can increase cholesterol in your blood and lead to heart attack or stroke. Consumption of these fats should be limited or avoided altogether if possible. To eat less saturated fat, be sure to eat lean meat or skinless poultry, or at least trim the fat before you cook it. You can also eat less pastries, cakes, and biscuits, in other words baked goods that contain butter and/or milk, are also high in saturated fats and should be avoided.

White Flour

White flour, commonly found in many desserts and pastas contribute to weight gain. Don't let the name "wheat flour" or "enriched wheat flour" fool you. During processing, the two most nutritious parts of the wheat, the bran and the germ, are removed. During the processing from wheat to white flour, many of the nutrients get pulled out of the product. "Wheat flour" or "enriched wheat flour" is essentially the same as white flour, unless the label explicitly lists "*whole wheat flour*." Whole wheat flour is a healthier alternative. Examples of white flour products that contribute to weight gain include white bread, white pasta, white pizza dough, flour tortillas, biscuits, breads, crackers, crepes, croutons, dumplings, pancakes, pie crust, pretzels, waffles, and noodles.

Furthermore, white flour is bleached nearly the same way you bleach your clothing. When you eat white flour, you're eating some of those bleaching agents, which increase the toxic overload in the body.

Sodas and Sports Drinks

It's possible to consume more calories from sodas and other sweet drinks than from any other single food: there are about 250 calories in one 20-ounce bottle of soda. Sodas are empty calories because they do not provide nutrients. If you are a heavy soda drinker, simply replacing your soda intake with water is a good way to lose a considerable amount of weight within a year. Diet sodas are lower in calories and are a better choice if you are trying to lose weight even though they have been found to have hidden side effects due to the artificial sweeteners used in them.

Processed Meats

Foods like hot dogs, salami, pepperoni, bacon, many sausages, etc., are poor-quality meats and are often full of nitrates and other preservatives that are bad for your digestion and health. It's possible to find healthier varieties of these foods, in stores like Whole Foods or at butcher shops that do not contain nitrates or preservatives. If you do need to splurge once in a while by having bacon or sausage, find these less processed, healthier varieties.

Cow's Milk Products

Milk that you think does the body good may actually be contributing to the deterioration of your bones and organs. Cow's milk is too difficult for the human body to break down, which means it will leave waste residue in the body that piles up over time if consumed on a regular basis. Just as breast milk is designed for human infants, cow's milk is designed for baby cows, not for us. Additionally, because the milk is pasteurized, most of its positive attributes, like its enzymes, are cooked out. It is true that dairy products contain calcium, but they also contain animal proteins that are very difficult for the body to digest. And calcium can be obtained from other food

sources, such as nuts, seeds, and green leafy veggies like kale, spinach, and dandelion greens, which are high in absorbable calcium and also provide many other essential nutrients.

Another problem with cow's milk is that the cows are injected with growth hormones and antibiotics to help them produce milk, and we take those hormones and antibiotics directly into our bloodstream when we consume milk products. Because milk is considered a high mucus-forming food, it leads to allergies, infections, colds, and asthma—ailments many kids experience because they consume more milk products than adults. Children end up with mucus buildup very early in their life.

Dairy products made from the milk of goats and sheep are better than those made from cow's milk, particularly if they are raw. There are also non-dairy milk options, such as almond, rice, hemp, or soy milk (unsweetened). The natural enzymes in goat's milk are far closer to those in humans, so we're able to digest goat's milk significantly better. If you love cheese, consider switching to goat cheese, particularly in its raw, unpasteurized form, which can be a good treat for you. Sheep's milk cheese is the next best choice.

If you still decide to consume products made with cow's milk, buy organic and no-fat or low-fat brands because they are more nutritious.

Just because a product is labeled low-fat or fat free, doesn't always mean the product is not still high in sugar, salt, and calories. You should get in the habit of reading food labels to ensure the product is healthy and nutritional. However, if you limit or avoid the food items listed above, you will have a much easier time getting to your ideal weight.

Reason #5: You Are an Emotional Eater

Do you eat when you're sad, hurt, or lonely! Emotional eating almost always leads to inappropriate eating. Without realizing it, you may be caught in a vicious cycle of "living to eat," not "eating to live." Just the same as a drug or alcohol addict, you have to make sure that you don't use food to escape your problems. Food should be seen for what it is: fuel for the body to give it energy and vitality.

Many women have had to become heads of households, hold down multiple jobs, and raise kids alone. Eating may become a way to deal with the stress and disappointments of life. But unfortunately, weight gain leads to chronic illness. Women are the lifegivers, the caregivers, and think it is our job to take care of everyone but ourselves. However, self-love demands that we take care of ourselves first, so we can give to others from our abundance. We must become accountable to ourselves. You must love yourself and have confidence in who you are. By doing this, you'll begin to send a signal to others that you have value and deserve respect. Loving yourself first sends a clear message that you are to be recognized, celebrated, appreciated, and loved.

Understanding Emotional Hunger vs. Physical Hunger

An important way to address emotional eating is to learn the difference between emotional hunger and physical hunger. This is absolutely key. Sometimes our relationship with food is an emotional one rather than a physical one. Sometimes we eat to fill an emotional gap or some other negative emotion. But no food, cracker, cake, ice cream, or pie can satisfy emotional hunger.

Emotional hunger comes on suddenly—*I must eat something now*. But you rarely feel satisfied or full, and so you just keep eating and eating until the entire bag of chips or pint of ice cream is gone. If the hunger comes on after an argument or a negative emotion, then it is emotional hunger. You need to learn to deal with the emotions head on.

Physical hunger comes about gradually about every three to four hours. Watch the clock. If you ate a meal and were full one hour ago and then feel a sudden need to eat something, it's probably emotional hunger.

Dealing with your emotional issues will help you improve your relationship with food. To deal with your emotions, you must come to understand that the bad things that have happened in your life have probably been floating around in your mind for years; and, because you try to suppress these feelings, as most of us do, they have never been properly processed.

When we dwell on the sad events of our lives, they get etched in our minds, stuck in our bodies, weighing us down emotionally. We must process these experiences and let them go. If we don't, the negative emotions become toxic to our emotional and physical body. Sad or painful experiences are meant to teach us lessons we needed to learn so that we could grow and mature as a person—they are not meant to linger for years and years.

Just as we can get rid of toxic wastes in the body, we can get rid of toxic emotions as well. Instead of eating to distract ourselves from bad feelings, we need to process and eliminate them—just like the body does with food: it takes the nutrients it needs and expels the rest.

Part of expelling negative emotions involves forgiveness, of yourself and others. Authors Stephen Kendrick and Alex Kendrick discuss forgiveness in their book *The Love Dare* in the following terms:

“Forgiveness doesn't clear anyone of blame. It doesn't clear their record with God. It just clears YOU of having to worry about how to punish them. When you forgive another person, you're not turning them loose, but turning them over to God, who can be counted on to deal with them His way. You're saving yourself the trouble of arguing and fighting. It's not about winning and losing anymore. It's about LETTING GO!”

Conclusion

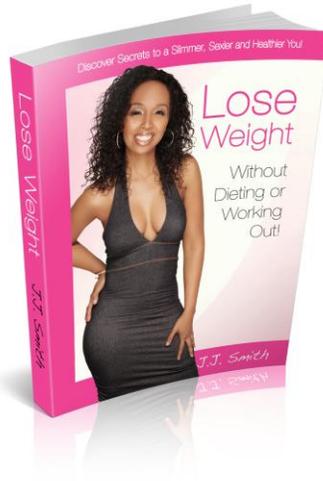
Remember that you have the power to change your life, and now with the information in this eBook, you have the tools to turn your dreams into reality. Every day is the beginning of the rest of your life. You are in control of what happens today. Start dreaming about a sexy, beautiful body and watch it become reality. You have the power over your body and your life, so live it with passion, because you only get one!

In closing, I wanted to leave you with my 10 Commandments for Looking Young and Feeling Great, which I always share at the end of my teleseminar classes.

1. **Thou shalt love thyself.** Self-love is essential to survival. There is no successful, authentic relationship with others without self-love. We cannot water the land from a dry well. Self-love is not selfish or self-indulgent. We have to take care of our needs first so we can give to others from abundance.
2. **Thou shalt take responsibility for thine own health and well-being.** If you want to be healthy, have more energy, and feel great, you must take the time to learn what is involved and apply it to your own life. You have to watch what goes into your mouth, how much exercise or physical activity you get, and what thoughts you're thinking throughout the day.
3. **Thou shalt sleep.** Sleep and rest is the body's way of recharging the system. Sleep is the easiest, yet most underrated activity for healing the body. Lack of sleep definitely saps your glow and instantly ages you, giving you puffy red eyes with dark circles under them.
4. **Thou shalt detoxify and cleanse the body.** Detoxifying the body means ridding the body of poisons and toxins so that you can speed up weight loss and restore great health. A clean body is a beautiful body!
5. **Thou shalt remember that a healthy body is a sexy body.** Real women's bodies look beautiful! It's about getting healthy and having style and confidence, and wearing clothes that match your body type.

6. **Thou shalt eat healthier, natural, whole foods.** Healthy eating can turn back the hands of time and return the body to a more youthful state. When you eat natural foods, you simply look and feel better. You keep the body clean at the cellular level and look radiant despite your age. Eating healthy should be part of your “beauty regimen.”
7. **Thou shalt embrace healthy aging.** The goal is not to stop the aging process but to embrace it. Healthy aging is staying healthy as you age, which is looking and feeling great despite your age.
8. **Thou shalt commit to a lifestyle change.** Losing weight permanently requires a commitment to changes...in your thinking, your lifestyle, your mindset. It requires gaining knowledge and making permanent changes in your life for the better!
9. **Thou shalt embrace the journey.** This is a journey that will change your life; it’s not a diet but a lifestyle! Be kind and supportive to yourself. Learn to applaud yourself for the smallest accomplishment. And when you slip up sometimes, know that it is okay; it is called being human.
10. **Thou shalt live, love, and laugh.** Laughter is still good for the soul. Live your life with passion! Never give up on your dreams! And most importantly... love! Remember that love never fails!

NEW BOOK: Get Your Copy Now!
Lose Weight Without Dieting or Working Out!



Go to www.JJSmithOnline.com for more information.

Want to lose weight without counting calories, starving yourself, giving up your favorite foods, or eating bland packaged foods? Would you like to look and feel younger and healthier than you have in years without diets and exercise? If you've answered yes to these questions, this book is for you! JJ Smith's revolutionary system teaches proven methods for permanent weight loss that anyone can follow, no matter her size, income level, or educational level. And the end result is a healthy, sexy, slim body.

JJ's breakthrough weight-loss solution can help you shed pounds fast by detoxifying the body, balancing your hormones, and speeding up your metabolism. You'll learn which foods help you stay slim and which foods cause you to get fat. If you have been on a roller-coaster ride of weight loss, you will finally be able to get off, lose weight, and stay slim for life!

You will learn how to....

- Detoxify the body for fast weight loss
- **Drop pounds and inches fast**, without grueling workouts or starvation
- Lose up to 15 pounds in the first three weeks
- Shed unwanted fat by eating foods you love, including carbs
- Get rid of **stubborn belly fat**
- Trigger your **6 fat-burning hormones** to lose weight effortlessly
- Eat foods that give you **glowing, radiant skin**
- Eat so you feel **energetic and alive** every day
- Get physically active **without exercising**

This is your last stop on the way to a new fit and healthy you! Look and feel younger than you have in years. **Create your best body—NOW!**

Lose Weight Without Dieting or Working Out! Is Based Upon the Revolutionary DEM System!

What is the Detox-Eat-Move (DEM) System?

The DEM System is NOT a diet, but a lifestyle! The DEM System is a three-phase system that allows you to get rid of stubborn body fat and reverse some of your health issues and ailments, restoring your body to optimal health.

- *D Is for DETOX.* Get rid of toxins in the body for fast weight loss by avoiding the “Big 6 Foods” for three weeks and using other detoxification methods that eliminate toxic waste from your body.
- *E is for EAT.* You will learn the method of eating “clean and balanced” foods to help you achieve your ideal weight.
- *M is for MOVE.* Get moving without going to the gym or “working out” by incorporating easy ways to get physically active each day.

What Will I Experience on the DEM System?

- You will experience **weight loss** and flush away stubborn body fat quickly
- You will remove years from your face allowing you to experience a "**second youth**"
- You will see a **decrease in feelings of indigestion, bloating, and fatigue**
- You will learn easy ways to get moving and **speed up your metabolism** without going to a gym
- You will get rid of unhealthy cravings and eat foods that make you **feel alive and energetic**
- You will feel more **balanced, healthy and happy!**

What You Won't Get on the DEM System?

- *Calorie counting.* There will be no calorie counting or measuring grams of food
- *Exercise regimen.* You will lose weight even if you don't maintain an exercise regimen
- *Bland, boring foods.* You also don't have to worry about eating bland, packaged foods
- *Going hungry.* You shouldn't experience severe hunger during this program
- *Slow results.* You can expect rapid weight loss on the DEM System.

Why the DEM System Works for Permanent Weight Loss?

The DEM System addresses the **hidden causes** of weight gain, which are:

- Toxic overload
- Hormonal imbalances
- Sluggish metabolism
- Unhealthy eating habits.

The DEM System is a breakthrough permanent weight-loss solution that melts fat from your body, especially from stubborn areas like the hips, thighs, and belly, through detoxifying and cleansing the body and feeding it healthy, nutrient-rich foods that keep it slim.

The DEM System achieves far more than what traditional dieting accomplishes. By following the DEM System, you can learn what many people don't know and what celebrities pay thousands of dollars to famous doctors to learn.

You should look forward to an exciting journey. The DEM System is not a temporary solution to weight loss. Expect your life to change for the better because you will **lose weight, have more energy, and feel younger than you have in years!**

Here's What Others Are Saying About...
Lose Weight Without Dieting or Working Out!

THIS BOOK IS PROFOUND!!

"This book is PROFOUND! I read the book in one day and it's over 300 pages. I felt like everything I didn't know about weight loss was explained in a manner that made perfect sense to me – I now know WHY I could never lose weight permanently. The messages about why diets fail you, why exercise won't make you thin, and then the biggie was understanding how hormonal imbalances cause weight gain. **I started on the DEM System and in the first week, I lost 5 pounds but I really feel healthier.** I take this book with me everywhere I go and reference it throughout the day. Now that I have this book, nothing will stop me in my weight loss journey!!!! “

Kara Liston, Virginia

THIS BOOK IS BLOWING MY MIND!!

"This book is blowing my mind!! You are talking directly to me it's so crazy..and you are teaching this thing like I've never heard it before! And OMG I'm a pepsi junky (I know)...I've always known it's bad for you of course.... But WOW I don't want to pick up another can after reading the chapter, Why a Sugar Addiction Is Worse Than a Drug Addiction...Heavy, Heavy Stuff. But it all makes perfect sense to me!!!! I wish you could see me right now, I'm highlighting like a mad woman on a mission... **I cannot put this book down! So informative and thought provoking.** When I say you are a blessing to me... You have no idea!

J. Ivy, Illinois

This book is the ANSWER to Weight Loss and Great Health!

"I really enjoyed reading this book! The information in it is SO complete. **It is quite an impressive book.** I am 43 years old and this book was just what I needed. I am pre-menopausal and could not lose weight even though I am working out 3 times/week. As I read the book, I realized I had several of the issues you discussed in your book, I am pre-menopausal, insulin-resistant, and suffer from estrogen dominance; And reading your book, I realized that all of these reasons were why I could not lose weight. **I started on your DEM system and started to lose weight in the first week. WHOA! I am finally on the right path.** I was getting so depressed at not being able to lose weight no matter how hard I tried. I wanted to share this review because **women who are like me with similar weight loss challenges can finally begin to lose weight with the wisdom in this book.** JJ Smith has made this book easy to follow by outlining the **DEM (detox, eat, move)** system in one comprehensive book. JJ also motivates you and makes you feel really good along your weight loss journey. Thank you for sharing your knowledge!"

Lisa Randle., Boston, MA

Even As a Personal Trainer, I Recommend This Book to All My Clients!

As a personal fitness trainer, I wanted to not like this book because of the title. But the truth is the book is the real deal. The book discourages "diets" and instead offers some great tips for simply eating healthy and smart. I ABSOLUTELY love that!

The book teaches a DEM System (Detox, Eat, Move) and it is right on point especially since the "move" part includes ways to get physically active, which includes exercise. It's just that the book says you don't have to maintain an exercise regimen to get results, but it still encourages everyone to get more physically active. If the book had discouraged exercising, I would have strongly disliked it. It's actually the most comprehensive book on weight loss I have ever read. **There is not a single question that you might have about weight loss that she does not answer.** I've begun using the DEM System with my clients also. **Mainly because the tips throughout the book will DEFINITELY help you get slimmer AND healthier at the same time.** I am a HUGE fan of JJ Smith and this book!!!!

Laura Galinsky

The DEM System is Clear, Concise and Makes Perfect Sense!

JJ's system of Detox, Eat and Move (DEM) is easy to follow with clear instructions. She admits the first 3 week Detox phase is the hardest as you work to detoxify and cleanse the body through avoiding certain foods, and doing other detox methods such as digestive cleansers and green drinks. In this phase you flush out toxins that cause weight gain and re-train your taste buds so you can establish healthier eating habits.

As a woman, my favorite section was all the information geared just for the ladies on how to avoid menopausal weight gain, as well as tips to get rid of cellulite and belly fat and other issues that women struggle with.

What I loved most about this book is that I've read bits and pieces about eating healthy, detoxifying and weight loss, in general, but never have I read it ALL consolidated in one place. JJ lays it all out for you in an easy to follow DEM System. I wish I had a binder or notebook so I could take all the shopping lists to the grocery store. There are so many foods and supplements that she recommends and I need to carry this book with me as I go shopping. The book is jam-packed with great suggestions WITHOUT crazy fad diets, calorie counting (which JJ says is useless), boxed foods, extreme workouts... just great solid info!

Carolyn Taylor

I Lost Weight and Still Get to Eat!

I bought this book and have lost 4lbs in the first week. The DEM is giving me GREAT results and I feel good with lots of energy. the book is great, easy and I still get to eat....but eat healthy, which is making me feel better. My body feels like a new person in just 2wks. JJ is amazing I thank her for writing this book.

I AM A FAN OF JJ SMITH!

“Here's the thing, I loved the book not just for the weight loss stuff, but the details on how to improve my health and energy are a huge bonus! Little things like the importance of drinking water, but not just any water...alkaline water and coconut water. I hadn't heard about either before reading this book. I've even transitioned from 3 diet sodas a day to green tea because it's healthier and a natural fat burner. I guess what I'm trying to say is it's the details of the book that's allowing me to change my eating habits and get healthier and slimmer. **Just in phase 1 of the DEM system, I've lost 4 pounds in one week**, and even though it might be water weight, I look **less puffy and bloated and my friends say my face looks slimmer**. It's just a really, really great book!”

Karen Ryon, Maryland

THANKS FOR WRITING THIS BOOK!

“**This book has truly inspired me to take my healthy living lifestyle to a new level.** I admit, however, that I was initially skeptical about what I would read -- expecting that I would get the same knowledge that I have found on my own. I was truly surprised when I was presented with information that I had not read before and probably wouldn't find compiled in one source. I found it really easy to read and so informative that I could not put it down. **What I took from this book is that if I regularly detoxed along with eating more natural foods, I could get to and maintain my desired weight and health for the rest of my life.** And even better, I could do this without killing myself doing ridiculous amounts of exercise that don't always melt the fat/pounds off like I would prefer. **I'm looking forward to getting my body detoxed and cleansed, and getting to a "slimmer, sexier, and healthier" me before my 43rd birthday!**”

Linda C., Maryland

AMAZING PERSON, AMAZING BOOK

“The reason why I could not wait to get this book is because it resonated with me. I went to JJ's website and read up on her and the book. I downloaded the first five chapter's sample and I immediately knew that this plan was exactly what I was looking for. I recently went to the doctor because I had stopped ovulating and I found out that my hormone levels where completely out of whack. **I love her approach of detoxing, eating and moving (DEM) and I know that this could be the answer to my medical and weight loss problems.** It also helps that she lives what she preaches and she stands behind her plan. So many authors are not in shape themselves and do not follow the plan they promote. JJ is the exact opposite. **I firmly believe in JJ and her message.**”

Angela H., North Carolina

THIS BOOK IS NOT JUST FOR WOMEN, IT'S FOR EVERYONE!

“If ya'll are serious about your health, about REALLY FEELING BETTER, check out JJ Smith's new book, Lose Weight Without Dieting or Working Out! It's The Real Deal. I would know. **Her advice helped me drop my cholesterol 73 points in six weeks WITHOUT medication.** Trust me. She's IT!!!”

Steve Smith, New Jersey

Join *Sisters Getting Slim (SGS)*[™] Club Today!



JJ is the Founder of Sisters Getting Slim (SGS)[™], a support community of women who are committed to losing weight and getting healthy! The SGS Club is for women who don't always have the time or discipline to diet or exercise yet still need proven, safe strategies to lose weight permanently!

The SGS Club is a **FREE** online community where women come to get motivated and to learn tips and strategies to help them lose weight and discover their healthy, sexy, slim body!

Upcoming topics include:

- 5 ways to detoxify the body for fast weight loss
- Why saunas provide amazing beauty and health benefits
- 10 ways to get moving without going to the gym
- 7 ways to speed up your metabolism
- Here's how to break the sugar addiction
- Avoid these 7 foods that make you fat
- Don't like exercising, try SEXercise!
- 5 easy ways to get rid of cellulite
- Diet foods that make you fat
- Trigger your 6 fat-burning hormones to lose weight effortlessly

Here's What You Get as a Member of Sisters Getting Slim™:

- A **MONTHLY CALL** with JJ Each month, JJ will provide a one-hour call where she discusses in greater detail the tips and strategies discussed in her new book, Lose Weight Without Dieting or Working Out! She will also try and answer as many questions as possible if they are provided to her in advance of the monthly call.
- **VIDEOS, BLOGS, ARTICLES** will be sent on a regular basis to ensure you keep up-to date with the latest weight loss secrets to help you lose weight once and for all.
- **SUPPORT COMMUNITY** Read the success stories of women who applied these tips and strategies so you can learn what might be most effective for helping your unique body stay slim for life!

Go to www.JJSmithOnline.com to Get Your FREE Membership!

Additional Books By JJ Smith

If you'd like more information on products offered by JJ Smith, please see the website at www.JJSmithOnline.com. The following books/eBooks can be found on the website:

- Lose Weight Without Dieting or Working Out! (Book)
- Why I Love Men: The Joys of Dating (Book)
- Why I Love Men: The Joys of Dating: Companion Workbook (eBook)
- Rich Diva: 10 Secrets of Six Figure Women (eBook)
- 101 Best Places to Meet Men (eBook)

About the Author

JJ Smith is a nutritionist and certified weight-management specialist, relationship/life coach, and inspirational speaker. She has been featured on *The Montel Williams Show*, *The Jamie Foxx Show*, and *The Michael Baisden Show*. JJ has made appearances on the NBC, FOX, CBS and CW Network television stations, as well as in the pages of *Glamour*, *Essence*, *Heart and Soul*, and *Ladies Home Journal*. Since reclaiming her health, losing weight, and discovering a “second youth” in her forties, bestselling author JJ Smith has become the voice of inspiration to women who want to lose weight, be healthy, and get their sexy back! JJ Smith provides lifestyle solutions for losing weight, getting healthy, looking younger and improving your love life!

JJ has dedicated her life to the field of healthy eating and living. JJ’s passion is to educate others and share with them the natural remedies to stay slim, restore health, and look and feel younger. JJ has studied many philosophies of natural healing and learned from some of the great teachers of our time. After studying and applying knowledge about how to heal the body and lose weight, JJ went on to receive several certifications—one as a certified nutritionist and another as a certified weight-management expert. JJ received her certification as Nutritionist from the International Institute of Holistic Healing. JJ received her certification as a Weight-Management Specialist from the National Exercise and Sports Trainers Association (NESTA). She is also a member of the American Nutrition Association (ANA).

JJ's current work, *Lose Weight: Without Dieting or Working Out!*, is a revolutionary system that teaches proven methods for permanent weight loss that anyone can follow, no matter their size, income level, or educational level. And the end result is a healthy, sexy, slim body. JJ's breakthrough weight-loss solution can help you shed pounds fast by detoxifying the body, balancing your hormones, and speeding up your metabolism. You'll also learn which foods help you stay slim and which foods cause you to get fat. If you have been on a roller-coaster ride of weight loss, you will finally be able to get off that ride, lose weight and stay slim for life!

JJ is also the author of the bestseller, *Why I Love Men: The Joys of Dating*. It contains compelling and funny stories she cultivated over the past 15 years of relationships that included three marriage proposals. In a sister-to-sister, woman-to-woman approach, the author shares her heartfelt story of her joys, pains and lessons learned from dating. She also provides scores of tips on how women can improve their relationships with men and have more fun while dating. *Why I Love Men* is ultimately a tribute to men and how they shaped her life and helped her grow and develop as a woman.

JJ holds a B.A. in Mathematics from Hampton University in Virginia. She continued her education by completing The Wharton Business School Executive Management Certificate program. She currently serves as Vice President and Partner in an IT Consulting firm, Intact Technology, Inc. in Greenbelt, Maryland. JJ was also the youngest African-American to receive a Vice President position at a Fortune 500 company. Her hobbies include reading, writing and deejaying.