

Warning: They Are PISSED!! Because I'm About to Reveal What These Large Corporate Fat Loss "Companies" Are DESPERATELY HIDING from YOU So That They Can Keep Stealing Your Hard-Earned Money...

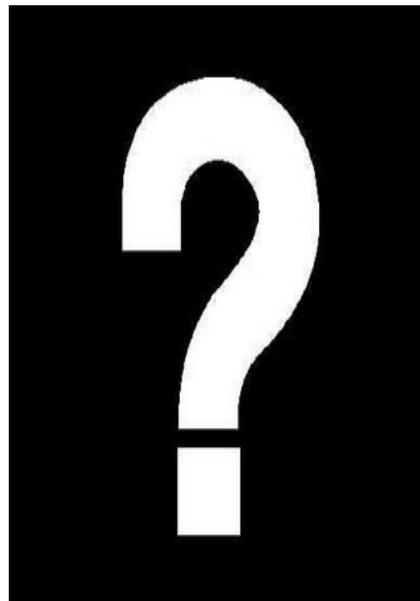
Contrary to Most "Guru's", Losing Fat At Break-Neck Speeds is NOT a Fairy Tale... So, Let's Set The Record Straight Once And For All...

Inside You'll Learn –

- **The Nitty-Gritty Secrets The Big Corporate Fat Loss Companies Don't Want You to Know..** (and How You Can Get the Same Results WITHOUT Paying for Their High Priced Junk)
- **Freak Discovery That Slashed Fat Like Crazy** (I wasn't sure if it was going to work like it did... but I'm thrilled with the results!)
- **Shocking Story of How an Old High School Classmate is On Pace to Break My Record** (This is truly amazing, I think we may be on to something here!)



**Todd Valentine
Before: 197 Pounds**



**Todd Valentine
After Just 2 Weeks: ???**

Warning!

Look, I'm not gonna beat around the bush here... I'm sure you've seen or even attempted some of these fat loss miracle pills, diets, and programs pushed by Large Corporate Weight Loss Companies.

You know what I'm talking about.. the claims that you can lose 10 pounds in 3 days by following a diet concocted out in Hollywood, USA.

The diets that claim you'll lose 10-15 inches in a matter of weeks by taking a simple pill...

Or by cutting out food completely and drinking a Magical Tea discovered in the Himalayas...

Well, Guess What? I've tested them, and

These Claims are TRUE... (Almost)

It's true that if you take the Hollywood Miracle Juice that you can lose 10-12 pounds in 3 days or so...

It's true that if you just eat grapefruit and take a pill for 7 days you may lose 8 pounds...

It's true that if you go on a liquid colon cleanse diet for a couple days you'll drastically lose weight...

But Do You Know Why These Things Are True?

I'll give you a hint:

It doesn't have a damn thing to do with magical juice, colon ejecting pills, or a super-secret-ninja formula ground up from an ancient society and put in your drink...

And, Let me tell you... What I'm about to reveal has these S.O.B.'s Hot Under their Collars.

THEY ARE PISSED. And For Good Reason, because...

They don't want you to know this stuff. It feeds their bottom line.

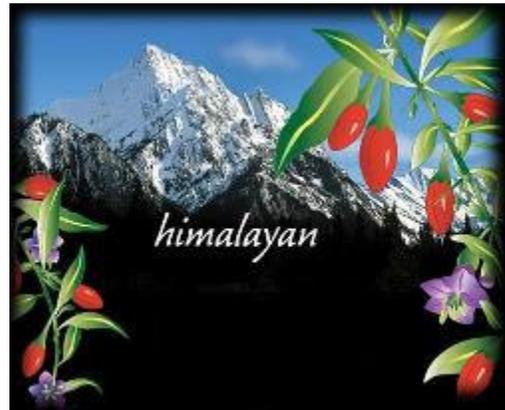
The Nitty-Gritty Secrets The Big Fat Loss Companies Don't Want You to Know..

What it **DOES** have to do with is the Formula that these types of "weight loss" products follow...

Let me Give You a Few Examples:

- 1) Take a pill containing ingredients from a lost ancient society while at the same time drop your calories really low by eating some non-calorie dense fruit or vegetable.

In this instance, what's contained in the pill doesn't even matter. It can be a vitamin or whatever. The "pill" is accompanied by low calorie/calorie free foods. When we don't eat or drink much we're gonna lose weight... No matter how temporary it may be, the weight is gonna come off.



Alternative: Ditch the pills and just eat the fruit & veggies with a multivitamin.

- 2) Dilute your “Miracle Juice From Hollywood” with water, drink 8 servings per day, cut out solid food for three days. Emphasis on **Cut Out Solid Food Completely for 3 Days.**



Here's why it can work (brace yourself, because it's truly earth shattering):

No eating + Drinking Fluids = Weight loss.

And you'll get extreme weight loss in some cases, because while you're NOT eating, the fluids you're consuming helps flush out the excess water your body retains.

But the thing is you wouldn't need a \$30 jug of miracle juice, all you need is a \$3 dollar bottle of grape juice, apple juice, or what ever kinda juice you like. The weight you lose will come back in like 2-3 days or so, but the fact of the matter is you CAN lose 8-10 pounds real fast with this “technique.”

Alternative: Ditch the Expensive Magical Formula, and just Use regular Fruit Juice. You could literally replace the formula with KoolAde and a vitamin for \$1.17 cents.



product from:

- 3) Gulp down a pill that cleans your colon to lose weight. There are 2 scenarios. One assuming the pills actually work, and the other assuming that the pills are there just to take up space and make money for the company pushing it. Let's give them the benefit of the doubt and assume that it works, and a pill can actually "clean out your colon", okay?

There are 2 approaches. And the recommended approach will depend upon the company you buy the

- A) **Straight Up Colon Cleansing: Getting rid of the "stuff" in our colon for Weight Loss.** Well, the average person has about 7-10 pounds of fecal material in our body at any given time. So, the pill knocks all that stuff loose, and we lose 7 pounds simply because we have less "junk" in our body.

We're miraculously 7 pounds lighter, but haven't lost a single pound of fat ... **which means our clothes probably still don't fit.** Nothing is more discouraging than losing 7 pounds and still feeling like a hippo.

- B) **Along with your bottle of miracle colon fat blaster pills,** you have instructions to reduce your calories by going on a liquid diet preferably "fruit juices" and foods high in fiber, because the fruit and fiber help you remove the "stuff" in your body.

With this approach, you'll actually lose a bit more weight, because you're losing the 7 or so pounds of fecal material, plus the low cal help you lose water weight. So you lose 3-4 more pounds as opposed to approach A.

Alternative: Follow a pure colon cleansing program full of fresh fruits and veggies, and increase your water and fiber consumption to help flush out your system.

Those are 3 examples... there are literally HUNDREDS just like those listed above... and if I were to report on all of them we'd be here through next Christmas...

But one thing remains abundantly clear in nearly ALL cases....

They use the exact same **cleverly disguised** ingredient...

And it's called....

RAW FASTING

And fasting, regardless of the form, results in 2 things that are **Absolute Polar Opposites**:

1. **FAST Weight Loss** – It's kinda obvious if we stop eating we'll lose some weight. Without going into a scientific dissertation, the reason we lose weight when we abstain from food is because after 4 hours or so **our body looks to itself for fuel**. First it turns to the liver to convert glycogen (stored sugar) into a usable form of fuel. It uses this mixed with small amounts of protein (also converted in our body) for fuel. This source lasts for about 12 hours after which the body turns to muscle tissue to use as energy for the next few days. If glucose is still being denied at this point, then to avoid muscle wasting, our body turns to fat for fuel. During this entire process we lose water from our organs and muscle tissue. This accounts for a large part of our weight loss initially.
2. **Rapid Weight Gain** – During the fasting period, we're depriving our body from nutrients, protein, carbs, and fat. Not only that, fasting slows our metabolism (meaning we burn fewer calories per day). Once we begin "eating normally" again, the dehydration coupled with a now slower metabolism causes us put on weight like there's no tomorrow. Because our muscles and organs are retaining LESS water than before, as soon as we begin eating food, they act like a sponge and cling to every drop of water we put into our body whether this water is consumed through food or drink. And since our metabolism is now slower than it was before, eating "normally" is actually OVERCONSUMPTION, because our body isn't burning nearly as many calories as we're consuming.

This is the Double Edge Sword that comes with fasting, and nearly all products that use **raw fasting** will undoubtedly produce this same result – Fast Weight Loss followed by Rapid Weight Gain.....

So How Do We Lose Fat At Break Neck Speeds, And Prevent Post Fasting Weight Gain from Hitting Us Square Between the Eyes?...

We'll Get to That In Just a Second, But first....

Let me tell you a little story...

A few years ago, I owned a personal training studio in Baton Rouge, Louisiana. As a gym owner, I was fit, in shape, and looked damn good (if I do say so myself)... and I felt even better that I looked.

At any given time during the year, my body fat would be between 7%-10%...

In December 2006 I closed the doors to my personal training business. I did this mainly because my \$50,000 dollar line of credit was completely shut off without notice... by the time I found out (7 months after it was shut down) it was too late, because a day or two before learning the line of credit was gone, I paid off around \$5,000 in bills by dropping the checks in the mail.

To make things worse, the \$5k worth of bills didn't have to be paid off right then, I was just clearing my slate off a little bit. As you can imagine, with most of my operating capital now gone and the line of credit "unavailable," it was a **huge** blow, especially with my monthly business expenses exceeding \$10,000 per month... I hung on for about 6 more months, but by then the stress had completely worn me down – and it showed. My friends and clients could see it on my face.

Tired, Stunned, Depressed, Pissed Off, and feeling completely hopeless... I was forced to try to figure out how to make ends meet... How to pay off my debt... and more importantly, I had to figure out just how in the hell I was going to feed myself.

Trying to maintain low or even moderate levels of body fat didn't even register on the **low** priority of things to do. Meaning, I didn't give a damn one way or another as to whether I got fat.. my sole purpose in life suddenly changed from helping people lose fat to mere survival.

I was both reluctant and okay with accepting getting fat as a sacrifice to making things in my life work. I had the know-how and the tools to lose fat later if it came to that, because I now had nearly \$30,000 worth of gym equipment stowed away in my 2 bedroom apartment – if you can imagine – my entire apartment was literally packed from floor to ceiling with equipment. It was definitely a sight to see.

Fast forward 12 Months and 30 Pounds Later...

Fortunately, before all hell broke loose at my gym, I had been studying about how to create websites and writing and stuff like this report. So, it wasn't too difficult to find small projects to pay my bills. Things started looking up in that department... But since my apartment was filled to the gill with gym equipment, I didn't have much room to move around. So, I wallowed out a little spot on the floor in front of my TV in the living room to do computer work... And then it hit me

... for the past year, I had been working from home... on my computer... in a cramped up apartment... laying on my belly in front of the TV.

Needless to say... My "sacrifice" and self fulfilling prophecy had come to fruition.... I had gained a little bit of weight...

Around 30 Pounds to be exact.

I'd like to tell you that I just woke up one morning and I was 30 Pounds heavier without realizing it.

But that would be a lie.

I knew it was happening. And I had made attempts to reverse it, but that only made matters worse.

At one point I joined a gym, even though I couldn't afford it. That bit me in the ass, and gave me an \$800 bill I couldn't afford. So, now instead of relieving stress and creating time to work on losing my new fat belly, I just dug the hole a little deeper... so, I just locked myself in my apartment to work, venturing out to the gym every 4-6 weeks or so.

So, instead of going to the gym regularly, and working to lose fat slowly overtime, I'd only go once or twice every few weeks... **always promising myself I'd start Monday...** and never really following through. As you can imagine, that worked like a charm (note the sarcasm)...

So, one day I got to thinking... you know, I don't go to the gym mainly because

- It takes me away from work for a little over an hour a day... (I couldn't afford the time to take off work)
- Doing it at the gym is a friggin' hassle, because I have to fight the crowd
- I didn't have or want to put aside time to burn just a pound of fat a week...

I wanted to Lose This 30 Pounds of Fat, and Lose It FAST...So, I did a little research... called up my friend Alwyn Cosgrove... And That's When I made...

The Freak Discovery That Slashed Fat Like Crazy

One afternoon, I was finishing up one of my projects, and decided to get Alwyn Cosgrove on the phone, and see if he could point me in some sort of direction as to how to actually burn fat fairly quickly.... and keep it off...

Because I knew the regular well known gimmick diets like I described earlier didn't work..

He turned me onto something I'd never actually heard of, mainly because I had been in the business of helping people lose fat slowly and permanently over time. This "Lose a bunch of fat" in a few weeks thing was kinda new to me for a couple reasons:

1. I had never really done it myself..
2. I had never studied it
3. I didn't know anyone that had long term success with it

The diet Alwyn turned me onto was called the Protein Sparing Modified Fast Diet, or PSMF for short.

It was basically a modified fasting diet. After doing a bit of research, it made sense as to why it **MIGHT** work.

Here's the scoop.. As opposed to a regular fasting diet:

1. You feed your body plenty of protein
2. You drink plenty of liquids
3. Make sure you're getting plenty of fiber
4. And you follow it for 28 days

Supposedly you could lose up to 30 pounds in a month or more, depending on how much weight you had to lose.

So, I did a little more research, because my main concern was the severity of the diet.. and what it **COULD** do, namely....

Slow your metabolism, eat up muscle tissue, and create a rebound effect causing you to gain a bunch of weight back when it was over.

What I found is that by following the diet as it's laid out, the chances of gaining the weight back afterwards is pretty high....

I actually found studies that confirmed my worries..

So, I started tweaking things a little... you know, because I like to tinker with stuff.

I figured if I could modify the diet to where it would minimize the muscle wasting effect.... add some sort of short muscle sparing training program to the mix, and then tinker with the cardio...

I might be able to make this thing work without gaining all the weight back, like most "diets" do...

I wasn't sure if it would work, but I was about to put it to the test...

And the Results Were Astounding...

17 Pounds In 3 Weeks...

GONE.

It was crazy, because you know how I told you that at the time I stayed cooped up in my apartment all day, everyday working? Well, I'm a little embarrassed to admit it, but I didn't have a life what-so-ever... My friends thought I had fallen off the planet or something...

After the 3 Weeks had passed, I was feeling pretty good about the progress and decided to celebrate by meeting up with some friends that I hadn't seen in about a month...

The first thing Christy did when she saw me?...

She patted me on the belly... *"been losin' a little weight there, huh, buddy?!"*

So, while at dinner, everyone was sort of hammering me about what I had done to lose so much weight so fast... *(you know how it is... when someone you know loses a bunch of weight really fast, everyone takes notice and wants the scoop)*

I honestly didn't know what to tell them... it's not like you could go to the store and pick this program up and do it yourself or anything, because I had taken some proven methods, made some tweaks to them... **Then ADDED a BUNCH of Stuff I thought would make it better...**

So, this is basically what I told them I did:

1. Researched the PSMF diet (at Alwyn's recommendation), made some tweaks that I felt it needed to keep my metabolism going and to prevent the Weight Gain Rebound (WGR) that the PSMF and other fasting diets cause.
2. Developed a Training Program using Full Body Exercises (some of which were explosive) in order to maintain as much muscle as possible, so that I could burn more fat (I did these in my front yard with some dumbbells, remember, I didn't wanna go to the gym :)
3. Created short Interval Workouts for the Cardio portion of the program (You may recognize them now as the infamous **Triple Fat Loss Matrix™** Workouts)
4. Made sure I drank plenty of water and took vitamins everyday
5. Added a little fiber at breakfast to make sure everything was functioning properly

Sounds simple right?

Well, apparently my friends went off and told a few people about it... and a weird thing started to happen, I began getting emails and phone calls from other friends that got word of it, too... Some I hadn't heard from or talked to in Months... And one in particular, it had been nearly a year since I saw or spoke to him.

I was kinda freaked out about it to be honest, because I didn't have a lot of time to dedicate to explaining it a BAZILLION times (remember, I was still trying to get my life and finances back in order working day and night on my other stuff). **Plus**, I'm not the "**Lose Weight Overnight**" Guru... Everything I had studied and learned in the past was about losing fat slowly and consistently over time to make sure all the weight stays off.

Well, one thing led to another, and since I was getting so many calls, emails and questions about it from my friends.. I decided to just sit down and map the thing out... That way I wouldn't have to explain it over and over again...

Shocking Story of How One of My Old High School Classmates is On Pace to Break My Record

Just a few weeks ago, I got a call from one of my old high school classmates.

“Hey man... I need to lose some weight... what is that program everybody’s been telling me about? Do you think it’ll work for me?”

I was pretty sure it’d work for him, but I wasn’t convinced he’d actually do the program... It seemed like the same ole story from my other friends...

So, I said “Sure... I got something for you. But before I just flat out give it to you, there’s gonna be a catch. You’ll need to agree to document your progress for the 4 weeks you’re on the program... That’s the only way I’ll send it to you. Are you cool with that?”

Of course, he agreed, so I sent the stuff over to him expecting to never hear from him again about it – mainly, because a lot of people just don’t follow through, especially when stuff is free... I’m guilty of it myself...

But he did tell me, and I quote “*Aight, if I’m gonna do this, I’m gonna complete it,*” though I was still a bit skeptical... and took the “Let’s wait and see approach.”

I have to admit, I was a little stunned....

...when I got an email from him a few days later, especially when the email read...



Since I had to scale the image down in order for it to fit, this is what the email reads:

“How I lost 7 Pounds in 4 1/2 Days”

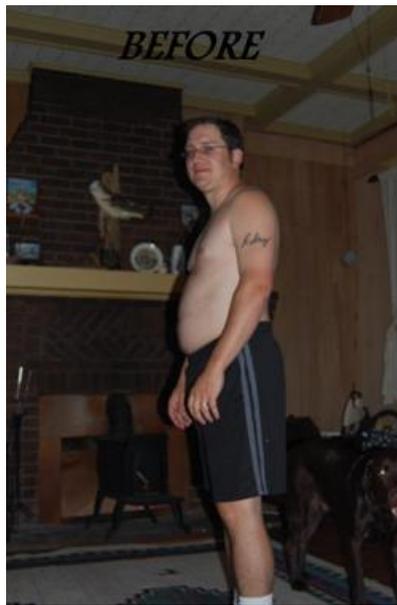
Hey man, to give you an update. Total weight I've lost in the 4 1/2 days so far is 7 pounds. I ate 2 chips yesterday because I couldn't resist and that only made my cravings worst. I ate 2 salads with my 2 servings of meat yesterday and used light or fat free italian dressing on the salads. Got on the scales this morning and had gained a pound. That's about as far as gotten away from the diet. I did have 3 protein bars that had more carbs in them than I would have liked. I also have had a couple of spoons of peanut butter but didn't seem to hurt. Gonna hit the cardio hard this evening when I get off work and weigh in in the morning. I'll let you know.

That was Friday May 29, 2009.... Toward the end of Week 1.

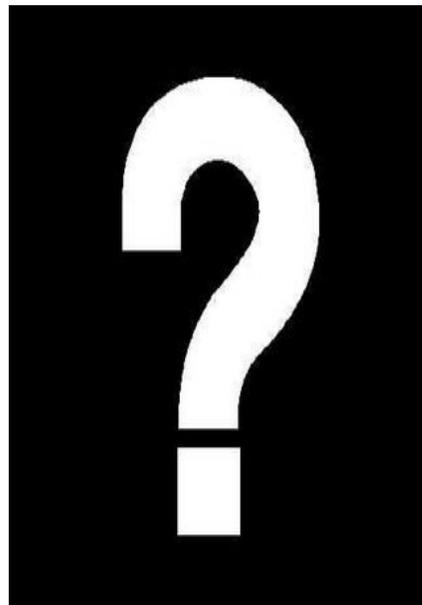
Sunday, May 31st, I got Todd on the phone to see how he was feeling, and to get the latest updates on his progress...

He finished the week out by Losing 8 Pounds in 7 Days

As I'm typing this, Todd's finishing up week 3, and **is on Pace to break my Record of 17 Pounds in 3 Weeks.**



Todd Valentine
Before: 197 Pounds



Todd Valentine
After: ???

We've been documenting his progress since Week 1, and the results are nothing short of being amazing...

To follow along and find out just how much weight Todd loses... log onto:

www.VaporizerMethod.com

Once you get to the page, enter your name and email in the boxes, and you'll automatically be redirected to the VIP Members Area.

I'll be releasing more Video footage of Todd's Progress in the next few weeks... Plus, you'll get to see him Live and in Person Talk about what it was like to put the Vaporizer Method to the test and see for himself first hand that we don't have to settle for losing just a few pounds a week...

And again, he's using the program that I developed using other people's proven methods, and a few of my own simple tweaks to lose fat fast without experiencing the post Weight Gain Rebound effect.

It's not rocket science.

But if You Want to REALLY Lose Fat Fast and Actually Keep it Off, You MUST Know the Insider Techniques That I Implemented Into My Own Program To Slash Massive Amounts of Fat Off My Own Belly!

If you bumble along and follow what these large corporate weight loss companies are selling you, you'll be lucky to lose more than a few pounds at all.

And that's why the new Vaporizer Method is in such demand.

Because I actually make my living almost ENTIRELY by helping people lose fat. I'm not preaching hype or un-tested theory in this program.

This is the stuff I use personally. In my own program.

There's Such A Buzz About this Already That the First Production Run of The Vaporizer Method Will Probably Sell Out On June 29th When It's Released!

When I released the beta-version of this course back in March, I sold out the entire program in less than 48 Hours.

In fact, we never had a chance to "officially" release it because it sold out almost instantly.

Ever since then, I've been HOUNDED by people asking about it.

In fact, I already have a waiting list of over 1,700 people who have raised their hands and said "Please let us know as soon as the Vaporizer Method is ready."

And there's no surprise there's such a pent up demand for this. It'll be ready to fly off the virtual shelves when people discover this course is loaded to the gill with 8 manuals and 4 videos... (and that's just the tip of the iceberg!)

No One Has EVER Seen This Information Before

There are 4 Detailed Reports of **Brand New** Content Created in the past 3 weeks alone...

It also includes never before seen one-on-one coaching sessions where I sit with you in front of my computer and SHOW you exactly what to do and how to do it. This video has never been seen by anyone. I just finished it last week.

This video was meticulously designed so you could play it on your computer and follow along with me. This way, it's like you're really in the room with me.

And then there are the 6 Rare Nutrition Manuals. This details the exact meal plans you'll follow depending on your Vaporizer caloric requirements.

Plus, you'll get the Vaporizer Specific food list that was specifically designed for this program.

Then there's The Triple Fat Loss Matrix™ manual

This details the exact cardio program you'll use with the Vaporizer Method. I'll show you when and how to do each workout to enhance the Vaporizer effects.

You'll also get the Equalizer software. This is one of the MAJOR tweaks I made to the system, and is a specific calorie calculating tool for your RND days, and it's one of the things that makes the Vaporizer Method so potent.

And That's Just The Supplemental Material

You'll get the information packed Vaporizer Method. This is the main manual that details step-by-step what to do and how to do it. It's not a 300 page manual chock full of theory and filler B.S. But don't be fooled. The info is blunt and to the point.

See, I didn't want to create one of those lame-o manuals that's 873 pages long and takes a year to read, and even longer to implement.

I wanted to be able to hand you something that you can digest immediately and put to work the very same day... That's what makes this program so powerful. No confusion, No Sifting and Sorting through 100's of pages of material. It's short, to the point... and extremely effective.

But I didn't stop there!

You'll also get access to our private members-only Vaporizer Support Group where you'll call in and get Personal Help.

(This support group will take place LIVE during a webinar each week where We'll dial in and make sure you're on the right track)

This type of support is priceless... and you'll get to plug right into it from day one...

MAYBE

The reason I say "Maybe" is because I can only offer this type of Support to a **limited** number of people who buy the Vaporizer Method.

We'll be doing these Interactive Vaporizer Support calls each week, and in order to accommodate everyone and give them the help they need, I will have to LIMIT the number of people who order the first round of Vaporizer Courses to 150.

I don't want to crowd these calls with too many people, because I want to be able to personally help each and every person that has a question. And if I let in 1,000 people it would be impossible to help everyone.

The Vaporizer Method Is Being Awarded On A First-Come, First-Served Basis

... And they're not cheap. (Nor should they be.)

The Vaporizer Method will start out at \$97.

If I decide to continue selling it after the first 150 courses have been ordered, I'll be raising the price to a firm \$197.00.

If you're interested in getting your hands on this course, I strongly urge you to get on our Priority Notification list immediately.

Doing so won't obligate you to buy the program, but you will get ADVANCE notice of when it's released.. therefore increasing your chances to get your copy before it sells out.

Get On the Priority List and Be Notified When The Vaporizer Method Will Become Available By Going to:

www.VaporizerMethod.com

Wishing you great success and happiness in 2009,

Todd Scott