

SmartDietClub.com

The Weight Loss Secret



They dont want You
To Find out about



Find out Why You Struggle To Lose Weight



Have you ever tried to lose weight, but couldn't? No matter how hard you tried. It either wouldn't go away or if it did, it was not long before you put all the weight back on again? You try diet after diet, and exercise program after exercise program, but nothing seems to work. Have you ever heard that one of the definitions of insanity is doing the same thing over and over, but expecting different results?

What we are saying is that if you are tired of the run-around like many other women were, then you need to learn the same information that helped them lose weight amazingly fast.

We have all heard the claims made by the big diet industry companies that you can lose blah, blah, blah amount of weight in so many days, but how many people do you know that have actually done it? Why does it seem to work for some people, but not for others?

The fact is that the ads you see with the diet results are usually only

the people who have had immediate success with their program. How about giving us some updates on those people? And, what happened to them after the weight loss story? Take a look at Kirstie Alley for example... she gained all of her weight back and then some! Why didn't the results last? Unanswered Questions For The Diet Industry.

The diet industry has not answered these questions for a reason. Actually, there are a few reasons but the main one is, that their programs are not designed to lose weight permanently! The diet companies only look at kilos, inches, calories, fat grams, etc., however they miss the big picture completely!

They either totally don't know how the body works, or they are keeping information from you to keep you on the weight loss roundabout. Either way, why would you want their partially correct information? Wouldn't you want to know why those programs didn't work for some people?

Maybe you should inquire as to why so many people gain the weight back. They will never give you the answers because either they don't know, or they aren't sharing that information with you.

The True Secrets of Weight Loss Prove The Diet Industry Is A Scam

How does weight loss work?

We will try to explain it using the analogy of a computer as an example.

When a computer "crashes" because of an invading virus, do you think it's the actual operating system that is failing? No! it is the introduction of a virus which causes the problem. Did the hard drive cause the problem? Of course not.

The hard drive can't function without an operating system. It would simply sit there disconnected and not accomplish anything. It needs all the components working to actually work as a computer.

The solution is not the virus, not the hard drive or the operating system. After you experience a crash on your computer you have to wipe the hard drive clean to remove the virus, then load the operating system software back on again and reboot

the system to get it all back up and running.

Guess what the same type of situation

occurs with fat loss and the way we have to reboot our bodies.

People are overweight, all over the world. Australia is one of the leading countries where people are blowing out of control. Most western nations now have an enormous problem. In the western nations more people are on diets, eating diet food, and taking diet pills and products than ever before.

More weight loss books are purchased than ever. More "lite", low carb, low fat, no sugar, low calorie, and diet food is purchased and consumed than ever. More people are exercising more than ever before. Yet, each year the percentage of people that are overweight, fat, and obese continues to rise. This trend is rapidly spreading around the world. Why do you think that is?

In the 1940s less than 10% of the population of the developed western world was considered fat. Using the same measuring standards as in the 1940s today, over 80% of the population is considered fat. The problem continues to get worse every year. Diet systems are failing us and even government statistics show that most diet plans, program, and products have no long term evidence of success. People are simply not able to maintain permanent weight loss, The most common myth is that to lose weight and keep it off you must eat less and exercise more.

Fat people are told they have no willpower or self-control.

This is untrue in many circumstances. **It's not your fault you're fat.** When you understand the reasons why you are fat and why every diet and exercise program has failed, you will be able to free yourself of the bondage of being a slave to food, hunger, cravings, deprivation, and obesity once and for all.

The key that no one addresses is that fat people and naturally thin people have

bodies that operate quite differently. **A fat person's metabolism is abnormally low.**

A thin person's metabolism is normal or slightly high. This means if a naturally thin person and a fat person ate the exact same amount of food over a one-week period, the thin person would not gain any weight and the fat person would gain weight.

When your metabolism is abnormally low your body cannot burn the food as fuel. When food is not burned for fuel the excess must be converted to fat, thus increasing your weight and making you fatter.

This is the first condition which must be corrected if you want to experience rapid weight loss and, more importantly, be able to eat whatever you want in the future without gaining any weight.

In addition to having a low metabolism, fat people generally eat larger quantities of food than naturally thin people. This has nothing to do with self-control or willpower. Thin people cannot understand the very real fact that fat people have an abnormally high, intense, and constant real, gnawing, physical hunger. Fat people are hungry with more intensity than thin people. When fat people eat food they do not get a feeling of fullness. When fat people eat food their hunger stays high much longer, causing them to eat more food.

Thin people have their hunger mechanism shut off very quickly and their hunger stays low or non-existent for many, many hours after they eat even a small quantity of food. Fat people, on the other hand, get hungry very quickly even after consuming a large meal. This is one of the reasons why fat people are so miserable when dieting. Nothing addresses the intense and prolonged real hunger.

If this physical abnormality is not corrected you are destined to live your life in misery and feelings of deprivation. This intense and prolonged hunger is a physical abnormality which must be corrected and brought back to normal to finally once and for all overcome the 'yo yo' dieting syndrome that is causing us to stay fat!

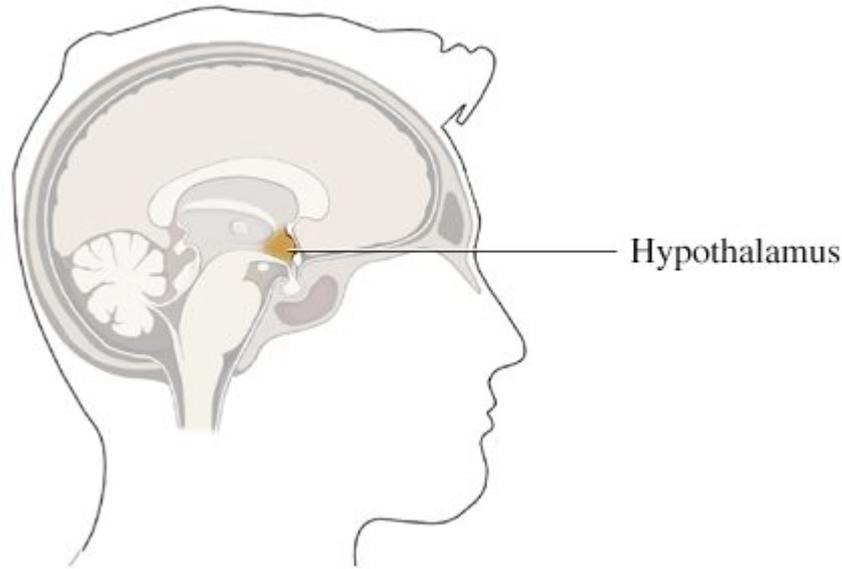
The other reason fat people consume large quantities of food is they have uncontrollable intense food cravings to eat, even when they are not physically hungry. This is sometimes called emotional eating, but is usually a physically abnormal condition. Thin people do not understand just how overwhelming and uncontrollable these food cravings and urges can be.

There is not a weight loss program ever developed that permanently corrects this condition. This is another reason why weight loss programs fail. If this condition remains intact, the person trying to lose weight or keep the weight off is constantly struggling with these food cravings and urges; therefore living in more misery and deprivation. Thin people cannot understand that these uncontrollable intense food cravings and urges are no different than a drug addict's cravings for more drugs. . Fat people also eat the wrong types of foods. This is a sub-symptom of hunger and food cravings. When hunger and food cravings are corrected, this system is automatically corrected.

Genetics play a relatively minor role in obesity. It is true that we all have different genetic make-ups. This means that some people have blue eyes, and others have brown eyes. Genetics determine why some people are tall and others are short. Genetics do, in fact, determine basic body shape and structure. This means some people are genetically programmed to be thin and others to be heavier. This is important. Not everyone has the genetic body type and bone structure to be a tall, skinny runway model. Some people are built naturally wider and thicker. This does not mean, however, that you are destined to be overweight, fat, or obese. Really...you ask?

So why is your metabolism abnormally low? What is the cause, or causes?
The number one cause of a low metabolism is the hypothalamus gland operating abnormally.

Yes....there is a MISSING LINK to weight loss and it's already in your body.



It's called the HYPOTHALAMUS Gland and simply put, is responsible for your metabolism and cravings!!

The Hypothalamus Gland in the human brain controls all of the fat metabolism in the body, like the hard drive in the computer and the "operating system".

The rogue food companies have learned a way to "crash" our body's system.

One food substance can cause permanent obesity

They understand the concepts of food addiction and have laced our foods with salt, MSG

sugars and many other addictive substances which are keeping us fat and their coffers filled. MSG is so addictive that the food companies include it in just

about every food we eat such as biscuits sauces canned soups, instant noodles, almost all fast foods, many chips and other snack foods, frozen dinners, salad dressings, grill spices, and in most chicken and beef stock. MSG is a frequent ingredient in Asian foods.

In hundreds of studies around the world, scientists who have to create obese mice and rats to use in diet or diabetes test studies use MSG to gain fast results. No strains of rats or mice are naturally obese, so the scientists have to create them. They make these morbidly obese creatures by injecting them with MSG when they are first born. The MSG triples the amount of insulin the pancreas creates; causing rats (and humans?) to become obese. They even have a title for the fat rodents they create: "MSG-Treated Rats".

The MSG manufacturers themselves admit that it addicts people to their products. It makes people choose their product over others, and makes people eat more of it than they would if MSG wasn't added.

Not only is MSG scientifically proven to cause obesity, it is a highly addictive substance with really dangerous long term outcomes,! Since its introduction into the American food supply fifty years ago, MSG has been added in larger and larger doses to the pre-packaged meals, soups, snacks and fast foods we are tempted to eat everyday. The FDA and TGA has set no limits on how much of it can be added to food.

MSG appears to affect the hunger and weight control centre of the brain.

Studies done with monkeys, dating back as far as 1969, found that MSG causes lesions in the hypothalamus, the portion of the brain that is recognized to affect weight control (as well as functions of the nervous system). Damage to the hypothalamus has been recreated in test after test. And the bad news for humans is that, based on tests of blood plasma levels, humans are 20 times more sensitive to MSG than monkeys; and children are 4 times more sensitive to MSG than adults. Neonatal exposure to MSG causes a permanent reduction in the secretion of growth hormone, leading to stunted growth and irreversible obesity. Is it any wonder we have the obesity problem in children when most pantry cupboards contain packet

upon packet of 2 minute noodles which has become a staple of young children's diets,

Once you understand its not all about self control

We wonder why diet and exercise has become more and more difficult and does not seem to work. To explain it simply your body's "hard drive" is turned on (you are still alive, so your brain is still functioning), but you have little or no operating system left. Your Hypothalamus has become a 'sleeping gland' due to MSG yo-yo dieting, toxins, chemicals, stress, medical drugs, illegal drugs, poor eating habits/nutrition....or 'viruses'!!

You can exercise, diet or whatever you'd like and you may or may not lose weight, but even if you do, what is your long term outcome?

It is often really difficult to come to terms with the fact that no matter how hard you try to lose weight it seems to be a never ending battle. Once you understand its not all about self control and that there are physiological reasons for weight gain it is much easier to understand why the [SMART Diet](#) works so well.

Here's the great news!!

Doctor Simeon's, a famous British weight loss doctor/ 'discovered the weight loss breakthrough' over 50 years ago; he knew the hypothalamus gland had a huge influence over how weight was managed. He maintained if you could optimize the hypothalamus gland you could have the weight loss cure.

When you understand the function of the hypothalamus you will understand why the Smart drops and Smart Diet work. "Our program is a complete hypothalamus optimiser."

Functions of the Hypothalamus:

The hypothalamus is the master gland... it secretes the hormones that control the pituitary gland which secretes the hormones that control other endocrine glands.

The endocrine system consists of glands that, through the secretion of hormones, regulate just about every aspect of your body in very specific ways. Almost every cell and organ of the body is regulated by the endocrine system.

It controls your height, your weight, your eye color, your waistline... everything that determines our set point weight at birth. We were designed to be a certain height and a certain weight and we destroyed and basically manipulated our "set point weight" and pushed it out of whack by making poor eating choices and having a western diet.

Here are just a few of its functions:

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- pituitary gland regulation
- blood pressure regulation
- feeding reflexes
- hydration
- water preservation
- testicular function
- metabolism
- thirst
- heart rate

What causes its dysfunction:

Just like the 'viruses' in the hard drive of a computer...the function of these vital systems can be altered by various 'viruses' or causes ranging from Toxins chemicals food mishandling, dependency & substance withdrawal, stress or psychological responses to simple functional deficits, Unfortunately, Hypothalamic function becomes impaired with age, so as we grow older the Hypothalamus needs support to maintain optimum performance

- hormonal/neurotransmitter regulation
- mood & behavioral functions
- sleep cycles
- hunger and salt cravings

- body temperature regulation
- bladder function

The Hypothalamus and Weight Management

It appears that almost everything the Hypothalamus does is related in some way to weight management and controlled weight loss. Simply put, when the Hypothalamus is "broken," food becomes increasingly more important, but increasingly more unfulfilling. We end up never feeling satisfied with the foods which we have eaten, gradually eating more and more to try to compensate for whatever is lacking!

From a metabolism stand point, the Hypothalamus not only governs the motivation to eat, stimulating hunger and appetite, but most importantly how eating is to be experienced and reflected upon, whether it is satisfying or not, and how deep the satisfaction occurs. This gives us an idea as to just how important healthy Hypothalamic function really is!

Find The Secret To Losing Weight

Now that you know being fat is not your fault and that you can actually optimise your hypothalamus and metabolism on a very natural diet and homeopathic Smart Drops

Join our happy weight loss SMART DIET CLUB that many of our clients used to gain results only dreamed of. Read about real people, real results and how they used the "miracle drops" and diet to optimize their bodies and remove stubborn resistant weight loss for the last time. Turn your body into a fat burning machine by revving up your hypothalamus and your metabolism . Lose up 8 Kg in 3 weeks or up to to 15 KG in 6 weeks

YOU ONLY HAVE TO DO THIS DIET ONCEIts not a boomerang diet and you are not stuck on it for life. Once your hypothalamus is reset your body will go back to normal and you wont have to do another diet. Seem too simple ...well I thought so too and I had a weight problem plus a hypothyroid disease and a metabolism that was so slow I just could not lose weight no matter what I tried. I lost 13 Kg in 6 weeks

YOU CAN COMPLETELY CHANGE YOUR BODY IN 3-6 WEEKS AND COME OFF THE DIET
ROLLER COASTER

I look forward to speaking with you and becoming your weight loss coach.

Visit us at www.SmartDietClub.com and get your Smart Diet System

Warm Regards,

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