

2WEEKDIET Magazine



**Slimmer
Fitter Sexier.
HOT Body
in 14 Days.**

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This magazine is designed for smartphones and can be opened with iBooks, Kindle, Acrobat, and PDF readers.



SLEEP HYGIENE:

Simple truth, when you are sleeping, you're not eating. Instead, your body will burn glycogen stores and fat while you soar on the astral plane. If you don't get enough sleep, you crave for carbs, you become more stressed (cortisol production increases), and you may even feel hungrier during the day. Be a Sleeping Beauty!

Seriously, pay attention to your sleep hygiene. Get into a regular rhythm, your body will love it. Pay attention to your screen time in bed. Dark is good. Use a blue-light filter for devices, and avoid all screens at least one hour before pajama time. Nap 10-50 min during the day if you can.

During your sleep, the body repairs, replaces, and fixes parts in your system ... like new liver every 6 wks, stomach cells every 5 minutes, new skin every 35 days.

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Be honest. Have you ever cheated on a diet? You bet. We humans love instant gratification that's why the temptation to break a diet is soooo great. Just a small bite ... and then the spell of diet is gone. And you feel shame. We need help to fight off temptation. And stick to it. A way to change our life ... a coaching program that helps you shed 8-16 pounds of body fat with the quickest, most effective fat-burning techniques ever created.

With step-by-step instructions, you'll take control of your life like never before. Losing weight will become a matter of following simple steps. It's as easy as putting one foot in front of the other! Read more

<http://bit.ly/2o1sKNj>



GET

SUMMER READY

Get summer ready. Tighter more beautiful skin, all toned up. Lose 8-16 pounds in only 14 days with this ultra-fast plan based on new science. Feel and look great ... wear clothes you want to wear. Get Summer Ready. In 14 days. Yay!



ALCOHOL:

Even the 4% training beer is still alcohol. Alcohol is a sugar that increases insulin production and postpones your metabolic burning of fat. Simply, you will not burn fat if there is sugar available. It is especially important to avoid alcohol at night when you could start your intermittent fasting window. Yes, alcohol can be fun but ...

Alcohol has lots of calories without any nutrition. Unlike macronutrients such as carbs, proteins and fats, there is no nutritional value in consuming alcohol—but **twice as many calories per gram** (7 cal/gm) as protein and carbs. It is also the first fuel to be used when consumed with carbohydrates, fats, and proteins. Abstain.

DRINK MORE WATER

Eight 8-oz. glasses of water a day is a rough '8x8 guide'. Also ounces to pounds: 150oz for 150lb. body. About 22% of water intake comes from food. For weight loss, water makes you feel fuller. Instead of snacking, drink water. Even one extra cup of water replaces 68 calories. 3 extra cups cuts calorie intake by 205. Pretty easy.

The amount of water you need depends on your sex, size, and your activity level sweat-loss. When all is well, the body is tuned up to 1% deviation in water level, 1% too much and you gotta go, or 1% too little, you feel thirsty. Color of your pee is a guide, if too yellow, you need more "*agua, eua, acqua*". Coffee or tea are very mild diuretics, so no fluid loss. However, avoid caffeinated sodas that are high in sugar, corn syrup or artificial sweeteners. No good.

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Slim. Fit. Sexy.
Blast FAT in
Only 14 Days



WATCH the VIDEO