6 MINUTES TO SKINNY

CRAIG BALLANTYNE, CTT
Getting Started with 6-Minutes to Skinny

Congratulations on taking the first step to melting off stubborn belly fat & getting the skinny, sexy body you want!

When you start using the secret I share with you today, you’re going to get results so quickly and so easily that it will almost feel like cheating.

You’ll finally lose weight without counting calories, eating bland “diet” food, slogging away on a treadmill or taking dangerous pills that could hurt you.

I’ll show you how you will get the fun and fabulous body you want – and deserve.

And although you may think you’ve heard it all when it comes to rapidly and permanently losing weight, I promise you’ve never seen anything like this.

I guarantee that you’re going to be shocked, amazed and delighted when you learn how simple this system is and when you see the amazing results you get.

This simple system using your body’s natural cycles to give you fast, safe and natural weight loss. When you use it – you will rapidly transform your body. Plus, you’re going to look and feel like a whole new person in just a few weeks. In fact – I’ve seen people lose up to 10 pounds in the first 10 days. I know that may sound impossible but I promise it’s not.
The Breakthrough

Listen, your body, like everything else made by nature – have various cycles. Just like the 4 seasons, or the tides, or even how the sun rises and sets.

Your body is just like that.

You can feel it during your day. You wake up and have energy. Then you feel tired in the afternoon after lunch. Then you get a burst of energy when you get home around 5 or 6. Then you feel fired again and go to bed.

You see, this is totally normal.

You must eat and move according to your body’s natural cycles. If you don’t – you make it almost impossible to lose weight. If you do – you’ll lose belly fat so fast it almost seems like cheating.

Even better – when you synchronize your food and movement with your body’s natural cycle – you can get WAY BETTER results from much less effort.

It’s a breakthrough solution called “Metabolic Cycling.”

METABOLIC CYCLING

Metabolic cycling consists of a series of unusual, yet extremely effective food and movement strategies that are the key to tapping into your body’s natural fat burning cycles to give you fast and permanent weight loss.
These are the totally unique strategies that helped thousands of men and women experience rapid, long term and life changing fat loss when nothing else works.

So...if you’ve struggled and feel like this is your last chance to finally lose those pesky pounds...you’re in the right place.

Metabolic cycling is the foundation of what is quite simply the most powerful natural fat burning system I’ve ever seen or designed. It’s the culmination of my 15 years of research into human metabolism and fat loss.

I’d like to introduce you to:

**6-Minutes to Skinny**

6-Minutes to Skinny is the first and only weight loss plan proven to deliver a dramatically faster, healthier fat burning metabolism by tapping into your natural fat burning cycles for long-term, enjoyable fat loss without nasty processed diet foods or any long, slow boring cardio whatsoever.

6-Minutes to Skinny will work for you even if you have the absolute worst genetics in the world, a terrible metabolism, a thyroid condition or even if you think you’ve tried everything...just like it has worked for thousands of my similarly-challenged clients.

But when you do tap into your natural cycles...your true fat burning potential is unlocked and your metabolism is free to zap all that stubborn fat.
I call it 6-Minutes to Skinny because the cornerstone of the program is a simple, 6-minute morning routine that sets your body up to burn fat all day long.

You may be skeptical, but let me explain exactly how it works and why you can and should expect amazing results.

I’ll prove that you can get amazing fat burning and body transformation benefits in just 6 minutes. Let me show you the science behind Catherine and my thousands of other client’s transformations.

**This truly is the secret to losing a bunch of weight quickly and keeping it off forever.**

It doesn’t matter if you’re younger or more mature. It doesn’t matter if you’ve tried everything else and it didn’t work. I can help you lose your stubborn belly fat.

**WHY IT WORKS**

Listen, this fat loss secret is so uncommon that less than 1 in 500 people know about it.

You see, 6-Minutes to Skinny works because it’s based on Metabolic Cycling.

Like we said before – your body goes through various metabolic cycles. And the first cycle happens when you wake up in the morning. It’s the most important cycle for people who want to lose weight and re-shape their body.
If you do the right things during this cycle – then your body can’t help but burn fat all day long.

If you do the wrong things during this first cycle – then losing weight becomes almost impossible.

When you follow the simple instructions for food and movement that take just 6 minutes – here’s what happens...

...it leads to biochemical and hormonal changes in your body. Don’t worry, it’s an all-natural change. It simply means when you start completing your first metabolic cycle correctly – your body will adapt to start burning FAT for energy.

You’ll also feel full and you’ll burn 450% MORE fat during the day. Isn’t that remarkable?

A simple 6-minute shift in your morning routine can literally quadruple your fat loss.

And all you need to do is prepare a “metabolic cycle” meal and do a series of simple and fast movements. From start to finish – it will take you 6 minutes.

I’ll show you exactly what you need to do each morning in just a moment.

But after you finish your 6 minutes you’ll feel different immediately. You’ll have more energy, confidence and your body will be hard at work burning away stubborn fat.

You can’t really see or measure the biochemical changes
that this routine causes but you will be able to see, feel and measure the remarkable results.

**This routine boosts specific enzymes in your body (like citrate synthase in the mitochondria) and those enzymes tell your body to start burning fat for fuel.**

These enzymes are the energy creation powerhouses of your body and if you treat them right...they'll reward you with a slim, sexy body.

Imagine your body is a coal-powered engine.

Right now, you’re barely shoveling in any coal and the fat burning fire is flickering and weak. When you start using the 6-Minute Metabolic Cycle in the morning, it will be like you backed up an entire dump truck of coal into your fat burning engine.

It will kick into high gear and start melting away the fat, faster than you can imagine.

I’ve literally been studying this phenomenon since 1998. I’ve put numerous subjects through this 6-minute Metabolic cycle and then studied their tissue under a high-powered microscope to analyze the enzyme changes after the meal and movement are done.

**I discovered that this 6-minute routine creates immense fat burning enzyme production in your body.**

So next let’s break down how the system works...
How 6-Minutes to Skinny Works

I’m not going to bore you with any more theory. Here’s how the program works:

*Every morning – as soon as you wake up:*

1. Complete a 4-Minute Movement Video
2. Make a delicious 2-Minute Shake

That’s it! I know it seems simple – but it is amazingly powerful. The system is designed to do completely different movement patterns each morning and to start your day off with healthy protein and other nutrients.

After you complete the morning routine (which should only take you 6 minutes... or less) then go about your day normally.

The key here is to do this morning cycle at least 4 times per week. I recommend sticking to a weekday morning routine and take Wednesday, Saturday and Sunday off.
Now – after you develop the habit of doing your 6-minute food and movement pattern in the morning, then you can accelerate your results by doing longer exercise videos or you can use the custom-built nutrition book that I’ve included in your package.

Use it for your lunch and dinner meals and you’ll start seeing even faster results.

But enough talk – let’s get started!

Go get the ingredients you’ll need for your shakes and load up your first movement video to get started.

Here’s to your new, skinny body!
Disclaimer

You must get your physician’s approval before beginning this nutrition program. These recommendations are not medical guidelines but are for educational purposes only.

You must consult your physician prior to making any changes in your nutrition. This program is designed for healthy individuals 18 years and older only. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any nutritional program.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician.

2015 © Early To Rise Publishing, LLC