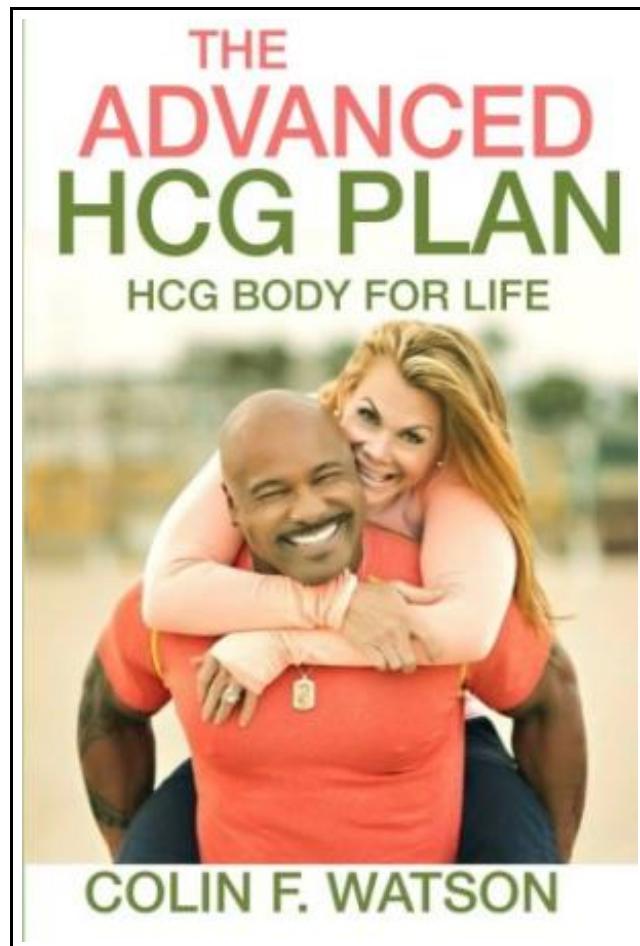


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Createspace, United States, 2012. Paperback. Book Condition: New. 234 x 155 mm. Language: English . Brand New Book ***** Print on Demand *****.Colin and Jayne Watson author s, speaker s, and certified fitness nutrition coaches. Colin was not always in the health and fitness-coaching arena. Unlike Jayne, Colin spent the previous 25 years as a Mortgage Broker and Real Estate Broker. Jayne, on the other hand, was a Certified Personal Trainer, Group Exercise, and Spinn Instructor for over 13 years. During the collapse of the real estate market, I gained more than 50 pounds of fat. This added weight brought with it, a bout with depression, sleep apnea, high blood pressure and type II diabetes. Frustrated and desperate to lose the weight and regain our health, We decided to try one more diet. We stumbled across a fat loss secret that had been kept hidden for more than 60 years To our complete shock, Colin lost 37 pounds of fat in 32 days, and Jayne lost 22lbs in 30 days. Colin was able to no only stabilize his blood sugar and blood pressure, his sleep apnea and type II diabetes disorders completely vanished. Jayne was lean fit and had achieved her lowest percentage of body fat ever. Together, they decided to experiment with the original meal plan. We added new micro nutrient-rich recipes and including (HIIT) High-Intensity Interval Training workouts. The revised meal plans and workouts produced amazing results. Our bodies were completely chiseled back to something that we had not seen in more than twenty plus years. Astonished by these results, we began sharing our success with anyone who asked, then on YouTube and our blog. Quickly the phone began to ring, and we were getting hundreds of emails from strangers asking for your help. We put everything we...

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