48-hour FAT BURN

Miles Beccia's Ultimate Weight Loss Guide

Why Most Weight Loss Plans DO NOT Work and What To Do About It

Dear friend,
I present you with that question because the truth is that not everyone is willing to take in this information; and work along with a system with dedicated work.

Lots of people like good excuses vs. goal achievement from step by step small successes.

And others prefer magic pills to reality.

However, if you are ready to stick with me, what I share with you in this detailed guide revealing the 48 Hour Fat Burn Solution to solidify your thinking about:

- What really happens inside you to get your body lean outside?
- How lifelong weight control is in the science of your daily pattern of food?
- What can you do to stop your cravings and lose weight safely forever?

I want to introduce you to a much more sophisticated way of creating the body you want in a cluttered information overloaded marketplace. This happens as you hear one line or piece of information from a study and the media blasts out that it is the immediate solution to all your problems. Only to hear that it never truthfully gives results longer than a few months.

The rate of regaining the pounds after losing it is frightening and I am coaching you to go through short burst intervals, 48 HOURS, of calorie reductions to really practice how to properly reset your portions and become aware with monitoring your weight when you need to set yourself into fat burning again.

DO NOT restrict your calories too far below or for more than the 48 HOURS because your body systems will no longer respond with fat release but consider you in starvation mode resulting in rapid fat storage as soon as additional calories begin again. Most diets programs want to see you starve for weeks on end and that is exactly why you GAIN FAT back for months after trying to have normal eating

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patterns after ending the diet plan. This will only end when you eat real food like I will coach you to do.

I want to Free you FOREVER from the constant alert of the Magic Pill Syndrome.

You know it's the one that people quickly buy up one after another, and yet just end up in the same place in several months and many $$$ later.

Just to let you know, I did not arrive at this information last week.

I have worked with thousands of clients over the last twenty five plus years who had been spending too much of their time following misguided tips for exercises or taking vitamins that claim to melt away the unwanted fat stores on their waistline.

As you will read in more detail later in this guide, after recovering from both legs being snapped in half at age 13, I had no choice but to strengthen my legs or I was not going to run the same ever again, and make it to my dream of becoming a collegiate athlete. Well I could not find anyone to teach me how to workout and eat properly to regain a strong healthy body, so I took it upon myself to test and evaluate everything I could find about the subject.

You have seen all the same claims that I did about eating this and you will get faster or perform this workout series and it will make you have tons of energy. I quickly became very pessimistic and started having to test every piece of evidence that I could to determine what was helping me move faster toward my goal.

I became a certified professional fitness trainer as I was getting through my Health Education Bachelor's degree and by the time I graduated in 1996; my dream was a reality. I had become a successful football and indoor-outdoor track athlete. The steps I took to make this happen was launching me toward coaching thousands of others to achieve amazing results.

The National Weight Control Registry concluded that 80% of those who intentionally lost 10% of initial body weight were unable to keep it off and REGAINED ALL THE WEIGHT BACK. I am not at all satisfied with a mere 20% success rate.

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This Is Why I Determined I Must Share This Information

After discussing the ways in which most clients had been trying to get a tight midsection, I always came to the same conclusion.…they didn't know how to turn stored fat into pure sustainable muscle energy with a positive cycle of meal planning, dietary intake, and sustainable aerobic activities.

I know that I can guide anyone willing and motivated to plant these natural laws on how to create the "dream body" in their own lives like I did and make continuous progress season by season even while others all around them struggle, become unhealthy, and remain frustrated. A DREAM BODY is your person view of how you see yourself in the next big community event, what you desire to have for a body age in 10 years, and what do you see your fitness look like in the photos on the day of your 90th birthday.

I Promise To Take You Into The Principles At Work Instead Of The Usual Short-Term Tricks and Diets

As you read along in this "proclamation", I will take you beyond just another trick or two that may change your weight on the scale for a few months or that everybody is gossiping about momentarily.

I have created this Special 48 Hour Fat Burn Solution Guide to give you my premium information in a way that you can easily digest and immediately be in action toward your next successful step of improved physical and mental health. Let's face it our mind and body are always in desperate need of nourishment and conditioning.

48 Hour Fat Burn Recipe

The 48 Hour Fat Burn is a RECIPE to follow that combines the following parts into a system for boosting your metabolism, naturally suppressing your appetite, and control your blood sugars from timed release digestion of meals using the proper recommended amounts of essential Dietary Fiber.

Get into Action and Eat 3 meals per day...

1. Eat my specialized combination of soluble fiber foods to begin each meal for

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creating the "Beccia Ball" of soluble fiber gel to have timed release energy and suppress appetite between meals.

2. Measure your portions enough times that you understand how much is enough for losing and then maintaining your weight loss on 48 Hour Intervals. Your portions lower to 65% of active average for women at 1430 and men at 1855 of calories for average active adult.
3. Repeat your meals until you and everyone around you LOVES the flavors.

TIP: Get your portions out and set up a travel bag to take lunch with you thus eliminating the frustration of knowing you have the best food for you but it is not next to you to eat.

Wherever you see yourself right now; this strategy can alter your stored fat levels now and more importantly, it can remove those love handles or bloated belly and bring you to an entirely new level of skin thickness or tighter tummy you'd MOST like to have.

You may find some testimonials on a magic machine and buy off-the-shelf "Quick Trick Pills" assuming that if it has worked for them it MUST do the same for me. Using them may result in a small entertaining and joyful change - but you'll NEVER become a fit and healthy for the rest of your life.

I always explain a simple fact that when you ask someone who is in great shape, "What did you do to look like this?", they will explain to you the number of months and years dedicated physical fitness activities, the controlled portions of food taken in, the need for recovery from stress, and the dedication to making these "facts" part of their actions each day which is shown now to influence you how your genes express themselves tomorrow.

You'll realize what you must plan and practice is to stay on this positive cycle of diet, rest, and conditioning to recalibrate the burning of fat from difficult to EASY. I will say again, your body is happier to use long lasting fat for energy rather than quick burning sugar. These secrets have made top athletes super fit before their was any science behind them and NOW I have put my decades of research and experience into plan, so that you can control weight and craft your body.

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It took me years and years of frustrating seasons to piece together concepts which are still virtually unheard of today. They made me go from a weak uncoordinated high school student just walking again after both legs were broken to a competitive multi sport collegiate athlete. Now I have dedicated my knowledge as a health and fitness guru and conditioning coach to teach anyone, from pro athletes to working moms to retired veterans, who is ready for their BREAKTHROUGH.

You do NOT need any special background to use this knowledge - other than the fullest commitment to use it.

I have students and clients using, what I explain here in this guide, with school groups, work-site programs, senior centers, individual coaching and partnered programs - from the novice to the pro competitor.

All have decreased their fat levels inside and around their bodies to become completely in control of their results instead of wishing for a miraculous change.

Are you ready to learn just how amazing your body is?

You simply need to learn and use the tips and methods I show you to avoid the anxiety of having to find yet another distasteful diet. Also, you will get your tummy to flatten down to look great and not have to count every calorie or point to keep it off.

See when your family moved away from recipes with local market foods, with main ingredients of your meals from real whole dietary fiber foods of the "5 Super Fiber Food Categories", to high calorie packaged or canned foods, big sandwiches, and large sugary drinks your gut gets weak. This leaves you constantly hungry from poor digestion within the energy factory of your digestive system.

I'll coach you on my Step by Step system to "FEEL" your digestion once again and reset burning fat as your main energy source. If it seems like you have indigestion, think again and learn that the "discomfort" of being full and hungry happens to mostly feel the same. I will bring you through the science of proper digestion for natural energy manufacturing and waste removal.

Start this plan NOW to begin getting results and learn that the signal of discomfort in your tummy means either "leave food alone" in stomach to preset digestion or

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I'm hungry but "I DO NOT have to stuff myself" because I still have energy within me to focus on my lasting success with weight control.

Your 3 Step Daily Plan to Unlock the Secret 48 Hour Fat Burn Recipe:

1. Suppress appetite with my Original Recipe of the Soluble Fiber Solution foods for breakfast and lunch from the ***5 Super Fiber Food Categories***
2. 3 meals daily to total approx. 65% kcal of active adult requirements [1430 calories for women, 1855 calories for men]
3. Drink 16-24 oz. of water directly between meals to hydrate your gut

These are the ***5 Super Fiber Food Categories***:

1. Vegetables
2. Nuts and Seeds
3. Fruits
4. Beans and Legumes
5. Grains

Using my Original research to organize mealtime ingredients of these categories into higher soluble fiber vs. insoluble fiber; which are then combined together in the stomach to properly form a timed release gel capsule called the "Beccia Ball". Soluble fiber forms an encapsulating gel after eaten and insoluble fiber remains rough and speeds up digestion which makes you feel hungry again too soon.

"Stop snacking on those vegetables or you won't eat your dinner"?

I say, "Yes! Start eating my Soluble Fiber Solution to form a "Beccia Ball" for each meal and fill up your stomach and suppress your appetite! You should have your stomach settle in and sit with a fully formed "Beccia Ball" for approximately 1-5 hours for predigestion. During this time you will feel full, but that is the point!

DO NOT try to force it down, yet just know you are about to have the start a complete healthy digestion, absorption, and elimination of every nutritional piece

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of that food. You digestion is poor if you food travels too fast or too slow through your system. It should take approximately 48+- hours to go thru the four parts to your gut. All of which is made up of smooth muscle that is supposed to be flexing to slowly push the ball along the path.

In general your muscles are your metabolism. When you have even a slight dehydration of just a few pounds of water your metabolism, your digestion, and your physical performance lowers. Water is the substance where chemical reactions take place and it can limit or support your body's ability to process nutrition in your gut, burn away fat in your muscles, and remove waste.

I am showing you a system to influence your DNA that you can quickly begin using to make significantly more changes among ALL your body systems.

When scientist researched metabolism they found that each hour and day to day your metabolism shifts faster and slower. So if you sleep more, have less activity, or eat less calories that day your metabolism slows and when you walk more, eat more, or even think more then it goes up some. It is called thermodynamic metabolism and this is a secret that fitness and bodybuilders use to steadily drop body fat at will as competition day moves closer.

Remember we are engineered to use fat as our number one fuel source during our activities, so you can only use fatty acids for muscle energy if they are released into the bloodstream from the fat release mechanism.

How Knowing Calorie Portions Is As Reliably As Gravity

Techniques change constantly. Names of tools change constantly. All of these are fluid, not foundational.

Portions of your foods will have you lose, gain, or maintain your body fat, period!

Taking in less calories, yes eating less than used for the day, than the total calories expended for the day is foundational to pull stored fat into energy. Split your calories requirements up into a daily eating pattern of 3 main meals and 1 snacks will provide your body the food pattern necessary for your fat release mechanism to be in release mode. When your body weight stays remains the same daily then

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you are eating equal for today's metabolism, and when you body weight goes down or up you are seeing the changes in your intake and metabolism. Learn to maintain and have strategic steps down in body fat and body weight at your full control.

These are certain principles or natural laws that are reliable as is gravity, that when applied by you to alter your "lifestyle" planning, that make all practical tools more powerful, all methods more useful, and make goal attainment easier and more certain.

We have to focus foremost on the engineering: which is by far the only way to make a multiple systems come together and efficiently rewarding you with the results you are seeking.

Everything I do will be done by connecting simple concepts that anyone can learn, and I'll be doing it by simple objectives and goals.

- NO fancy equipment
- NO special food supply
- NO new electronic belt or shiny object
- NO need to get a degree

What's important here and now is how you set up your CULTURE!

Don't forget this is your opportunity to get a major breakthrough in your physical fitness, diet, and conditioning. Your culture is your community and those around you need to be understanding and trustworthy. You are to cultivate a NEW you.

If you agree; if being happier, healthier, and living longer is what genuinely interests you - not some shiny object gimmick - then this may very well change your life.

What I have shared with you here has stood the test of time - and is at work this minute, making fat levels change and lives of those who know it empowered.

48 Hour Fat Burn Solution is a Practice!

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If you follow the healthy wisdom in this guide, I guarantee that you will have the power to transform your body into a powerhouse of energy in whatever physical activities you do.

Your Next Step...

Why not begin NOW with these steps to setup an alternate habit of weight control within the next 28 days? I would like you to right now decide to go for it with my *48 Hour Fat Burn* steps and share it with someone close to you.

Sharing this *48 Hour Fat Burn Solution* involves them in your exciting process of obtaining optimum health and fitness.

For those of you who can already see that I'm about something that's very different from what you typically see in this field, congratulations; thank you; and know that I appreciate your consideration of these ideas.

To Your Health, Fitness, and Success,

Miles Beccia

COMPLETE 48 HOUR FAT BURN SYSTEM VIDEO

https://www.mindmusclememory.com/48-hour-fat-burn-system-1-clbk/

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