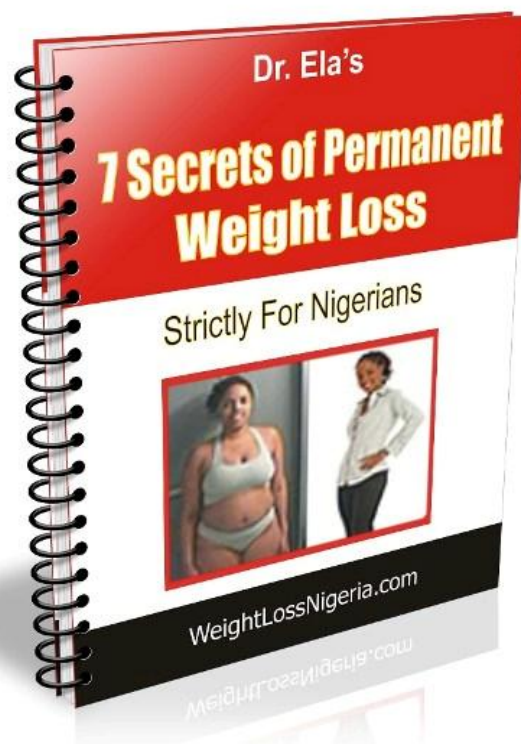


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Helping you get your sexy trim body back!

Dietitian



## 7 Secrets of Permanent **Weight Loss** Strictly For **Nigerians**



**By**

Dr. Ela Maris

**Nutrition Biochemist**

Courtesy of [www.bit.ly/weightlossexplained](http://www.bit.ly/weightlossexplained)

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**Share the gift of good health and fitness with your friends!**

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[www.bit.ly/weightlossexplained](http://www.bit.ly/weightlossexplained) – **Discover the Secret Method Busy Ladies and Guys are using to Burn Fat, Lose Weight and Trim Fat Abs Living the Super Fast Belly Blast Lifestyle for FREE Today !**

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## 7 Secrets of Permanent Weight Loss Strictly For Nigerians

### Introduction

Congratulations!

Thank you for obtaining a copy of this report on “**7 Secrets of Permanent Weight Loss Strictly For Nigerians**”

Even though it cost you nothing to download this information, realize that you've taken the all important FIRST STEP in getting the **body** and **health** that you desire.

Now, before I get into the actual 7 Secrets, let me tell you a little bit about why you should pay close attention to what I say when it comes to fat loss and fitness.

There are many fat loss programs being released day in, day out all over the world but there is little or almost no information about weight loss for Africans and I dare say Nigeria.

Many of such fat loss and fat burning nutrition and food programs are not suited for Nigerians simple because our diet comprises of mostly carbohydrate foods...which is what the majority of Nigerians can afford to buy anyway.

I had struggled with my weight for most of my life, and I know what it means to lose weight and gain weight over and over again. And because of this I have spent over a decade of my life experimenting and testing out nearly every fat loss and fitness method or product I could get my hands on.

You see, I was on a mission to find the quickest and easiest way to achieve a steady weight I can be proud of come rain or sunshine and ultimate health with fitness.

It is these specific secrets and techniques that helped me shed unwanted fat and drop fat off my waist, all while building lean and sexy muscle, strength, and cardiovascular health (yeah, it sounds incredible, I know...but facts are facts!).

And it is this information that led me to creating these **7 Secrets of Permanent Weight Loss Strictly For You As a Nigerian or African.**

## 7 Secrets of Permanent Weight Loss Strictly For Nigerians

Look, I understand how difficult it can be to take the first step toward realizing your goals, whether it is in your work, your finances, your family, or your health.

In reality most people don't even get this far, so the fact that you took this initial step by getting your copy of this eBook already separates you from thousands of other people out there, virtually lost in a sea of confusion (that's not your fault by the way).

So here's to you...you're about to learn about some amazing techniques, that if you let them, can change your fitness level and literally transform your life.



**To Your *Super Fast Weight Loss Results,***

Dr. Ela Maris - Fat Loss Coach, Nutrition Biochemist, Author

[www.bit.ly/weightlossexplained](http://www.bit.ly/weightlossexplained) – Discover the Secret Method Busy Ladies and Guys are using to Burn Fat, Lose Weight and Trim Fat Abs Living the Super Fast Belly Blast Lifestyle for **FREE** Today !

# 7 Secrets of Permanent Weight Loss Strictly For Nigerians

## SECRET #1

### *Create A Lifestyle Change With Systems*

The 1st secret to permanent fat loss and fitness is: **create a lifestyle change with systems**. I mean you have to change your lifestyle in order to lose weight, burn fat and burn fat abs **permanently**.

If you're idea of fitness or weight loss is going on a diet for a little while and taking a few aerobics classes, you're in trouble because you are NOT going to succeed. Period.

If you want to live your life in your own lean, healthy, and strong body, free from high blood pressure, diabetes, weakness and all those bone diseases you need to take the steps necessary to literally change your lifestyle.

I know you may have heard this before, but it's not the fact that you have to make it a lifestyle that's the secret...***the secret part of it is how to do this effectively.***

**The first step** is to think about your eating and exercise habits as they are now and WRITE THEM DOWN on a piece of paper. What do you eat on a typical day and throughout the week? How much are you eating? How often are you exercising? What kind of workouts are you doing?

You also need to examine your stress level and what are primary forces behind your stress.

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You also should take a look at your rest and sleep schedule. And lastly take a look at your mindset and your thoughts on how you see yourself and your lifestyle.

These questions and topics will give you a snapshot of your current lifestyle...all on 1 sheet of paper for you to see and review.

Now, after compiling your current lifestyle on a book, you need to move on to the **second step**...changing your lifestyle through systems. Here's what I mean by that:

Ask any successful business person what is at the heart of his or her success and most of them will mention a system of some type. **If you have a proven and successful system, you will be successful at whatever you're trying to accomplish.**

If you don't, you'll be lost. I spent years of my own life searching the fitness wasteland for methods that I could use to burn fat, build muscle, and get healthy with little time commitment. At some point I realized that I was creating my own system for Fat Loss & Fitness success.

The beautiful thing about this system is that it works!

I say it works because it not only worked for me but it also worked for others who applied it too. It was a proven and successful system. All I did was apply it to another person. Personally? **The first lifestyle change I made** was to stop eating ALL carbohydrate foods after 5pm.

Just like in business, if you have a successful and proven system, you can essentially apply the system over and over again to create new businesses. They're all based on the same successful and proven model or system.

So analyze your current lifestyle (be brutally honest), decide what needs to change and then get to work on getting a proven and successful system that will create a new lifestyle for you. ..one that you can lead for the rest of your lean and healthy life.

## 7 Secrets of Permanent Weight Loss Strictly For Nigerians

# SECRET #2

### *Drink 8-10 glasses of water EACH Day*

Yes, I know...you have heard this too, but are you doing this? Do you know that ONE major reason why you are still fat and will continually get fatter is because you do NOT drink enough water.

The secret here is that you don't know the dangers of dehydration that's why you seem to be taking "drinking 8-10 glasses of water each day" as a huge joke.

The human body is 70% water. Water makes up 75% of your muscles and heart, 83% of your brain and kidneys, 86% of your lungs and 95% of your eyes. Even 22% of your bones are actually water. More importantly, your blood is 90% water.

Can you now see why you need to drink 8-10 glasses of water a day? Infact, **the single most important thing** you can do to not only being healthy but also **to find and remain at your ideal weight** is to drink good water – and **plenty of it**.

### Dangers of Dehydration

Main health experts recommend about 2 litres of water each day but the average person gets only about 1 liter of fluid – much of it from tea, coke, coffee, soft drinks and alcoholic drinks such as "star, gulder" etc.

Infact, these drinks actually **rob the body of water**. For ideal health and weight loss you need much more than 2 liters because the average adult loses about 2-3 liters of fluid through sweating, breathing, urinating, moving and even sleeping and the body becomes dehydrated if it is not replaced.

Hear this and hear it well, "**if you don't get enough water, then you'll get fat**". Simple as that. You want to know why?

The reason is that even mild dehydration slows metabolism by as much as 3%. Metabolism is the rate at which the body uses energy.

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That's just a lay man's definition, I won't bother going into the Biochemical definition of it (Even though I'm a Nutrition Biochemist by profession).

So once your metabolism is slow, it means that the rate at which your body uses the food that you eat and the fat stored in your body slows down. So instead of your body breaking down the food you eat to be used by the body it stores it – As FAT.

Also instead of your body using up the stored fat in you, it makes you eat even more to store it – again as FAT.

And so the body becomes to cry out for water and 99% of people think that cry for water is for food and they EAT instead of drinking water – Fat YOU again. In summary, if you don't drink enough water, we eat too much.

Finally, the body uses water to neutralize acids, to dilute them and to wash them out of the body via urine, sweat and through the bowels also known as "shit". Without enough water your body becomes too acidic and goes into preservation – fat-storing mode.

A drop of just over 2% in body water is enough to make that happen, so you see why you need to drink 8-10 glasses of good water?

So drink up and drink up like a fish.

Personally, wherever I am you'll find a bottle of water close by and when I go out a bottle of "Gossy" water with me.

### **SECRET #3**

#### *Exercise LESS but With More Intensity*

Yes, I know...I know...we all grew up with the fat loss myth that to lose weight or burn belly fat we have to exercise every single day and most likely do lots of aerobics.

WRONG!

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That's just a myth. A myth is defined as a commonly believed but false idea. Exerting everyday with aerobics would help you lose fat and trim your tummy is a myth.

The secret to fat loss with exercise is to exercise less but with **more intensity**.

It has been tested, proven and documented that **brief-high intensity** exercises are the **fastest ticket to fat loss** and lifelong health and fitness.

There are many reasons why short intensity exercises will burn lots of fat than long, frequent aerobics or cardiovascular exercise but I'll mention a few of them here:

Aerobic/cardiovascular exercises are great because they actually burn fat - but only while you are exercising. But the bad thing about it is that it would make your body hold on to fat just so that it can be burned the next time you exercise.

So if you want to burn more fat, you'll have to do more and more of it. But we all know we have so many things we want to do that spending 2-3hours a day in a gym or doing aerobics everyday won't just work.

So the fat piles up or just refuses to go.

So, the way we get the results we want is by increasing our intensity while exercising. And while you increase the intensity, you would have to do the exercise in a shorted time because the body cannot withstand intensity for long.

That's not all, **with increased intensity your body keeps burning fat long after you have stopped exercising** unlike the aerobics that only burns fat while exercising.

**Infact your body can continue to burn body fat like this for up to 48 hours (2 days) after this workout is over!** Now you're working smart instead of long.

Here's another The big secret – You can increase intensity like this even in aerobic exercises and fuse into one powerful work out which is the fastest way to burn fat, build muscle and strength at the same time.

Best of all, you can do this in just 15-20 minutes 3 times a week. This is what I teach readers of my **Amazing Body Weight Loss Secrets program For Nigerians** e-manuals.

## SECRET #4

*Do NOT starve yourself!*

Forget about all those celebrity diets you've read about in magazines where you can only eat a grapefruit and piece of cheese for every meal. Or eat once or twice a day.

This is NEVER going to work.

You have to eat to support your body. The less you eat, the slower your body is going to run aka slow metabolism.

To efficiently lose fat, a 70kg woman needs to eat at least 1500 calories per day - MINIMUM!! **If you do not provide your body with enough energy then it will hold on to every last miniscule of fat** it can just to survive.

When you deprive your body of food, your body will also start to sap energy from your muscles. This is not good.

You need you muscle to lose weight. Yes you may be 'lighter' on the scale for a little while, but you will still be carrying the **same** percentage of fat. What's the point? You want to look trim, tort and terrific don't you?!

Plus you can't keep it up. By starving yourself, you will feel constantly hungry, you'll be tired, you'll be moody and no one will want to be around you... Once you can't handle it anymore, you will probably start overeating or binge eating and actually put on more weight than you had in the first place.

Don't starve yourself, which is why I recommend **The Complete List of Nigerian Foods That Burns Fat Fast** in my famous **Amazing Body Weight Loss Secrets program For Nigerians e-manuals**. You've got to eat. Infact, eat up to 5-6 small meals. Which brings us to secret #5.

## 7 Secrets of Permanent Weight Loss Strictly For Nigerians

# SECRET #5

### *Eat 5-6 Small meals a Day*

Imagine having to eat five times a day to burn fat. I mean one would think that in order to lose fat you must decrease food intake, starve or even skip meals.

Hold on a second, this is exactly what has been pulling you back from achieving your fat loss dreams. Yes, in order to burn fat, you must eat **five times a day for females** and **six times a day for males!**

**The major rule is to never stuff yourself in one sitting.** Not every overweight person is an overeater. Some people hardly eat at all and they still can't lose weight. However, many people who are overweight are overeating and this is often the ONLY thing they're doing wrong.

Fat loss requires the discipline and willpower to control your portions at all times. ***The major rule is to never stuff yourself in one sitting.***

Instead, always spread out your calories throughout the day in smaller, more frequent meals. **Small, frequent meals have an amazing effect on your metabolic rate** (fat-burning machine of the body).

ONE or TWO meals a day is a disaster for fat loss. If you haven't been eating at least three times a day, you are causing serious damage to your metabolism.

Eat THREE meals a day, properly balanced with the right nutritious foods, and work out hard and you'll get some results. But...you'll get about half the results you'd get from five meals a day and it will take you twice as long to get there.

**FIVE/SIX meals a day? Now we're getting somewhere.**

Five meals a day will give you excellent results on a weekly basis for females and six times for males.

## 7 Secrets of Permanent Weight Loss Strictly For Nigerians

But what kind of foods should one eat?

There are foods that burn fat. There are foods that turn to fat. There are foods that melt fat.

This is where we miss it in Nigeria...We don't have enough foods that do these and even the ones we do have nobody knows which burns fat or turns to fat.

Not anymore!

With our **Amazing TOTAL Fat Loss Weight Loss & Belly Loss program For Nigerians** at [www.bit.ly/weightlossseyi](http://www.bit.ly/weightlossseyi) would have a complete list of foods found in Nigeria that burn fat, melt fat and turn to fat so you can avoid them.

You would also have the same list of foreign foods so that whenever you travel out of the country, you will not be left behind but also have a richer access to them. More on this later.

Another very important reason to eat 5-6 smaller meals per day is:

Firstly, you never go hungry because you are eating all day - Yes! Secondly, your blood sugar levels stay relatively stable because you are not peaking and dipping like you would with bigger meals that are spaced further apart. Your metabolism is firing all day turning you into a fat-burning machine.

So eat 5-6 times daily and eat the right foods, not foods that turn to fat.

## SECRET #6

### *Surround Yourself With Positive People*

This secret was culled from a colleagues article called Rob. I don't want to re-invent the wheel so I'll just tell you what he said.

The 6th secret to permanent fat loss and fitness is: **surround yourself with positive people.**

## 7 Secrets of Permanent Weight Loss Strictly For Nigerians

Ok this one is extremely important. Surround yourself with positive people. I can't stress this enough...and this might hurt your feelings a bit, but your friends and family may be making you fat.

Think about that for a minute. Your mindset, whether you like it or not, is shaped (and often times greatly so) by your outside influencers, the people you choose to associate with, namely your friends and family.

If you've got a host of people telling you that you'll never succeed at your fitness goals, you'll have a tougher time. Even if you have developed extraordinary mental toughness, the slightest hint of doubt can cloud your mind and let lose all sorts of nasty negative thoughts.

I don't mean to scare you, but you've probably got all sorts of negative people around you right now. Spotting them isn't always easy, so here are a few of the types of naysayers that I'm talking about:

### **THE GRINCH**

The Grinch is transparently obvious. They're the ones that will laugh at your goals and tell you to your face that you'll never achieve them. These people are usually this way because their own goals have been crushed in the past, don't know how to get past this, and have just given up on them at this point.

They've decided to be miserable and you won't be changing their minds anytime soon.

### **THE MODEL**

Then you've got these people that have a superiority complex. I call these the Models. Models find achieving their fitness goals relatively easy, mostly due to genetic or situational factors, and similar to the outright negative people, will laugh off your aspirations.

They won't take you seriously and are more concerned with themselves than supporting your goals.

## 7 Secrets of Permanent Weight Loss Strictly For Nigerians

### THE BABY

You've also got those that have given up, are fat and out of shape, would rather feel sorry for themselves and want you to be that way too. I call these people the Babies.

Babies don't want you to succeed with your plans because they've had so many past failures in their own fat loss goals that they've given up.

So many times they sabotage your plans, whether they do so knowingly or just by behaving as they normally would. This is basically an unhealthy negative and needy person sucking you into their lifestyle so they have some company.

So there you have it...The Grinch, The Model & The Baby. Now you know who to watch out for.

OK, just as I asked you to evaluate your current lifestyle earlier go ahead and take a look at the people you spend most of your time with. WRITE THEIR NAMES DOWN on one piece of paper.

Are they helping or hurting your efforts for lifelong fitness and health? Why? If they're not helping, go ahead and have a discussion with them. Let them know you're serious about changing for the better and that you don't have time for negative influences or people anymore.

And if they don't budge, stop associating with them, or greatly reduce your contact.

Now I realize you may have some longstanding relationships with these types of people, and this is not an easy thing to do in some cases. But it's a choice you should really consider making if you're serious about living your life in the healthy and lean body you want to.

Where do you want to be in 5 years? Would you rather be in a new lean, strong, and sexy body or still deciding whether or not to rid yourself of communicating with people who are holding you down. You must MAKE A DECISION, or you will be in exactly the same shape (or worse) as you are today.

This reminds me of my favorite quote of all time: If you think you can't, you can't, and you won't. If you think you can, you can, and you will. It's that simple.

## 7 Secrets of Permanent Weight Loss Strictly For Nigerians

If others around you think you can't, they'll let you know one way or another, and then it is up to you to shield yourself from this. Or, you can just work on surrounding yourself with positive people, thereby making it much easier on yourself.

### **SECRET #7**

#### *Get A Coach or A Mentor*

I once read somewhere that if you want to be successful in a particular thing, look for people who are a success in that thing and then copy them.

Reason is simple: If you do what successful people do, soon enough you will reproduce the same results and in your case, I'm talking about weight loss or fat loss.

I know what you're thinking...I don't need a coach or mentor, I can do it by myself". While that may be true, which would you prefer?

The fast, tested and guaranteed way to **rapid fat loss** without all the trials and error or the **slow**, painful, "me alone" can do this too without a guide and lots of trials and error to **slow, painful fat loss**?

My guess is, you chose the first one.

Now, that's smart.

I like to compare this with the process of traveling a long distance. For example, if you wanted to go from Maiduguri to Lagos by car, you wouldn't just get in the car and start driving would you?

But THAT is exactly what many people are doing in their quest to lose weight especially in Nigeria. (Is that you too? ☺)

## 7 Secrets of Permanent Weight Loss Strictly For Nigerians

But what if someone came to you with detailed instructions on the exact roads to take and what traffic or construction delays to avoid. You would surely get to Lagos faster and with less effort.

Finding the right coach or mentor in your quest for permanent fat loss is like getting a “Google Maps” to your dream body. And before think once again that you don’t need one of these people in your life, did you know that former world champion golfer Tiger Woods has a coach?

The man with one of the greatest golf swing in the world relies on a coach to help him. And surprise surprise, most every successful or famous person has had a mentor or coach at one time or still uses them today.

The same thing with Oprah ((one of the most successful business woman in the last 100 years), Warren Buffet, Donald Trump, etc.? All of these people got help and continue to get help to stay at the top of their game.

So think about it, if Tiger Woods and other **super** successful people need a coach or coaches to excel and reach their goals, shouldn’t you get one too?

I didn’t invent the principles I teach in my **Total Fat Loss Plan** program at [www.bit.ly/weightlossseyi](http://www.bit.ly/weightlossseyi) without first studying under some mentors that laid the groundwork before me.

I studied from the TOP fat loss experts in the world reading, listening to their audios, spending countless hours watching their videos and finally together with my knowledge as a **Nutrition Biochemist** I was able to fine-tune these studies into what works for Nigerians.

Why?

If you go into bookstores to buy books on weight/fat loss, most of them are written by Foreigners and the diets and formulas these guys recommend are just not usable for a Nigerian because our foods and traditions are different.

## 7 Secrets of Permanent Weight Loss Strictly For Nigerians

If you also look around here in Nigeria, we do not have any weight loss expert that you can run to for help.

So I decided to use my knowledge together with lots of research using over 150 weight loss ebooks, newsletters and foreign magazines to fine-tune what works for us Nigerians.

Now, I do not claim to be the expert – all I'm saying, having been trained along these field together with my study of what works internationally *I not only have the secret on how a Nigerian can lose weight fast* **but I have also used the SAME secrets for myself and IT WORKED.**

I lost **10 Kg** of ugly unwanted fat in **25 Days** using a special Rapid Fat Loss system and I have **also kept it off ever since** using the secrets in the Total Fat Loss Plan.

The great news is that it will a lot easier and way faster getting to your dream body weight, achieving your life long fat loss goals if you had someone **with experience** who has gone through what you are going through in your fat loss pursuit and has been successful in it to help you.

Another thing you should watch out for when choosing a coach or mentor in your fat loss goals is to make sure the person is... not one of these talking heads that have no real experience.

The truth is that → You can't do it alone...at least not as quick or as easy. So go ahead and get yourself a coach...a mentor that you can look to for guidance, support and even run to whenever you have questions or problems you may run as you move through to getting the lean, sexy, strong, dream body you deserve.

And now...

# The TOTAL fat loss Plan

If You Can Give Me Just 20-40 Minutes, **3 Days A Week**...Then I Will Give You a *Proven Weight Loss Program*...

**In Less Than 24 Hours** That Shows You How To Easily **Get Rid of Stubborn Body Fat** in **Only 10 Short Weeks** "WITHOUT Going Hungry" Ever Again!

*To crown it all, This Amazing Formula is PERFECTLY suited for our "Peculiar" Nigerian environment & shows you How to keep the Weight Off...Effortlessly whether you've Struggled With Fat Your Entire Life or it Just Piled Up Suddenly!*

**From:** Dr. Ela Maris - *Nutrition Biochemist*  
**Location:** Abuja, Nigeria

Dear *Fat Loss* enthusiast,

Let's face the **truth**.

If you looked and **felt** your best... you wouldn't be reading this.

You're here because you carry around an extra 5 Kg... 15 Kg or even 35 Kg of ugly fat around your belly, arms, thighs, face...infact **almost all over your body!**

**And. You. Are. Tired. Of. It!**



## STOP & READ This...

# If You've Been Struggling with **SLOW Fat Loss** OR Suffering from **Nagging "Problem Areas"** of **Fat Storage** in Your Belly, Lower Body, Hips, Thighs Or Arms

Whenever I get the chance to ask people how much weight they want to lose...I hear things like *"I want to lose 5 kg, 30kg, 10kg, 25kg..."*

TRUE STORY  
←

*...and even 40kg"*, So If This Is You, then I want you give me only 10 minutes of your time and read every word of this **very important letter...** because it could be a *Major Turning Point In Your Life!*

And if you think I don't make sense about **showing you how to lose ALL that weight**, **burn stubborn fat OFF your belly** and **"problem" areas**, then I want you to close this page and never come back!

sk.com/WeightLossNigeria?sk=wall



### Lose Weight, Earn Money

Your answer is WANTED. Countdown to Nigeria's First and Most Fantastic Weight Loss Contest: ==> 9 Days left <==...How much weight in Kg do you want to lose in 10 short weeks if you had the perfect conditions?

Like · Comment · Share · Tuesday at 3:18pm

6 people like this.

5kg  
Tuesday at 3:52pm · Like · 1 person

35kg  
Tuesday at 3:35pm · Like · 1 person

20kg!  
Tuesday at 4:10pm · Like

30kg  
Tuesday at 4:19pm · Like

20kg  
Tuesday at 4:40pm · Like

20kg  
Tuesday at 4:43pm · Like

10kg  
Tuesday at 5:45pm · Like

Lose Weight, Earn Money Hmm..In 10 short weeks, 5 - 15 kg weight loss is possible but above that, medically its not a healthy.

Maybe you added all that weight (5kg, 10kg, 30kg, 25kg like the ones above)...over the last 10 years... maybe it's all new weight as a result of stress, babies, booze, bad eating habits etc.

It doesn't matter. Either way, you hate what you see when you look at yourself in the mirror.

## Or Worse! You Don't Even Look in the Mirror Anymore





You have tried all the advice your girlfriend, your husband, your mother and friends told you...but only to end up losing and regaining back the same 5kg lost (and then **Added some More weight**) over and over again...

...when you returned back from dieting to your normal routine. You are left **starved**... feeling **depressed**... and even **fatter and heavier** than when you started.

You even bought all those worthless weight loss drugs & pills which made you go to the toilet so much until you almost stooled your heart out, you joined expensive gyms which charged you N10,000 – N25,000 a month but...

when you stepped on the scale you felt like crying because...little or "nothing".. was lost in weight...

## To Crown it All...

-  You can't fit into your expensive and sexy clothes. Now they all lie gathering dust and mucus in your box.
-  You get tired easily and pant as if you just ran a 200 meters race for just for climbing 5 steps up the office
-  You are not married even though you are past 34 years old since you haven't had a boyfriend in last 2 years all because you are less attractive to the opposite sex (**Even the last man you spent six years of your life just married someone else who is slim**).
-  You hate going to parties, weddings, occasions now because when you look around **you are the fattest person at the party** and that

makes you so depressed.

❌ Even your wife now sleeps in the parlor because she says can't sleep because you snore LIKE a pig and your doctor says it's because you are overweight.

❌ You probably feel embarrassed if per chance you had to take a bus somewhere when your car needs fixing because of the **comments and insults like** "shift na", "na two people dey siddan here o!", "na wetin you dey eat sef", "orobo"

❌ You are too ashamed to seek help for your failing love life because your husband can't seem to stand you now due to the fact that **you are always sweating**, emit **fat-induced smell** and get tired easily.

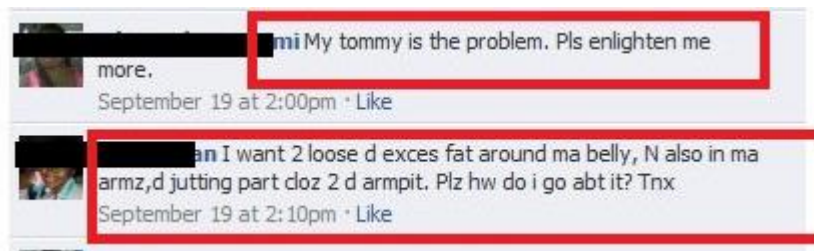
❌ The other day, even though you were the most qualified **you LOST the Zenith Bank job because** you couldn't fit into the physique requirement of the job

❌ You stand the risk of suffering from a lot of diseases such as **high blood pressure**, heart problems, **diabetes**, fatty organs etc

❌ Let's not even go to **your SEX life now...it's simple boring...** You just can't seem to have a HOT and Dashing SEX life because you are too fat now to try all those **styles and positions your husband used to be crazy about!**

**You now become SO...SO...Frustrated & Join the Hundreds of Nigerians asking me these SAME Questions Like...**





## How Do I Lose Stubborn Fat Off My... ???



## I'm here to tell You... You may be Out of Shape right now But It's **NOT** Your Fault

You see, most Nigerian foods out there are simply “**Programmed to make You Fat**” because of what they contain...not only that...there are **so many conflicting information** out there on what to do to lose fat off your...

...“problem” areas like belly fat, thigh fat, arm fat, chest fat, butt fat any type of fat! **Most importantly, You DO NOT have a PROVEN Fat Loss Guide**...**someone qualified** who can really show you EXACTLY what to do...

...what to eat, what NOT to eat, what kind of fat-burning exercises to do and you are **without** someone who will ***be there to motivate or challenge you*** if you fall off

your weight loss goals!

We've all been subjected to the same **bad advice** from the same sources. Some of its just people repeating bad information they got from someone else, not even knowing its false. And some of it is just plain nonsense.

## Who Am I And Why You Should Listen to Me

My name is Dr. Ela Maris - a **Nutrition Biochemist** by training ...and experience. I first got hooked on Health and Fitness in 2001, I found myself studying Biochemistry (In lay man's terms: how the body works and the processes going on inside it).

That was how my passion for understanding nutrition and fat loss developed.

I guess it all started back when I was in secondary school because I've always been on the big side with **a tendency to get really fat** (which I eventually did) and then it progressed... until I gained admission into the higher institution.

## "The Problem"

Because of this Biochemistry course I was fortunate to study countless materials and research topics on weight loss, on belly fat loss **and now I even have a huge personal collection of materials** written by the **BEST** foreign weight loss/belly fat loss experts all over the world.

**But one problem with those materials** was that most I could not apply most of what they taught in Nigeria because of the kind of foods available here and our environment.

## The Solution

So having gone through many trials and error from so many weight loss experts I was able **lose up to 10 Kg of fat using methods** where **I documented everything I did step-by step**...with no plans of sharing it with anybody until...

My friends started asking me what I did to lose weight – and I told them. Before you knew what was happening they too began to drop some Kg of unwanted fat like 5 Kg, 7 Kg, 15 Kg etc.

That was when I finally thought to share it with others in what I call...

## The Total Fat Loss Plan

If you ever wanted a Weight Loss and Belly Fat Loss program that is a **100% guaranteed system** for losing body fat, making your metabolism **faster** than when you first started the program...

... allowing you to **EASILY** keep burning fat off your belly and other "**problem**" **areas** while maintaining your progress or continuing to moving you forward towards your weight loss goals, **then THIS. IS. IT.**

*That's not all...*

**With the *TOTAL Fat Loss Plan*, You would be Using "secret" Fat-Burning Nigerian Foods and a Whole 21-Day "Done-For-You-Meal Plans" like...**

Time	Meal and Food Eaten	Portion sizes	Servings
8:00am	<b>BREAKFAST</b> Green Tea, Oats (Quaker Oats), 2 egg whites, secret fat-burning fruit	1 cup 2/3 cup 1/2	Protein - 2 Carbs - 1 Fat - 1
10:30 am	<b>SNACK</b> medium apple medium cucumber slices	1 medium size 1 medium size	Protein - 0 Carbs - 1 Fat - 0
1:00 pm	<b>LUNCH</b> Brown rice, Chicken breast (no skins), green beans	secret fat-burning portions	Protein - 1

			Carbs - 1 Fat - 1
secret time	<b>SNACK</b> secret fat-burning snacks	6, 1 cup	Protein -1 Carbs - 1
secret time	<b>DINNER</b> Cooked couscous jollof with olive oil, Boiled fish, small vegetable salad without any cream	ssshhhh..a secret	_____
secret time	<b>Pre-Bedtime Snack (OPTIONAL)</b>	ssshhhh...a secret	_____

## With this TOTAL fat loss PLAN:

- You do not have to starve yourself because ***you will actually EAT*** to lose weight
- You will know how to setup your own personal fat-burning furnace in your body that continuously burns fat even while you are sleeping!
- You will have the chance to eat some of your favorite foods with ***NO fears about adding weight***
- **You do not have to go to they gym.**
- You do not need to buy any expensive weight loss pills.
- You do **not** have to spend up to 1 hour everyday doing some boring exercise because all you need is just **20 - 40 minutes ONLY 3 days a week**
- Best of all, it's now possible for you to have ***thinner thighs***, a skinnier waist, a flatter belly...***perfectly toned arms*** and all "problem" areas trimmed slim.

This TOTAL fat loss Plan **will work for you** no matter how many times you've failed in the past in your weight loss journey with other diets **because...**

There is a certain way that our body works and once you understand how the body works, you can get anything you want out of your body...and as a Nutrition Biochemist I should know!

Which is why...I have **100% conviction** that THIS fat loss program is **going to work for you** if you only follow the instructions and advice in it for at least 70%.

It does not matter if you just want to get rid of BELLY fat or Arm fat or Thigh fat or Waist fat...**ANY fat..on your body...it's going to work for you!**

For **Women**, with the TOTAL fat loss Plan **YOU**  
***would get amazing results like this:***



For **Men**, with the TOTAL fat loss Plan **YOU**  
***would get amazing results like this:***



When I gave out just **ONE fat-burning exercise** from the TOTAL fat loss Plan which is done in **ONLY 30 minutes** to a client, she had this testimony to say...

From: [REDACTED]en@yahoo.com  
Date: Tue, September 27, 2011 3:13 pm  
To: drela@weightlossnigeria.com  
Priority: Normal  
Options: [View Full Header](#) | [View Printable Version](#) | [Download this as a file](#)

**Email not disclosed  
for privacy reasons**

Thank Dr Ela,  
Tried the Brisk and slow walking exercise was amaze at how intensive it was. So good for me cause I can really go out to exercise becos of work and children.

Sent from my BlackBerry® smartphone provided by Airtel Nigeria.

**See...The ONLY reason why this won't work is if you do not use it. Period!**

This is why I have taken out my time to document everything about this weight loss system into a report with **4 sections** that is straight to the point about *what you have to do* **to lose weight in a much faster and healthy way...**













**Infact, here's Everything You'd Discover in the TOTAL Fat Loss PLAN...**










You will discover the 6 most powerful strategies to *permanently lose fat* WITHOUT diets or deprivation



You will find out how Nollywood actresses and Glo Ambassador: **Uche Jombo**, Ini Edo, **Kate Henshaw** lost weight

- 
 You will discover the "real" secrets of how the US actress Jennifer Hudson reduced in weight from **size 16+ 1 to a size 6**
  
- 
 You will find out Why 95% of all conventional diets would fail you if losing weight permanently is your goal
  
- 
 You will discover a foolproof way to set Powerful & Winning Weight Loss Goals that **would help you lose 45kg, 30kg, 20kg and even 5kg**
  
- 
 You will find out Why your “weight” is the LEAST accurate way of measuring your progress ... and the **4 easy “hints”** to look for which are the perfect indicators of **your weight loss progress** (hint – one of them has to do with your “skinny jeans”!)
  
- 
 You will discover my 14-Day power and simple Belly fat loss & Weight loss Habits *Plan*
  
- 
 You will discover "untold" **secrets of how to lose belly fat: 4 weeks intensive but simple exercises to **burn off stubborn Belly Fat - No need to do 50 crunches!****
  
- You will have access to my Calorie Estimating Calculator – Revealed!
  
- 
 And use my fill-in-the-blank **calorie estimating formula** which shows you exactly how many calories you should be eating to lose weight!
  
- 
 You will discover "hidden ways" to know your Body Type for "maximum" Weight loss
  
- 
 You will discover a Secret Formula to **turbo-charge your metabolism & turn your body into a fat-burning machine!**
  
- 
 You will have access to the TFLP (Total Fat Loss) eating plan: **How to design your own effective and weight loss producing Nigerian meals and menus.**
  
- 
 Too Busy To Eat? You will discover a step-by-step plan for people who are so busy they don't have the time to plan meals... let alone eat them!
  
- 
 You will access to an **expert's 21-Day, Done-For-You, fat-burning meal Plans of **Nigerian Diets and Foods**** that will help you Lose Weight

- 
 You will discover the 5 “**super foods**” **which MELT Fat**. Eat these and burn fat on **automatic!** These 5 foods will **stabilize blood sugar**, reduce your cravings and boost your energy levels through the roof!
  
- 
 You will discover the 5 “bad foods” you love that TURN to Fat. AVOID them if you want to lose fat in your belly, arms, thighs and other "problem" areas.
  
- 
 You will find out **Why WATER is essential for fat loss**, how much you need, and *what else you should (and shouldn't) drink*
  
- 
 You will discover 4 **simple but powerful secrets** of a TRUE fat-burning Exercise and how to do them in only 20 - 40 minutes.
  
- 
 You will have access to a Complete **10 Weeks Exercise plan** for crazy Weight Loss which you can do at **home**
  
- You will also have access to the **Exercise *Photos & Descriptions*** showing you how to do each exercise.
  
- 
**Nobody gives you photo description of how to do fat-burning exercises. Find out!**
  
- 
**2-months FREE Access** to our private, members-only online weight loss community where you would have access to me personally and our team of **Nutritionists, Dieticians** and **Exercise Specialists** to ask questions regarding any area of fat loss!

**In addition, EVERY Week for the Next 4 weeks** After getting Your Copy of the TOTAL Fat Loss Plan, **you'd also receive these powerful BONUS reports:**

**The Fat Loss Fundamentals** – Confused about all the contradictory information you hear about weight loss?

- My top 7 fat loss fundamentals get you up to speed in a flash on the fundamentals you need to know to achieve the best results

- My “PP” plan (it's nothing dirty – I swear!) for choosing the best foods effortlessly –
- 3 simple things to do to lose weight ***even during festive seasons*** like Christmas, New Year, Ramadam, Parties, Get-togethers etc
- How to reduce late-night snacking for maximum fat loss

**If you would like to know more about the  
TOTAL Fat Loss Plan and How to Get your copy,  
Visit [www.bit.ly/weightlossseyi](http://www.bit.ly/weightlossseyi)**

*I look forward to helping you to Weight Loss and fitness.*

*Dr. Ela Maris* – Total Fat Loss Coach, Nutrition Biochemist, Author  
Nutrition Biochemist

Founder & CEO  
TLN Fitness Solutions

0802 726 2539 (Week days – Calls ONLY from 2pm – 6pm)  
[www.bit.ly/weightlossseyi](http://www.bit.ly/weightlossseyi)