

The Diary

Change Your Thoughts guides have been written by Steven Aitchison from www.stevenaitchison.co.uk/blog

I hope you like the Burn Fat 4 Dummies Diary. If you have any questions please do not hesitate to get in touch with me on enquiries@stevenaitchison.co.uk

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INTRODUCTION

As of Saturday the 26th July 2008 I will start a new way of eating. I have slowly been putting on weight over the last few months and was seeing the old belly growing outwards. I thought enough is enough and have decided to change my eating habits once and for all and that day starts tomorrow (the old, 'I'll start my diet tomorrow' routine ☺).

I have naturally been fit and trim all my life and didn't really have to do a lot of work to keep my body in shape, but with me now being 39 and not getting much exercise it's harder to naturally keep the pounds from piling up. A few weeks ago I decided to change my eating habits but first wanted a head start and lose a few pounds by following a weight loss program. Well that weight loss program kind of fell into my lap by way of '[Burn Fat 4 Dummies](#)' by David Holm.

When I received an email to do a joint venture with David I jumped at the chance and couldn't wait to get my hands on the product. Many of you know I am an internet marketer, basically I promote products on the internet and earn a commission on each sale, but I try and keep this away from my blog. Well Burn Fat 4 Dummies is another one of those products, however there is a huge difference in that I am going to put my money where my mouth is and actually follow the program I am promoting. This is one of the reasons I chose 'Burn Fat 4 Dummies', as the author, David Holm, lives the program he writes about.

So, the pressure is on as I have a few incentives to make this fat loss program work:

- To lose weight
- If I lose weight I can possibly make some extra money by recommending this program to others
- Put my money where my mouth is and show my readers that I walk the walk

What you will get from me is complete honesty, I will not lie in this diary to make me some extra dollars, if it doesn't work I will say it doesn't work, if I cheat in any way and deviate I will admit to it.

Burn Fat 4 Dummies – a brief outline

David is releasing his program on the 13th August 2008 and you can get more details and a video about [fat burning here](#) or you can sign up to this diary by filling in your name and email address and I will keep you updated with how the plan is going and I will throw in some extra goodies just for signing up.



David Holm (aka Adis Arifagic) is a fitness expert and has trained hundreds of people to lose weight using his plan and educational system for 8 years. He definitely walks the walk and his story is amazing. He has developed a complete fat burning plan however he does much more than this in this program in that he teaches you about your body and how your body works to help you lose weight. He also talks about how your life can be affected by weight gain and helps with problems such as sex drive, speeding up your metabolism, eating right for pre and post pregnancy and building muscle for maximum fat burn.

The program itself is taught using a variety of mediums: video, pdf files, and audio so you will gain maximum benefit depending on your style of learning.

The first two days of the [Burn Fat 4 Dummies](#) diet plan is over. The initial plan lasts for 4 weeks and after this you go back to eating normally but hopefully with a renewed education on food and motivation for exercise and eating correctly.

Starting point

Obviously there has to be a starting point so let me tell you my statistics just now

Weight: 14st 5Ibs (201 Ibs)

Height: 5ft 11ins

BMI: 28.0 (There are flaws with the BMI scale but it is still useful, you can calculate [your BMI here](#))

Goal: Lose 12 – 16Ibs and start eating a healthy diet

Day 1

The first day wasn't as bad as I had expected. When I saw my plan for the 4 weeks, there are different plans depending on your weight, I panicked a little. I was beginning to think I had made a mistake posting the details on my blog. However I am determined to follow the plan and see how it goes.

The first day consists of eating a set plan of food, drinking eight glasses of water and drinking normal consumption of tea or coffee. As I said, when I saw the plan I thought it was a small amount to eat for the day. I thought I was missing a page or something or had misread, but no, all I had to eat for the first few days was this small amount of food.

I actually managed to do this with ease, although the cakes, sweets and bread did tempt me a lot. Whenever I felt a bit hungry I drank a glass of water. I also cut down on the amount of coffee and Tea I drank. I usually have 6 – 8 cups per day with two sugars. Today I only had 2 cups of tea and 2 cups of coffee, with sugar.

Obviously I cannot tell you what the meal plan is as that would be giving the authors secrets away. However, I wrote to the author and asked if it was healthy to eat this small amount for the first 2 days. He advised that it is not unhealthy unless it was for a prolonged period of time. The first two days is to kick start the metabolism and reboot it, so to speak.

Day 2

It is the end of the second day and I am feeling very lethargic and suffering from a sore head. However I have not been drinking as much water as I should have been. Yesterday I drank only about ½ litre of water but today I have drunk about 1 ½ litres of water. I also have not taken any vitamin supplements.

The second day was the same eating plan as the first day and although I didn't feel particularly hungry I felt the need to eat something else due to the sore head. So I deviated from the plan and had two weetabix with some semi skimmed milk, otherwise I have stuck to the plan.

I was going to weigh myself every 4 days but I was making sure the scales were okay ☺ so I weighed myself today. I couldn't believe it, I had lost 4lbs already. Thinking the scales were wrong I tried them in different places in the house and then asked my wife to weigh herself and she was the same weight as she was at the time I started the eating plan (I had asked my wife to weigh herself as a barometer to make sure the scales were okay).

So far I have not felt that hungry which really has surprised me, I think this is a mixture of motivation and still being able to drink coffee and tea. Also I have asked the author a few questions and he has pretty much answered my questions within a few hours, so I know there is support there which also comes with the Burn Fat 4 Dummies program.

Day 3

I I was looking forward to day 3 as there was some good food on the list and I have to tell you that I have never enjoyed a breakfast as much as I did on day 3. It was a simple breakfast, took 5 minutes to make but I actually tasted and savoured every mouthful of it. Even after 3 days I notice a major shift in my thinking on food. Before I was eating food because I could and I didn't really taste what I was eating, I would eat a packet of biscuits with a cup of coffee no problem and it was just like eating a bag of crisps. However on day 3 I chewed every mouthful and I tasted the food and enjoyed it for being food and realised it was going to fuel my body. This might sound strange but anybody who has been on any kind of eating plan will know what I mean.

I also had a few extras I could eat as snacks in between the meals I had been given, mainly fruit, but, again, fruit has never tasted so good.

I am still amazed that I am not feeling that hungry, I have had no cravings at all whilst on this eating plan and I honestly expected to have some serious cravings. Again I think it is down to drinking plenty of water and being allowed the coffee and tea, I am still having it with two sugars (my little luxury) but it is starting to taste a little sweet so will cut it down to 1 ½ sugars.

I have past the sore head stage and am feeling normal again , well as normal as I can do.

One thing I have noticed over the last three days is the amount of flatulation I have and the strength of them, I swear I hovered for a second or two when I let one out, such was the strength of it ☺

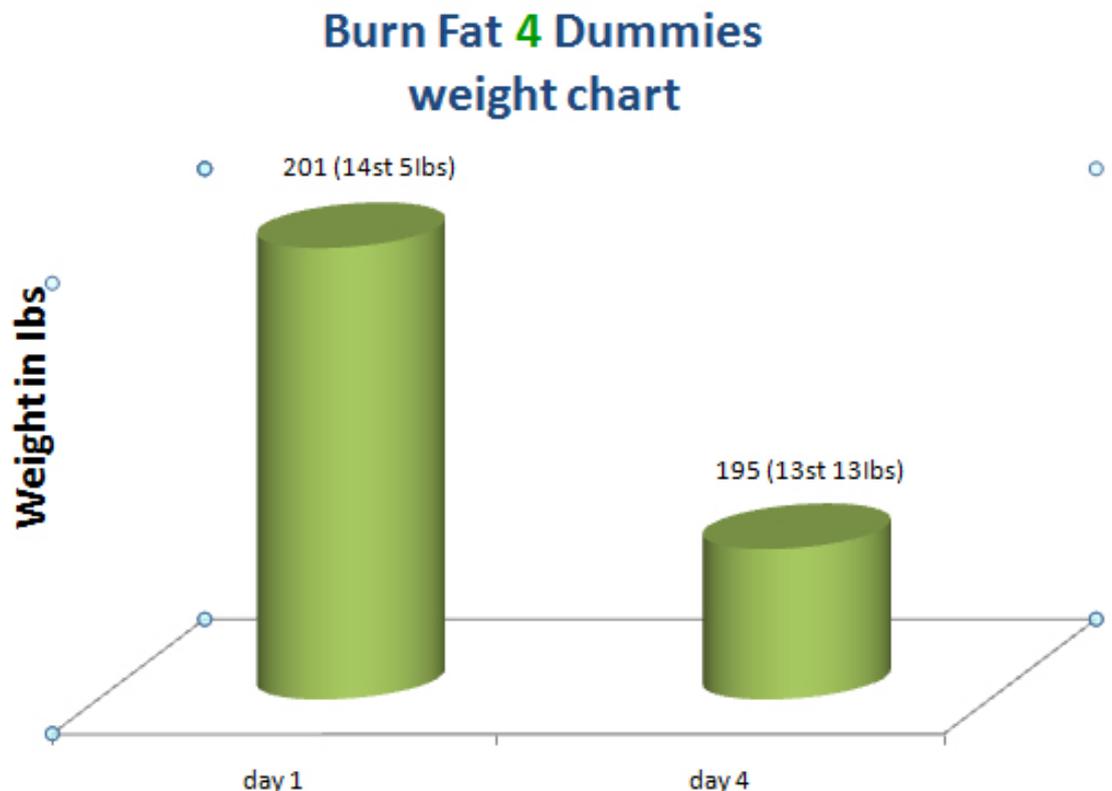
Day 4

Thankfully the flatulation has died down a bit which my wife and kids are pleased about.

I enjoyed every bit of my breakfast this morning, it was basic but extremely tasty. There were not as many snack foods today so it was 3 small meals with the usual water, tea and coffee. I am still surprised I am not feeling hungry.

My weight

It's only been 4 days since I started the diet and I have seen a difference already but I know that this rate of weight loss will not continue over the weeks. So here they are the stats in graph form:



Day 5

Okay word has got out at work that I am on a special eating plan to lose weight and some people are asking for the plan. Obviously I can't say to anybody what the plan is and direct them to the site but it's amazing how word spreads.

The diet is going as planned and there is more food as the days go on and I have enjoyed a few fried eggs with bacon which seems to go against the rest of the plan, but I am definitely not complaining. I am sure David won't mind me talking about a few things here and there just to keep you interested.

I have been reading the rest of the ebook which accompanies the eating plans and have to say the information in it is great. The author David Holm was himself 230lbs when he started using his plan, he lost 20lbs in one month and then started on refining his plan and teaching it to others which he has done now for 8 years. The book also goes into getting rid of man boobs, not that I have them, but have come across a lot of people who suffer from man boobs, something I have not heard about other fitness experts doing.

Day 6

I had a look at the cookbook which comes with all the other downloads and whilst it is not all to my taste there are a few that I will be trying after the initial 4 week. There is one in particular that I tried last night which can be incorporated into the 4 week plan and it made a difference.

My wife is now looking to start the eating plan this week so as I start my second week my wife will be starting her first week. She is looking to lose a few pounds as she is a slim enough already, no I'm not sucking up here 😊

It's quite hard writing a diary without telling you what the eating plan is but I cannot for obvious reasons but I know you will not be disappointed with all the content that you will receive in the package. You will start to feel healthy and lose the weight that you want without feeling that you are having to give up on anything.

Find out more about Burn Fat 4 Dummies

Weight Loss Facts:

You can't lose weight following a Low Fat Diet.

You cannot lose weight using Low Fat Diets. Low fat foods have been popular for more than 15 years, yet **our society is getting more overweight each year** - This fact alone should tell you that eating a purely low fat menu is certainly not the answer to losing weight.

=You Gain Weight!

Low Calorie Foods DON'T WORK.

You won't lose weight using a Low Calorie Dieting Plan either. In fact, eating low calories is the worst thing that you can do to your body! Low calorie foods slow down your body's metabolism, which can ruin all chances of losing weight (low calorie diets may allow a few pounds of weight loss for the first few days, but then **all weight loss comes to a halt** --- known as a dieting plateau). You can never get slim by starving yourself.

=You Gain Weight!

Low Carb Plans DON'T WORK.

You'll probably find it extremely difficult to get slim using a Low Carb Dieting Plan. Low carb diets have recently become popular, but the problem with a low carb menu is that **they are too strict and TOO HARD to follow**. Low carb menus tend to rob your body of much needed energy (carbohydrates) and make it nearly impossible to remain on the program for very long.

=You Gain Weight!

No super-human willpower necessary!

I HATE trying to stick to unrealistic and demanding diet and exercise programs and I bet you do too. You'll never have to beat yourself up for saying "Yes please!" to that piece of birthday cake.

=You Gain Weight!

No need to starve to lose weight!

A lot of diets focus on eating a lot less than what your body needs, this behavior slows down your metabolism and decreases your weight loss. We believe in "calorie shifting" and our 4 week diet plan will surprise your body to the maximum!

=You Gain Weight!

Save money and your health!

You DON'T need to waste your money on expensive "extreme fat burner" pills or other bogus supplements. I'll show you how to use the power of natural foods to increase your metabolism and weight loss, simple and easy!

Click the image below to go straight to the
Burn Fat 4 Dummies website

