

# **You Are Just 6 Weeks Away To The Body of Your Dreams, Even if You Only Have 10 Minutes a Day to Work Out and Have Failed at Every Other Diet and Fitness Plan Out There!**

Picture the scene, as a nervous bride to be, you are **weeks** away from your big day and most of your wedding preps still need sorting. You have a million and one things to do and you have a full-time job as well...

...and if all that wasn't enough to stress you out, you are even more stressed and worried about looking slim and beautiful on your wedding day. You have around **20lbs to lose** and your skin could seriously do with some love and attention...you feel far from the glowing bride you should be and have no idea where to start...

This was the exact same scenario I was faced with before my wedding day. I was **overweight and unhappy**. My big day was a few months away and I **needed to lose around 30lbs**. This was going to be the biggest day of my life and all eyes would be on me.

I had tried other diets before and failed. I had tried other fitness plans, but always lost motivation half way through. With my wedding day looming, ***I knew I had to do something and do something quickly.***

I poured through every single diet and fitness plan I could lay my hands on and set to work drawing up my own 'new body' plan.

Even better, I started pampering myself with beauty treatments because I wanted to look not only slim and toned on my wedding day, **but wanted people to say I looked gorgeous.**

***I wanted fresh, glowing skin and perfect shiny hair. I wanted a perfect body and irresistibly smooth skin. I didn't want a spot or blemish in sight.***

But there was a problem. A huge problem. I was busy. I worked a full time job and then when I got home in the evenings, I had chores to do and I was tired. Time was something I didn't have a lot of. Plus, there was a wedding to prepare for!

What I needed was a workable plan that would allow me to not only reach my goals, but allow me to ***fit them into my hectic schedule*** without too much stress or hassle. I certainly couldn't get to a gym, nor could I afford the membership.

All I knew was that **I didn't want to turn up on my wedding day a fat and frumpy looking bride.** I didn't want people to say that the groom looked great but that the bride was fat. I certainly didn't want people saying that the groom could have done better either...

Let's face it, looking good is something we all want and desire for ourselves because being slim makes us feel attractive to the opposite sex and gives us a huge confidence boost. But looking good should also be about feeling good from the inside...literally.

An unhealthy lifestyle can play havoc with your body and your looks. In fact, I would go as far as to say that...

### **...Your Unhealthy Lifestyle is Probably Going to Kill You!**

Yes! It's true! Our unhealthy lifestyles are causing commotion with our health and well-being.

Did you know that 40% of adults in the USA are classified as obese? Did you also know that our lazy lifestyles and fast food habits mean that **as a nation we are on average, two sizes larger than we were 50 years ago?**

Did you also know that ***heart disease and diabetes has become endemic in recent years***, with the problem firmly rooted in our very unhealthy lifestyles?

**It's a sad fact that in the third world, people die from a lack of food, while in the West, people die because they eat too much of it.**

Unfortunately, our kids are suffering as a result of our poor eating habits and sedentary lives, and childhood obesity means that **the next generation of kids will probably die before their parents** because of their poor lifestyles. And who's to blame? We are.

Our busy lives and reluctance to get out and workout has really made it easy to eat and live unhealthily.

So, right now, you are probably wondering...

### **How Can I Change My Body Without Disrupting my Life?**

Like millions of other women out there, **you are busy**. In fact, some would say you are a super-woman. You go out to work, you have a house to run, you have food to cook, **you have a family to take care of** and your children need you to help them with their homework and take them to after school clubs.

That's a lot to fit into a busy day. You have a stack of laundry and ironing to do, and a report that needs handing in first thing in the morning. You have ten minutes or so in the morning to get out of the door and you throw your clothes on, grab a latte and a donut and head off to work after doing the school run.

All these hours in the day and ***not enough time to do everything you need to***. Your diary is packed and you hit the sack every night shattered. Your well-meaning **intentions of healthy eating and working out go straight out of the window.**

Your family eats one thing, and **you simply do not have the time to cook yourself something else** which is healthy. As for that 20 minute run you were planning in the afternoon? Forget it. You still have dinner to prepare and a lot of laundry to take care of. What a day!

You ***never*** take a bath anymore, it's a three minute shower. You can't remember the last time you had your legs waxed and your hair needs some serious TLC.

Your **skin is looking dull and rough**. Last night's makeup didn't come off – you slept in it. Little surprise then you woke up with panda eyes and a few spots this morning.

Your ***skin is seriously scallier than that of a pet lizard's***. Your cellulite looks more like cotton balls squashed in a small bag. Those pesky red bumps on your butt and upper arms are getting worse and your feet? They look like they could seriously do with being filed with an industrial sander.

***Your bathroom is lined with shelves of expensive potions you have never used*** and guess what? Some of the priciest stuff has had to be binned because it went off. You promise yourself you will use the new luxurious body butter you bought, but can't bear to smooth it over your hairy legs because they don't deserve them and your legs need a shave.

No, **looking good comes easy to others, but you are too busy and don't have the time.** You have an old high school reunion coming up and your best friend's wedding too. Plus, it's nearly summer time and you are going on holiday. You desperately want to look your best but have at least a stone to shift.

You're worried you are still going to look **fat and unattractive** when those events come up and you are secretly dreading going...

So why are you not doing anything about it? Let's see now, perhaps you:

- ***Work all day, and are tired when you get home***
- Have no motivation to lose weight
- Don't have the time to cook healthy food
- **Don't have time to workout**
- Are too ***exhausted*** to exercise

- **Don't have time to pamper yourself**
- Have no beauty routine
- Have **bad skin**
- Suffer from **cellulite**
- Have rough, uneven and bumpy skin
- Have **lost your glow**
- Have dull, dry and frizzy hair
- Are starting to show **signs of ageing**
- **Have been told to lose weight by your doctor**
- Are out of breath when you climb the stairs
- Don't drink enough water
- Just **neglect yourself completely**
- Never eat enough fruit and veg
- Eat a lot of processed foods and take outs
- Have a **sedentary lifestyle**
- You skip meals in an attempt to lose weight
- Eat to the point you are stuffed

If **any** of these apply to you, then you need to **listen carefully** to what I am about to tell you – because what I am about to reveal to you is going to blow you away...

## **The Secrets to a Gorgeous Body...**

For example, did you know that you **SHOULD** be eating every 2-3 hours and that this could actually help you **BURN** fat all day long?

What if I told you that there is an exercise you can do to flatten your abdominals (even the pooch or lower belly sag you get after having kids) **in only minutes a day which you can do ANYWHERE and EVERYWHERE without ever getting down on the floor to do a single sit-up?**

Wouldn't you like to **bound** out of bed in the morning with tons of energy and know that you are fuelling your body with food that not only helps to **melt the fat away**, but also helps to keep you **fuller** for longer so you don't get the urge to mindlessly snack all day?

How would you like to spend **as little as 10 minutes working out** so that regardless of how tired you are, you know you have had a **great workout** which will really help boost your metabolism and start burning some calories?

What if you could **cook healthy meals for the whole family** so you didn't have to waste time cooking your own food separately?

What if you could **cook meals from scratch in less than 20 minutes?** How liberating would it feel to know you could cook something delicious in less than 10 minutes?

...And if you were in a total rush, how would you feel knowing you could ***throw something healthy and wholesome together in 5 minutes and still get to work on time?*** Would you be less inclined to eat out or eat junk?

What if I told you that you could ***achieve gorgeous, glowing skin in only 5 minutes?*** Would you be able to slot beautiful skin into your day?

What if you didn't have to spend a fortune on expensive gym membership and costly equipment. What if you could help **get fit using basic equipment that costs less than a month's membership at a gym?**

What if there were sneaky ways to get fitter faster and without spending hours on the treadmill? What if you could ***get fit in as little as 10 minutes a day and start seeing real results in as little as two weeks?***

**How would you like to look in the mirror and love what you see?** What if I gave you the tools to turn yourself from slummy to yummy and shapeless to svelte in less than 6 weeks? What would this time investment be worth to you?

If I gave you the keys to take control of your own life and make a **positive and lasting change**, what do you think it could do for you?

Give you more **confidence**?

Make you more **desirable**?

Allow you the **freedom to wear gorgeous clothes**?

Help you have tons of energy and feel the **fittest** you have done in years?

How much would this information be worth to you? Knowing you are going to make a radical change in your looks and feel on top of the world afterwards, ***what would you be able to do with your new found confidence?***

**The Wedding Day Nerves That Started it all...**

Let me introduce myself. My name is Saira and when I was going to get married, the **reality of having to shift 30lbs really pushed me into overdrive**. There was only one problem though.

**I was busy**. Like millions of other women out there, I had a full time job, a family and a home that needed my time and a very stressful wedding to plan for. I also only had a few months in which to lose the weight.

My biggest problem was my tummy – **my lower belly was huge** and I truly believed nothing could shift it.

I had **tried many diets** until a friend of mine told me about a particular diet she had read about which worked very well and was easy to follow. It **transformed my life**. The recipes were **easy and delicious** and took no time at all – some of them literally took 5 minutes to throw together.

I was amazed at how the fat started to melt away. I had very little time to workout and decided that I could manage at least **10 minutes**. After two weeks of working out, I noticed a real change in the way I was looking.

I had **dropped nearly half a stone** and was starting to tighten up. This was the motivation I needed to continue with the program.

I next turned my attention to my skin and hair. Every bride wants to feel and look beautiful on her big day. Again, **I had little time, and to be honest, very little money** since I spent all mine on wedding preps!

I got some professional advice from my close friend who was a qualified beauty therapist and she showed me **easy and foolproof** ways of tweaking my beauty routine to turn it up a notch. Best of all, the products didn't cost the earth and a lot of them I made myself!

By the time my wedding came, I had **dropped a staggering 30lbs and lost 12 inches from my body**. My hair was super shiny and healthy, and my skin glowed so much I could go totally makeup free without any worry at all. I was in the best shape of my life!

Years later when I had my son, **I used the same techniques to lose 20lbs in a month!** This time, I had a baby thrown into the mix who never used to sleep all night! I managed to transform myself with relative ease.

When my second son was born, I was very ill, so used the same techniques, but slowed down my pace to help me recover **and lost 23lbs in 7 weeks**.

Yes, it **CAN** be done and is easy to do, even if you are very busy. **Simple techniques** to get you in the best shape of your life and help you look and stay looking beautiful? What could be simpler than that?

## But I Don't Have Time to Get Fit!

Put it this way, you could go to the gym, but let's be honest, **gym memberships are costly and require a lot of time.**

If you only **have 20 minutes at best to work out**, think of the time it will cost to get to the gym, get dressed do your workout (you may even have to wait ages to get on a particular machine) and then get home.

Let's face it – **you can't do that** in a limited amount of time, no matter how well organized you are!

You could hire someone to cook for you, like many of these new diet food companies which have come out. But, **unless you can afford it**, you are looking at a **very expensive way to lose weight** – even more expensive than going to the gym.

You could go it alone, but **90% of women who try, fail because they are unsure what to do and how to do it** and so end up losing their enthusiasm part way through.

You could buy gym equipment for the home – it's a great idea, but again, it's expensive and takes a lot of space in your home.

You could join the weight loss groups in your area – but again, it's the ***inconvenience of attending meetings and then there is the cost.*** It all adds up.

You could buy a fitness video, but they rarely offer you dietary advice, the **workouts are usually quite long** and you can get **bored** of them.

You could go to a salon to sort your skin and hair out. But, think of the **expense of salon treatments**, as well as the time it takes to go and it's enough to make you cringe.

Wouldn't it be easier if there was a way to look after your food, fitness and your looks in just minutes a day and with ***minimal effort, cost or fuss?***

For **the price of one month's gym membership, I can show you which items are essential to get you fit and healthy.**

For the **price of one beauty treatment, I can show you which products you need and can make to get the same results at home.**

Think of how much you could **save** over the course of a year! And that's not all. The techniques you will learn will help you to not only transform your life, but transform the way you think about looking after yourself. It will become a **pleasure** and not a chore.

You will have the tools and the knowledge you need to get slim and gorgeous, and more importantly, to **STAY THAT WAY!**

## Introducing the '6 Week Body and Beauty Bootcamp'

The 6 Week Body and Beauty Bootcamp was designed for women who want to not only lose weight, but look gorgeous too. It's the **complete guide to looking amazing in only 6 short weeks** and will help you lose **at least 20lbs**, if not more.

Let's face it. Who doesn't want to be beautiful? Who doesn't want to be slim and sexy?

You may want to be slim and attractive, but you are also busy and you want something that will:

- Let you ***workout in only 10 minutes a day***, making it ideal for super busy women like you!
- Radically ***change your eating habits to melt the fat*** off your body
- Enable you to make delicious meals in **less** than half an hour
- Get you from drab to fab in less than 6 weeks
- Is the perfect antidote to an **upcoming event** where you want to look and feel your best
- From **dull to glowing** in only minutes a day
- Teach you sneaky ways to work smarter and not harder
- Show you easy ways to ***make your own products and save yourself a fortune***
- Provide you with ***delicious and easy to cook meals*** suitable for the whole family
- Give you practical advice when eating out and help you make ***sensible food choices***

And much, much more. And the best part? You can achieve all this without spending a fortune or wasting hours of your precious time...

...With the 6 Week Body and Beauty Bootcamp, you will have all the information you need to **lose weight and look gorgeous in just 6 short weeks.**

Think about it – what is 6 weeks out of your entire life? It's nothing! It's especially nothing when you consider the fact that the time investment needed is just a mere 10 minutes a day to sculpt your body into a ***perfectly toned powerhouse!***

Wouldn't you want a great body which oozes with sex appeal?

So, what are you going to learn in the 6 Week Body and Beauty Bootcamp?

- **Drop fat quickly and easily** – at least 20lbs



- Lose the lower belly
- Tighten and tone your muscles in only minutes a day
- Delicious recipes which take **little time** or effort
- Complete beauty routine to achieve flawless, smooth and radiant skin
- Get gorgeous bouncy hair
- Plans to suit very busy people and those with a bit more time
- Beauty products that are **purse friendly**
- Quick makeup tips like that of a pro
- Save money by making beauty products
- **Secret tips** on getting fitter faster
- Be **sexy and desirable** in just 6 weeks
- No need for expensive gym equipment

These things aside, just think of the benefits of what you could learn using this system:

- Whole body approach so you deal with not only your diet and fitness, but also your **major beauty concerns** as well to transform you from head to toe
- **Workouts take as little as 10 minutes** so you can slot it into your day, no matter how busy you are!
- Workouts get progressively harder so that your body is constantly challenged – this trick alone will boost your fat melting potential into overdrive and avoid the plateau effect which happens when you do the same exercises repeatedly
- The workouts are simple – there are **no complicated moves to learn**, so even a novice could do them!
- You only need basic equipment which costs less than a month's membership at the gym, saving you valuable money
- Bootcamp style workouts get your heart rate up and keep it up...burning calories even **when you rest** so you lose more weight!
- One secret exercise which literally takes 1 minute to boost your metabolism and keep it fired up – when your metabolism shoots up, your **burn more fat quickly** and lose weight faster
- Two secret techniques to flatten your tummy without crunches and without really trying! One of them is so effective it will **banish your lower belly bulge** in a matter of weeks and you can do this exercise anywhere and anytime!
- Daily progress charts help to monitor your progress and keep you motivated as well as on track
- Spirit raiser section which contains super tips to keep your energy and enthusiasm high when you feel yourself flagging...it's the ideal way to stay on course

- **Diet cheat sheet** which tells you how to eat out and eat healthier alternatives to the foods you already love and enjoy, to keep you sane and help you shed the pounds
- Simple diet recipes which take less than 30 minutes to cook and are delicious, easy and healthy. **No complicated cooking** required to save you time and prevent you eating out
- 5 minute meals which work to keep your diet on track no matter how busy you are
- Cooking alternatives give you **healthy suggestions** when you have no time to cook and prevent you reaching for the biscuit tin
- **Hunger-friendly meals which keep you feeling full** so you are less likely to snack on unhealthy things
- 3 meals and 3 snacks plan helps keep your hunger under control and keeps your metabolism going so you **lose weight quickly and easily**, and without really trying!
- One simple trick to help you eat less and keep your calories intake down, all while filling you up! No more snacking!
- **No calories counting or weighing portions** so dieting is stress free and easy – no more excuses not to eat well
- Easy tricks to control your portion size so that you always eat less and keep your weight controlled forever. You will never, ever eat too much again!
- Simple teas which **boost your metabolism** and are good for the skin to help you burn fat and get a gorgeous complexion
- No-prep recipes which are ideal to throw together when you are especially busy
- Booster plan to help you shed **even more fat** - up to 14lbs in 14 days! Ideal when you have a very special event coming up and you have a lot to lose!
- Super foods to help cheat aging and bad skin so your skin looks fantastic
- **Fat burner foods** which help your body to naturally burn fat and shed more weight quickly
- Simple tips to burn more calories and lose more weight by helping you to keep full as well as lower your calorie intake!
- Super simple diet rules which will work no matter where you are so there is no excuse for you to fall into bad eating habits again
- Superfast tips to get your **skin looking gorgeous in a weekend** and is ideal before a special event to ensure you look your best
- Super skin plan to help you get **flawless skin** without blemishes and spots and help control acne
- **Anti-ageing secrets** to ensure you look younger and feel great!
- Hair problem solvers which will help you get shiny, bouncy and problem free hair, and all without spending a fortune on products
- Body blitz plan will **quickly and easily transform even the scaliest, roughest skin into peachy soft and luscious skin** that is irresistibly smooth and soft to the touch

- Beauty SOS section to help you deal with beauty disasters without spending a fortune on specialist products or having to go to the salon
- **The 5 minute power facial** which will whip your drab and dreary skin into soft and fabulous ready for any party...and all in just five minutes!
- **Spa facial secrets** so you can get beautiful skin and you will never have to waste money on expensive salon treatments ever again
- Daily 3 minute routine which will keep your skin looking beautiful no matter how busy you are
- The **five minute face** – makeup tips to get your face ready to face the day in only 5 minutes – ideal when you are late for work and gives you a polished and professional look without looking too done!
- **10 minute body facial** to help you achieve ultra flawless and smooth skin on your body and ideal before a party or when you are really pushed for time
- The must have products which will transform your beauty routine and give you **beautiful skin without spending a fortune**
- Learn how to create your own beauty preps using natural ingredients that can be found at home and will save a lot of money
- Learn which foods play havoc with your skin and your waistline and eliminate them to prevent **inflammation, bad skin and ageing**
- Get rid of cellulite without spending a fortune on expensive lotions and potions
- **30 minute emergency party plan** gets you party ready when you are short on time and need to look fabulous in double quick time
- 5 key face products you should never be without to guarantee you will always have good skin and avoid a cluttered bathroom
- 3 key body products – the **only** products you will ever need to look fantastic and will keep your bathroom neat and tidy
- 3 key hair products which will keep your hair looking bouncy and shiny and save you time and money
- The **one key product** to give your skin an **amazing glow** and keep it clear... and costs practically nothing
- Make up tips to help you avoid panda eyes and other disasters so you always look your best no matter what
- Detailed **6 week get gorgeous plan** which puts everything in this guide in a clear and easy to follow plan so it eliminates guesswork and helps you achieve your goals without any confusion or worry as to how you are going to do it
- Product resources section which tell you the best places on the net to get products from so you never pay full price for anything ever again.

Who wouldn't want to have all of the above? With the 6 week Body and Beauty Bootcamp, we make it easy for you to **get the body of your dreams in as little time as possible.**

## How Do I Know This Program Is Right For Me?

The 6 Week Body and Beauty Bootcamp is perfect for anyone who:

- wants a ***complete plan of action*** and doesn't know how or where to start
- For those who have tried diets in the past and ***failed***
- For those with a special event coming up or who want to **transform** themselves quickly and easily
- For those people who really are **short on time and money**
- **For busy mothers** who want to re-invent themselves
- For anyone who wants to **look and feel beautiful** and wants a complete solution to their needs

## The 6 Week Body and Beauty Bootcamp is Not Just Another Diet Plan

If you think that the 6 week body and beauty bootcamp is like other diet plans out there, think again.

It is the **only weight loss guide which gives extensive beauty information with a complete lowdown on the best products to use...**

...and it is specifically designed for very busy people who struggle to find the time to workout.

In short, we are offering you a complete blueprint to change your life for the better and we also give you tips and advice on maintaining your new body and keeping the weight off.

There has never been a better time to try the bootcamp plan, and we promise you won't regret it!

**I Can't Wait to Start My Very Own Gorgeous Body Plan – Let Me Have It,  
NOW!!**

You can get your own gorgeous body just minutes from now...The 6 week body and beauty bootcamp is available to instantly download for the small investment of just £19.99.

Over 120 pages of power-packed information which will blow you away!

Order today and we will throw in the following three bonuses:

- **Report on homemade beauty products** – learn how to make just about everything from scratch with good quality ingredients, most of which you can find around your home! Over 30 recipes of every type of beauty product you can think of, including spa-strength recipes from world-renowned spas to ensure you really do emerge from your bathroom a beautiful swan! No need to spend a fortune, treat yourself from the comfort of your own home!
- **Product and resource guide of all recommended products and where to buy them from** – never be without your favourite products again, and never, ever pay full price for anything ever again either!
- **A-lister beauty secrets of the stars** – learn what makes the stars beautiful! In this special report, you will learn the beauty secrets of the stars which help people like supermodels and A list celebs look and feel their best. Well, if it's good enough for them...

**All this for just £19.99!** That's a small price to pay for a perfect body from head to toe! And remember, this program was specifically designed for those who are tight on time and still want to look beautiful.

You can get started quickly and easily without:

- Going to the gym which is **costly**
- Paying diet club memberships
- Paying a **diet club** for meals
- Buying **expensive** home gym equipment
- Buying just a workout DVD
- Buying other workout guides which **don't include** the beauty aspect
- **Spa-style treatments** which are cheaper than a spa

**90 Day Money 'Use it and Lose it' Guarantee**

We want you to have the best body you have ever had, and we want you to look and feel amazing! So we are giving you the program to try for **three months with no risk to you at all!**

Try the 6 week body and beauty bootcamp program in the comfort of your own home. We are giving you a full 90 days to try it, and **if you don't agree that it's the best thing you have ever done for your body; if you don't lose weight and you don't look and feel more beautiful than you have ever done in your life, simply ask for a refund, no questions asked!**

### Imagine What 6 Short Weeks Could Do For You...

In only 6 weeks, you can lose weight and look fantastic. Not only will you get fit and healthy, but you will be ***reducing your risk of health problems such as heart disease and diabetes...***

...You will have glowing, beautiful skin and have an inner glow as well – who doesn't feel happiest when they look and feel their best?

For the first time, you can wear what you want and be more confident and comfortable in your own skin...

...Imagine being the center of attention and ***feeling sexy and more attractive*** to others...it will send your self-esteem through the roof!

Imagine waking up and **loving** what you see in the mirror? Imagine dressing how you want and wearing the best clothes because you can and **DO** look good in them!

Or, you can just keep going as you are ***and stay fat and frumpy*** and hide yourself with baggy, shapeless clothes because you are too embarrassed to wear anything nice.

Imagine not doing anything and watching the world go by regretting the parties you missed out on and ***feeling heartbroken over the relationships you missed out on***, simply because you were too hung up on the way you looked and didn't feel attractive and desirable to others.

You can do nothing and lose out on meaningful and loving relationships while ***you watch your friends have everything they want because they are gorgeous, slim and confident*** – which man wouldn't find someone like that irresistible?

You can spend your whole life hating what you see in the mirror and **avoid socializing** or taking risks in your job or promotion because you feel as if you are not slim and don't fit into the ***'image' of a successful person.***

Is this really what you want for yourself?

Do you really want to put yourself at risk of **potentially dangerous conditions** such as **diabetes** and **heart disease** as well as back pain and joint pain because of your weight?

You can do nothing and sit on the sidelines, feeling **shattered and exhausted** and too out of breath to run around after your kids and play with them because you don't have the energy.

What exactly do you value in your life? The choice is yours. You can either waste your life away wishing you could be more attractive and more healthy, or you can **stop wishing and start being the attractive, fit and healthy person you yearn to be right now** by ordering the 6 week body and beauty bootcamp guide.

We promise you won't regret it! These people used the bootcamp guide and have never looked back:

'I was fed up of being a **slummy mummy**. At only 32 with just two children, I felt fat and ugly and thought that I was past it. I had **tried every diet going and never kept up because of the time commitment involved**. When I tried the 6 week bootcamp guide, I astounded myself – **I lost 23lbs and slimmed down so much in my tummy area** – the worst area for any new mum! I looked and felt great, and best of all, it was easy. I used to work out with my toddler who used to join in! It was fun and energising and rather than feel shattered and tired, I **had lots of energy**. The bootcamp guide has shown me my inner diva and made me **feel yummy again!**

Mrs N Amy, 32 year old stay at home mom.

'I have **always been fat** as long as I can remember. It has never been easy for me and it's worse because I never have time to work out because I have a full time job and bring my work home with me. Over the last few years, I really let myself go and **needed to lose around 50lbs**. My diet was terrible and **my skin was even worse – it was spotty, dull and flaky in patches**. In short, I needed a miracle.

When an old school reunion came up, I needed results fast and had no idea where to start. I completed the 6 week body and beauty bootcamp guide and **lost an incredible 25lbs!** That's half of my weight gone and I am now going to repeat the whole process to get the rest of the weight off. For the first time in my life, I **feel attractive and actually take pride in my appearance**. I know I still have a lot of weight to lose, but I know I have the tools to make that happen. And the best bit? It was EASY!

S. Fisher, 29 year old teacher.

'My sister has kidney failure **and I needed to lose weight so I could donate one of my kidneys to her**. I needed to lose around 28lbs and used the 6 week body and beauty bootcamp guide to help kick start my healthy lifestyle. I was also going through a rather painful divorce at the time and needed to make myself **feel more confident and attractive** again – it's amazing just how much of your self-esteem goes down the pan when your partner leaves you. I am three weeks in and already **have lost 12lbs!** I feel lighter and more comfortable with myself.

My skin is looking better and my hair is shinier. **I finally have my sparkle back** and the best part is that it is easy. I still have three more weeks on this plan and I know I can lose at least another 10-12lbs in weight during this time. I feel happy because not only am I transforming myself, but my **new found health** will benefit my sister who will finally be able to get off dialysis and enjoy a normal life. '

S. Mead, 31 year old supervisor.

These people have found success with the 6 week body and beauty bootcamp and so can you!

**Why not start your own transformation** and start living the life you always dreamed of instead of sitting on the wall and **watching everyone else** do better than you, look better than you and have better relationships than you?

Six weeks is a tiny time-investment which will pay back **huge dividends** when you start. Nothing can help you look better faster or easier and plans help you organize your time so that you can do it even if you are **seriously time-crunched**.

Don't put off living the life you always dreamed of for another minute. Take the courage and know that you will **transform into a swan by the end of your journey**. Give yourself the respect and care that you deserve and make the most of your body and your looks.

Remember, you have our **90 day 'Use it and lose it' guarantee**.

You have nothing to lose except the unwanted weight!

**You can start changing your life minutes from now.**

**Just click on the 'Buy it Now' button which will take you through to our SECURE SERVER. You can choose to pay by PayPal or by Credit/Debit card and have your bootcamp guide and bonus reports in less than a minute from now!**

Yours faithfully,



Saira Sardar

**P.S**

You get the bootcamp guide plus you get the 'A' lister beauty secrets, recipes for making your own products and a product resource guide of the cheapest places to buy from.

In short, we are giving you **everything** you could possibly need to go from **drab to fab** in 6 short weeks!