

No matter how hard you train, or how strict your diet is, the fact is that fat loss is plain hard work (which is probably why 95% of people give up after six months). Yet most people make weight loss far more complicated than it needs to be. In reality, losing fat is far easier and simpler than some people would have you believe. There are really only three “keys” to losing weight on a consistent, week by week basis.

**Key-1: Increase the number of fat calories you burn**

The most important part of any weight loss programme is to burn more calories than you eat. Therefore, eat fewer calories and you will end up using stored bodyfat to make up the difference - it's that simple. Don't believe anyone who tells you that you can eat what you want and still lose weight.

**Key-2: Stop your metabolic rate from dropping**

When you drop your calories and start to use stored fat, your body starts to panic. It will do everything possible to STOP you losing any more weight, mainly by reducing your metabolic rate, making you feel tired and irritable.

Research presented at the Canadian Society For Exercise Physiology, showed that T3 levels (T3 is a thyroid hormone that plays a major role in regulating your metabolic rate) drop by almost 20% after just four days on a low calorie diet and exercise programme. In simple terms, what this means is that you'll have to gradually eat less and less to continue losing weight (I'll tell you how to avoid this in just a moment).

**Key-3: Divert calories from the food you eat AWAY from fat and INTO muscle**

Your body contains millions of tiny fat cells. To lose weight, you have to literally drain the fat out of each cell and burn it for energy. Unfortunately, every fat cell is literally programmed to store fat. And the less fat you have, the harder your body fights to hold on to every last pound. What this means is that as you get nearer to your target weight, your body diverts calories from the food you eat straight into your fat cells. Even worse, your body “thinks” it's being systematically starved, and starts burning muscle for energy.

Did you know that most dieters lose one pound of precious muscle for every two pounds of fat? It's true! Have you seen pictures of people who've lost up to 100 pounds in weight? Don't they look awful? That's because they've lost muscle as well as fat. The result? Your metabolic rate

slows to a crawl, and body fat becomes virtually impossible to shift no matter how hard you try.

Remember, if you want to preserve muscle, you must train with weights. And I'm not talking about a few light sets of tricep kickbacks either! Compound exercises (exercises that use more than one muscle group) such as the bench press, squat, leg press and deadlift are vital if you want to avoid losing muscle.

I know that it might sound simple. Yet most people fail to get in the kind of shape they want, NOT because they don't try hard enough. Rather, they just don't pay attention to the basics.

The supplement stack I've designed for you works on each of these three key areas in turn. Because it attacks fat in three totally distinct and separate ways, the stack allows you to lose 1-2 pounds of fat (not muscle) each and every week.

Here's a description of what's in the stack, and how each of the supplements work:

### 1. [Thermobol](#)

Exciting new research shows that several of the fat-fighting nutrients in [Thermobol](#) actually increase your metabolic rate, without you having to lift a finger! I'll use green tea as an example. A recent trial at the University of Geneva showed that green tea speeds up fat burning by a whopping 35% [2]. In fact, in just 24 hours, green tea alone burned more fat than you'll find in two Mars bars! Best of all, subjects in this study performed no exercise. They didn't even cut down on what they ate.

Too good to be true? Here's how it works ...

Green tea increases the amount of heat your body produces. Scientists call the process thermogenesis. In simple terms, rather than storing calories as fat, you burn them as heat. It's important to remember that this study used green tea extract and NOT green tea itself. You'd need to drink at least 10 cups of green tea each day to duplicate the results of this research. [Thermobol](#) also contains several other thermogenic ingredients, such as citrus aurantium extract, guarana

extract, and Cayenne, making it one of the most effective supplements for shifting stubborn body fat.

### 2. Thermokick

Recall that the second key to lasting fat loss is to stop your metabolic rate from slowing down. That's where Thermokick comes in. Containing a potent blend of phosphates, guggulsterone, and iodine, Thermokick will stop you from hitting a weight loss plateau [5]. Thermokick is now even more powerful thanks to the addition of Coleus Forskohlii extract (standardised to 20% Forskolin). Clinical trials show that this powerful nutrient accelerates fat loss while preserving lean muscle. It actually works as well as the banned stimulant ephedrine without the side effects.

### 3. [CLA](#) -1000

Conjugated Linoleic Acid ( [CLA](#) ) is rapidly becoming one of the most well researched fat burners available. For instance, scientists from Sweden recently took a group of 60 overweight subjects, and gave them different doses of [CLA](#) for 12 weeks.

The results showed that

[CLA](#)

(in a daily dosage of at least 3.4 grams per day) increased fat loss. Those who didn't use

[CLA](#)

actually gained weight!

More interesting still, [CLA](#) users also gained muscle - despite the fact they followed only a very "light" training programme. According to Dr. Michael Pariza, a [CLA](#) expert based at the University of Wisconsin, "every fat cell in the body wants to get big. What the

[CLA](#)

does is force that fat cell to stay little by affecting a number of enzymes that are ordinarily responsible for filling it with lipids."

In other words, [CLA](#) literally diverts the calories you eat AWAY from fat and into muscle tissue. Unfortunately, the problem with [CLA](#) is that you need at least 3 grams a day, which made it extremely expensive to use in the dosages needed to get results. In an effort to cut costs, many companies use an inferior form of

[CLA](#)

, which doesn't contain enough of the active ingredients to produce results.

Maximuscle's [CLA](#) -1000 contains a whopping 840 mg of Tonalin [CLA](#) per capsule (the same high-quality form of [CLA](#) used by the Swedish research team). This makes [CLA](#) -1000 the most potent and cost-effective [CLA](#) available anywhere. Using the stack is easy, just as long as you follow a few simple instructions.

1. Take Thermokick and [Thermobol](#) on alternate days. This will help prevent your body from adapting to the effects of either one.
2. Take 4 capsules of [CLA](#) -1000 every day. Use one capsule with breakfast, lunch, a mid-afternoon snack (such as a Max-Meal bar) and dinner This will divert the calories you eat away from fat tissue and towards lean muscle.
3. Take 3 capsules of Thermokick every other day, with 1 capsule taken BEFORE a meal. Research shows that phosphates taken BEFORE a meal will boost the number of calories you burn AFTER the meal (scientists call this postprandial thermogenesis) [2].
4. Take 3 capsules of [Thermobol](#) every other day.

Here's how a typical week might look:

- MONDAY  
[Thermobol](#) : 3 capsules  
[CLA](#) -1000: 4 capsules

- TUESDAY  
Thermokick: 3 capsules  
[CLA](#) -1000: 4 capsules

- WEDNESDAY

[Thermobol](#) : 3 capsules

[CLA](#) -1000: 4 capsules

- THURSDAY

Thermokick: 3 capsules

[CLA](#) -1000: 4 capsules

- FRIDAY

[Thermobol](#) : 3 capsules

[CLA](#) -1000: 4 capsules

- SATURDAY

Thermokick: 3 capsules

[CLA](#) -1000: 4 capsules

- SUNDAY

[Thermobol](#) : 3 capsules

[CLA](#) -1000: 4 capsules

Use this powerful fat-burning stack in conjunction with a high protein diet and sensible training programme for the next few weeks (that's all it will take for you to see that it's working). If the stack doesn't do everything I say - if you aren't 100% satisfied with the results you get, simply return the bottles within 40 days and I'll give you your money back. Check the Maximuscle web site or catalogue for full details of our 'no-hassle' money-back guarantee.

### References

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