Why Every Diet May Have Failed You Up Until Now...

...And The 1 Thing You Must Do To Keep The Pounds Off For Good

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Introduction

If you’ve had enough of yo-yo dieting and are ready to flatten your belly permanently... then this will be the most important report you ever read.

Here’s why...

When you act on the simple advice that follows (and together with The Cruise Control Diet) you’ll finally be able to kiss your weight struggles goodbye. That’s because in the next few minutes, you’re going to discover the reason why other diets have failed to keep the pounds off... and the one thing you must do if you want to get and stay slim... forever.

And it doesn’t matter how many times you’ve tried before and failed. It doesn’t matter how old you are, if you have 15 pounds to lose or 150 (or more). Best of all, it doesn’t matter if you don’t exercise. Furthermore, this simple advice works for everyone that’s tried it. And today, I’d like to share it with you.

Now, before we begin, I’d like to make a bold statement: weight loss is simple. That’s right – it’s a simple mathematical equation. If you eat fewer calories than you burn, or... if you burn more calories than you eat... you’ll drop pounds.

But that’s where the simplicity ends. Because in reality, while the concept of weight loss is simple, doing it is actually very hard. And keeping off any weight lost is even harder. In fact, for most people, it borders the impossible.

Perhaps you find yourself in the same predicament. Maybe you managed to lose lots of weight in the past... only to gain it all back. Maybe you’ve done this several times – on several different programs. But now that you’re a bit older, those pounds just don’t budge the way they used to.

What gives?

Has your metabolism slowed down with age? Can’t exercise like you used to? Are you doing everything right yet still not seeing results?

I felt compelled to send you this report to answer these questions. More importantly, to show you why your past dieting attempts may have failed you in terms of losing the weight and keeping it off. And finally, the steps you must take to shed the pounds for good so you never have to worry about “dieting” again.

So, let’s begin...
Why All Diets Fail

What is a diet? For most people, it’s a temporary activity involving lots of sacrifice (while eating things they don’t enjoy) in an attempt to slim down. Sadly, this is a recipe for disaster that sets you up to fail from the start.

And it doesn’t matter if you succeed in shedding some pounds. If the weight comes back when you go off the diet, it’s a failure. What’s the point of struggling to lose the weight if you’re just going to gain it right back, right?

Now, the reasons why all diets fail are simple. In fact, they’re written right in the definition. Let’s look at it again:

*A diet is a temporary activity involving lots of sacrifice (while eating things they don’t enjoy) in an attempt to slim down*

Now let’s break that down...

- Temporary activity: if you don’t continue doing that which caused you to lose the weight, you’re destined to gain it all back. Or more simply put, if you stop dieting and go back to your regular eating habits *(i.e. the things that caused you to gain weight in the first place)* the pounds will re-appear.

- Involving lots of sacrifice: sacrifice is uncomfortable. Nobody likes being uncomfortable. And only a handful in a million can remain uncomfortable (e.g. fitness models who get paid to be lean; that, plus they likely hit the “genetic lottery”). It’s safe to assume you’re not one of those outliers or you wouldn’t be reading this right now.

- While eating things they don’t enjoy: this goes hand in hand with the above. Who wants to live like that? Who wants to deprive themselves of tasty foods and treats and eat bland food for the rest of their lives? Nobody. And those that do it are few and far between.

Given this, the only way to take the pounds off and keep them off for good is to change your definition of what a diet actually is. Let’s explore that on the next page...
The Only Diet That Works – Every Time

Rather than think of a diet as a dreaded, temporary solution to an ongoing, pressing problem (i.e. obesity and all its health complications), let’s redefine it.

A successful diet can only be the following:

**The everyday foods and habits that nourish your body, keep you free from disease, and allow you to maintain your goal weight almost effortlessly.**

Now, notice the key differences between this definition of a diet and most everyone else’s’:

- Everyday foods and habits: this is not a temporary Band-Aid. Instead, this is the way you eat (and the things you do) for life. And by continuing to do the things that made the weight loss happen, you ensure that you don’t gain the pounds back.

- Maintain your goal weight effortlessly: the key word here is **effortlessly** (we’ll discuss the need for the word ‘almost’ in the next section). This is in stark contrast to the previous definition that requires you to put yourself in an uncomfortable situation.

  If you’re uncomfortable, you won’t last. If you’re comfortable you’re in it for the long haul (i.e. permanent success!).

  This is exactly why I named my program The Cruise Control Diet. And it’s exactly why I keep hammering the point of it needing to be effortless in order allow you to succeed.

  Calorie counting works. Portion control works. Point systems like Weight Watchers work. You’ve probably tried some or all of these in the past and lost some weight. But eventually, the pounds always come back when you stop counting, tracking, portion controlling, and/or journaling.

  In other words, when you stop being **actively involved** in the process (something that’s uncomfortable because it requires work) you naturally fall back on old habits and the rest is history.

  As I mentioned in *The Cruise Control Diet*, **if you can grasp this simple concept you’re 90% of the way to losing all of your unwanted weight and never gaining it back.** As for the other 10%? We’ll discuss that in the next section…
The 1 Thing You Must Do To Keep The Pounds Off For Good

Imagine if you never had cravings for sweets... if the sight of pizza, hamburgers, French fries, donuts, cookies, and cakes absolutely repulsed you...

And imagine that every time you saw broccoli, kale, cauliflower, and other healthy foods, you salivated uncontrollably... you just couldn’t get enough of them and you ate them every chance you got...

Do you think you’d have a weight problem?

Do you think you’d be carrying extra fat around your belly, on your thighs, butt, or anyplace else you happen to store it?

You’re probably shaking your head right now. But you may also be thinking that what I just described to you is a fantasy world. And if that’s the case, you’re 100% correct.

That list of fattening foods is pure deliciousness. In fact, we’re biologically wired to crave salty and sugary foods. But here’s the thing: we all crave them to a different degree. And if you happen to crave them a lot, losing weight and keeping it off is going to be next to impossible. If you happen to crave them a little (i.e. like you normally should), fat loss becomes almost effortless.

Now, I keep preceding the word ‘effortless’ with ‘almost’ because a slight bit of willpower is necessary. I’d be lying if I told you otherwise. After all, we’re surrounded by these foods everywhere we go. They’re impossible to avoid so the temptation to eat them is always there (and quite frankly, those foods are downright addictive).

So, the only way to avoid them is if your willpower far exceeds your cravings. For most people, it’s the complete opposite scenario. The cravings are too strong and they just can’t maintain their “diets”. Calorie counting, point systems, and portion controls go out the window, binging follows, and with it, any weight that was previously lost.

The bottom line?

*You can not will yourself to slimmer waistline.* Hunger and cravings will always beat you. Instead, you have to change your physiology to get as close as you can to that fairy tale scenario mentioned above.
And the good news is, it’s a lot easier than it sounds, I promise. Furthermore, once you get there you’ll enjoy a trimmer, healthier body and no longer be a slave to food.

Now, before we discuss exactly how to change your physiology so you don’t crave unhealthy foods as much, I’d like to address a concern you might have...

“But I like those foods, I don’t want to stop eating them”

Fair enough, but consider the following:

1. You still get to eat them; you just won’t be eating them as much... but more importantly...

2. You won’t want to eat them as much!

And in order to drive the above point home, I’d like to talk a bit about my struggles with smoking. You see, I used to be a heavy smoker. That’s actually an understatement. I was a chimney... puffing away at two to two-and-a-half packs per day!

The first twenty cigarettes would be gone by noon (having woken up around 8AM). Then I’d smoke another twenty-thirty by midnight. I can’t even imagine that now... but back then, I was seriously addicted. And if you asked me about quitting, I’d tell you that I wanted to but it I couldn’t. I enjoyed smoking too much – cigarettes tasted good to me.

Of course, that was just the addiction talking. Having slipped up here or there after quitting in 2009, the cigarette would make me dizzy and nauseous – nothing like that “enjoyable” sensation I experienced before. And that’s the reason I was able to quit – permanently.

In fact, that’s the reason why anybody can give up such a strong addiction. They are physically repulsed by it. So much so, that it overcomes their cravings. On the other hand, people who try and quit smoking but still enjoy the occasional cigarette are facing an uphill battle... and quite frankly, one that’s impossible to win.

Now, while this is an extreme example, the same thing applies to fattening, unhealthy foods. When you purge yourself from them, you just don’t crave them as much. And as described in The Cruise Control Diet book, when you do have them as part of a cheat meal, they make you feel somewhat sick (depending on how long it’s been since you had them).

The bottom line?
By wanting to eat less of the fattening foods and more of the healthy ones, you lose weight (almost) effortlessly. More importantly, keeping it off is not an issue. Furthermore, you can enjoy any and all of the fattening foods from time to time when you do get a craving... and you can do so without guilt because you’re not going to fall of the wagon and re-gain any weight you may have lost.

Now, while this is a less extreme scenario than the one I proposed at the beginning of this section, it still may sound like a fairy tale to you... especially if you’ve been yo-yo dieting for years. But I assure you, this is a very possible scenario. In fact, it’s highly probable if you follow the simple steps in the rest of this report.

So, to summarize: the only way you’re going to lose weight permanently is when your body stops craving fattening foods.

Alright, now let’s switch gears and talk about how you’re going to do this. But first, let me ask you a question: why do you think you crave foods that cause you to gain weight rather than those that nourish and heal your body?

Because when you really think about it, this goes against the natural order of things. If we, as humans, were biologically wired to crave unhealthy foods, we wouldn’t have made it this far. At some point in evolution we would have wiped ourselves out.

Of course, and as mentioned previously, we are genetically wired to crave salty and sweet foods. But not to the extent that we do so today. Today, we crave these foods so bad that we’re willing to kill ourselves for them (i.e. via weight gain and all the diseases that eventually leads to).

Now, what if I told you that it’s not you that’s craving all of those unhealthy foods? That when you reach for that donut, piece of cake, or just about anything that promotes weight gain, you’re under the control of something else... something that’s commanding you to eat this way... something that’s literally forcing your hand.

Sound crazy?

If so, you’re not alone. I was quite surprised when I came across this concept. But digging deeper into the science and latest research, I realized we’re on the brink of one of the biggest medical breakthroughs of our time.

Here’s the scoop...

Did you know there are 100 trillion “friendly bacteria” living in your gut? These bacteria, collectively known as the microbiome, are critical to your health. They affect everything from your digestion, to your immune system, your mood, and most of all your weight. And get this: they outnumber your human cells by a factor of ten to one.
In fact, with more than 100 trillion bacterial cells to the 10 trillion human cells in your body, **you’re basically more bacterial than you are human**. Again, sounds a bit crazy, right? Nevertheless, that’s the reason why these little bugs are so important. And not a day goes by that we’re not discovering just how much they affect every part of our health. That’s why anything that upsets their balance may lead to serious consequences.

You see, even though these bacteria are vital to your wellbeing, they’re not all friendly. In fact, there’s a constant war going on between those that keep you healthy and the ones that make you sick. And when the bad guys win the battle, they start crowding out the good guys and take up more space in your digestive tract. This is known as gut dysbiosis.

Now, according to scientists, a healthy gut contains about 80% good bacteria to 20% bad. But when you eat all the foods and drinks that contain sugar and artificial sweeteners, you start changing this ratio in favor of the bad.

And not only does this harm your digestion, it also leads to glucose intolerance. This is when too much sugar ends up floating in your bloodstream because your body can’t break it down. This causes you to pack on belly fat, and over time can lead to pre-diabetes and even type II diabetes.

But it doesn’t stop there...

You see, with over 100 trillion microbes living in your GI tract, you are essentially at the mercy of these bacteria. They’re literally pulling your strings - like puppet masters - to do their bidding.

And they are very, very manipulative.

So, when you find yourself caving into those cravings for ice cream, candy, or potato chips ... knowing full well that you’re falling off the wagon and forcing your body to store more belly fat... it’s not your willpower that’s at fault.

In fact, according to a recent study at the University of California San Francisco, your microbiome communicates with your brain, telling you what to crave and even changes your taste receptors so you prefer certain foods over others.

According to lead researcher Athena Aktipis:

> “**Microbes have a lot of potential ways to manipulate us into eating or not eating certain foods... so if you have a gut filled with microbes that depend on sugar...**
...those microbes would then be under strong pressure to get you to eat more of what they depend on, potentially leading to cravings for those foods.”

To make matters worse, they seem to be more efficient at pulling energy from food and turning it into fat... fat that ends up in your belly, thighs, butt, or anyplace else you happen to store it.

Now, this may sound bizarre... like something out of a science fiction movie. But if you think about it, it makes perfect sense. These bacteria are just trying to survive... no different than any other life form on Earth. And that means they must eat the sugary, fatty foods that keep them alive. However, similar to a parasite, they’re causing you to get fat and sick in the process.

The bottom line?

**If you struggle with your weight, it’s not because you eat too much or don’t exercise enough, or don’t have the willpower to say no to fattening foods. Because according to the latest research, your gut bugs are to blame.**

The good news is that, now that you know what’s stopping you from having that flat stomach and trim, healthy body you want, it’s time to fight back. And I have four simple, yet very effective tips, to help you do just that. Armed with this information you’ll be able to kick your cravings to the curb and allow your body to let go of stubborn belly fat... and keep it off.

For starters, try to avoid artificial sweeteners as much as possible. They’re like kryptonite for your good bugs – allowing the bad ones to take over. Of course, that’s no easy task and you can’t eliminate them altogether. After all, they’re just about everywhere.

That said, simply taking a closer look at nutrition labels goes a long way. If you see any of the following listed, steer clear:

- Aspartame
- Equal
- Nutrasweet
- Erythritol
- Glycerol
- Lactitol
- Or anything ending in -lol
- Saccharin
- Sucralose
• Splenda

The list goes on and on… Get familiar with as many as possible and do your best to avoid them.

Also, if you’re using those colored packets to sweeten your coffee or other drinks, you may want to consider switching back to real sugar. Just keep in mind that it isn’t a free pass to have as much as you want. Moderation is key.

Now, the second tip you’ll really enjoy. First, let me tell you something that’s a bit unpleasant...

Did you know that if you don’t feed your good bacteria they will literally feed on you? It’s true. You see, when you starve them of the food they need to thrive, some will die off. And this makes more room for the bad bugs to take over. What worse, however, is that the ones that don’t immediately perish end up eating the lining of your intestine to stay alive.

As a result, what’s normally a barrier to bad bugs, now allows them into your bloodstream causing low-grade inflammation. Over time this can lead to high blood pressure, insulin resistance, and elevated blood sugar.

But preventing this is easy… even enjoyable. You see, the key to feeding your bacteria so they don’t feed on you is to provide them with enough fiber. And one of the best kinds of fiber is found in Granny Smith apples. An apple a day really does keep the doctor away… and also keeps those good bugs happy and thriving.

In fact, Washington State University researchers demonstrated that the fiber of these green apples escapes digestion by your stomach acids and ends up in your colon unscathed. Once there, the good bacteria ferment it, producing a substance known as butyrate. And butyrate acts like a fertilizer for the friendly bugs.

So again, eat your Granny Smith apples for a healthy gut and you’ll enjoy better digestion, fewer cravings, and this will help you shed some excess fat.

The next thing you need to do is bring your blood sugar to a healthy level. This is critical if you want a flat stomach. That’s because the tighter control you keep over your blood sugar, the less insulin your body needs to produce. And considering that insulin is your primary fat storage hormone, the more your lower it, the faster the fat comes off… and stays off.

Now, the #1 way to do this is to eat as outlined in The Cruise Control Diet. This involves cutting back on carbs a bit. Carbs like bread, potatoes, pasta rice, and of course, sweets and desserts. All the good stuff, I know… but a little sacrifice is needed if you want to shed inches off your waist. And again, once you cut back on these foods
somewhat, you won’t crave them as much. Then, you can have them in moderation without worrying about weight gain.

Alright… now for the fourth and final tip, which is also the most important. In fact, if you don’t do this, while everything you just learned will help… it won’t have a life-changing impact on your wellbeing. And the tip is to **re-balance your gut with a steady supply of good bacteria known as probiotics.**

This is critical since over 70% of your immune system is located in your intestines and regulated by microbes. In fact, top doctors now agree that your health starts in your gut. And when it’s not in harmony, it can lead to all kinds of disease and even weight gain.

As a result, yogurt - being a natural source of probiotics - has exploded in popularity. And manufacturers are scrambling to put these microbes into their products, creating fortified foods. You now find them in everything from chocolate bars, to bread, and more recently, burritos.

However, these probably won’t help to balance your GI tract. In fact, they may make things worse. Take yogurts, for example. Most of them are loaded with sugar and artificial sweeteners. These multiply the harmful bacteria, and essentially, cancel out any benefits of the probiotics. Furthermore, the yogurt you buy in stores is pasteurized. And while this kills off the bad bugs that would otherwise make you sick, it also wipes out the good ones.

As for fortified foods?

Unfortunately, that’s just another way for greedy companies to pull the wool over your eyes. Hopping on the trend, they’ve added probiotics to junk foods and pass them off as healthy. People get fooled into buying them and sales and profits skyrocket. It’s no different than putting vitamins into sugary cereals, then marketing it them to kids. But the reality is, no amount of vitamins can offset the damage done by the spoonfulls of toxic sugar they contain.

Now, there are natural sources of probiotics like sauerkraut, olives, and fermented vegetables. And while they don’t come with any of the disadvantages just mentioned... you probably don’t eat enough of them to make a big difference to your gut.

Due to these shortcomings, **one of the best ways to get a steady source of these friendly microbes is to take them in pill form via supplements.** But even those come with their own drawbacks. You see, despite dozens upon dozens of products out there, few provide you with the full benefits of a true probiotic. And to understand why you have to know how these bacteria became so critical to our health in the first place.
For starters, all naturally occurring probiotics originate in the soil. And just like in your gut, they prevent the overgrowth of yeasts, molds, and other parasites. They also create a mineral rich environment and promote nutrient uptake. Without them, plants would rot and die.

Now, before pesticides and modern farming practices came along we had constant contact with these beneficial bacteria. For instance, we’d pull a carrot from the ground, wash it off a bit, and just eat it. And in doing so we’d invite these friendly microorganisms into our bodies. This helped keep us healthy by regulating our immune system. It also prevented yeast and other toxins from growing in our gut.

But these days, by the time your food ends up in the supermarket, it’s been sterilized and lacks the good bugs. Additionally, pesticides destroy the soil’s ecosystem, making the problem worse. Sadly, even many organic foods are devoid of these soil borne bacteria.

Because of this, our GI tract now lacks most of these naturally occurring bugs. We’ve lost that direct connection with nature and the bacteria that came with it. Consequently, our health is suffering. Sure, we might be living longer, but overall, we’re sicker. And it makes perfect sense since 70% of our immune system is found in our gut and controlled by these microbes.

Now, the probiotics found in virtually every supplement are not the native bugs we evolved with throughout the years. Instead they’re isolated strains that have been removed from their natural environment, individually cultured (often in a foreign medium), and then grouped back together into a packaged blend.

As a result, they come with key disadvantages...

For one, they’re very sensitive to stomach acid. Therefore, most of them don’t make it to your intestine where they’re supposed to do their jobs. In fact, studies estimate that without specific protection, only 4% of the bacteria in your capsules survive. So, if you’ve ever bought a probiotic, there’s a good chance that $0.96 out of every dollar you spent literally got flushed down the toilet.

Next, these bacterial strains are frozen dry before packaged into pill form. Because of this they’re quite sensitive to heat and will die off without refrigeration. Unfortunately, that’s what happens to products sitting on store shelves or while being delivered to you if you were to purchase them online.

In fact, an independent review by Consumer Labs indicated that some products contain as little as 16.3% of the amount of microorganisms claimed. So again, chances are you’re wasting the majority of your money.

And what about the few that are refrigerated? Or shipped with ice packs? Well, consider the following: your body’s temperature is 98.6 degrees Fahrenheit - far warmer...
than the temperature needed to keep these frozen bugs alive. So, what happens when they enter the hot environment of your body?

Something to think about...

Now, due to the drawbacks just discussed, supplement makers have come up with a metric known as CFU (or colony forming units). This is used to quantify the number of living organisms in a specific formulation. And since, in the mind of the consumer, “more equals better”, companies try to one-up each other with higher and higher CFU’s. You may have seen these on labels in the store: 5 billion CFU’s, 10 billion CFU’s, 15 billion CFU’s...

But here’s the rub...

What they don’t tell you is that this number represents the number of live bacteria at the time of manufacture. By the time the product makes it to you, most of the bugs may already be dead. And that’s before they even get to the harsh, acidic environment of your stomach.

Now, while the probiotics industry has come a long way in creating specialized procedures to get more microbes into your gut... and those laboratory blends do help, here at Fisico, we believe the best health benefits come straight from nature.

And since we evolved with these microbes in their natural state... rather than look for ways boost their effectiveness in a lab, we decided to take a different approach. We set out to restore the friendly relationship we enjoyed with these bugs... before pesticides and modern farming practices cropped up.

After 13 months of research, I’m happy to report we’ve found what we were looking for...

...a pure source of probiotics cultured right from the Earth in their native plant matter. They’re free from chemicals, toxins, and GMOs.

And unlike the isolated and re-blended strains in most supplements, these probiotics are preserved the same way they’re found in nature: as a team. They have not been synthesized, mutated, or otherwise altered in a lab. And this is critical to balancing your gut and getting a flat stomach.

You see, in their natural environment, these microbes form a community whereby each member helps the collective group to thrive and multiply. Furthermore, as the community expands, it surrounds itself with a protective matrix. This makes these probiotics very stable, helping them survive extreme temperatures (both hot and cold) as well as the harsh environment of your stomach. In turn, they get to your gut - alive - and start crowding out the bad bacteria to better your health.
In contrast, because most probiotics sold in stores (or online) are just isolated strains mixed together. They don’t function as a team or help each other grow. As a result, they’re very sensitive and die off.

It’s like a great sports franchise. Take the New England Patriots, for example. Would quarterback Tom Brady reach such level of greatness without the help of his wide receivers or defensive tackles? Of course not!

And the same goes for probiotics.

Now, to make matters worse, the isolated and re-blended mixes are freeze-dried. So, if they’re not refrigerated (or packaged with specific technology) they can’t survive at room temperature for very long… let alone in the heat.

On the other hand, our source of probiotics is naturally dehydrated. The microbes are lying dormant, waiting for the right conditions. And when they come in contact with liquid, they begin to multiply... just like Sea Monkeys.

You might remember those as a kid. You may even have ordered your own kit from the back of a comic book. If you recall, it didn’t have an expiration date. And it didn’t matter if it was lying around on a hot summer day or if the kit was delivered in the middle of winter. When you dropped the powder into water, those little bugs would spring to life.

So, recognizing the incredible advantages of these natural probiotics, we quickly secured a licensing agreement. And although we now had what is arguably one of the most effective probiotic formulations available, we didn’t stop there.

You see, due to new research that shows how bad bugs in your gut cause blood sugar disturbances, which in turn lead to uncontrollable cravings and weight gain, we decided to go a step further. Because, if you balanced your gut with good bacteria while maintaining healthy blood sugar... essentially, you’d be killing two birds with one stone. And so we set out to make a unique formulation that did just that.

The result is called SlimBiotine - the probiotic slimming solution that aids digestion, supports healthy blood sugar levels, and in turn, helps you to lose unwanted weight.
Now, aside from being a superior probiotic, this supplement contains two patented ingredients that balance blood sugar.

The first is an extract of Gymnema Sylvestre - a plant native to the forests of Central and South India. Gymnema has been used in traditional medicine as far back as the 6th century B.C. for supporting healthy blood sugar. In fact, the name in Indian literally means, “the sugar destroyer”.

Its patented extract, GS4 PLUS, slows the transport of sugar from your intestines to your bloodstream. And so it curbs the blood sugar spike you’d otherwise experience after eating carb heavy foods such as pasta, potatoes, rice, and even sweets.

Now, normally these foods are fattening - especially if you eat them often. However, thanks to GS4 you can enjoy them (in moderation, of course) without worrying about weight gain.

And again, that’s because it slows down how fast your blood sugar rises. As a result, your body needs to produce less insulin. And lower insulin leads to less fat storage. This also allows you to burn fat quicker.

What’s more is that, studies also show it decreases sugar cravings - essentially eliminating your sweet tooth. In short, you’ll be eating those foods less (which goes a long way to getting you a flatter stomach)... and when you decide to treat yourself, you’ll do so without guilt.

The next ingredient is a proprietary extract of a tasty spice you’re very familiar with: cinnamon. It has been prized for its medicinal properties for thousands of years - dating back as far as Ancient Egypt. In fact, at some point it was so rare and valuable, it was regarded as a gift fit for kings.
Of course, nowadays it’s rather cheap and can be found everywhere. Even so, its numerous health properties are still praised. It’s very high in polyphenols – the same nutrient powerhouses found in red wine and black tea. This makes it a potent antioxidant, anti-inflammatory, and anti-infectious agent.

However, where cinnamon truly shines is among diabetics and people with pre-diabetes. That’s because studies published in medical journals such as The Annals of Internal Medicine and Diabetes Care have shown it supports healthy glucose levels, healthy cholesterol levels, healthy blood pressure levels, and may lower body fat.

But don’t expect those benefits just by sprinkling some of the spice in your morning latte. In fact, the studies conducted used upwards of 6 grams to significantly affect those markers of health.

And therein lies the problem...

You see, despite being so good for you, cinnamon contains a potentially toxic compound known as coumarin. Now, in small amounts (like when added to food) it’s relatively harmless. But in the large doses needed to confer a health benefit, all that coumarin adds up. And if you happen to be sensitive to it, it could harm your liver.

Luckily, coumarin is not water-soluble. On the other hand, the favorable polyphenols that make cinnamon so effective are. And so a top scientist at the USDA perfected the water-extraction process to produce a patented form of the spice known as Cinnulin. In short, this gives you all the benefits while sparing you from the potential risks.

And with the addition of Cinnulin, we created the world’s first complete probiotic slimming solution. It balances your gut by replacing the bad bugs in your intestine with the good ones. It also mops up the mess those harmful bacteria leave behind... helping you get healthy blood sugar and dropping unwanted pounds and inches.

You just take 1 easy-to-swallow veggie cap, 20-30 minutes before your two biggest meals of the day... and then, let science do the rest...

Now, having developed such a cutting-edge formulation, you’d think we’d be shouting it from the rooftops. Instead, our lips were sealed. As it turns out, we’d gotten ourselves in a bit of a pickle.

Here’s why...

When it came to researching, testing, and developing SlimBiotine, we literally spared no expense. First, we used a state-of-the-art, GMP-certified facility that undergoes strict inspection by the Food and Drug Administration. And while this raises
production cost by 400% to 500% higher that for the many low-quality and ineffective supplements available on the market today... it’s totally worth it.

That’s because it guarantees a pure product without fillers or contaminants. Furthermore, the formulation is 100% GMO-free, gluten-free, and doesn’t contain any dairy, salt, artificial colors, flavorings, sugar, preservatives, or other artificial additives... only the slimming ingredients enclosed in an easy to swallow veggie cap... which by the way, makes it kosher for vegetarians and even the strictest of vegans.

Next, we used a true probiotic that’s 100% natural and hasn’t undergone manipulation in a lab. It doesn’t require refrigeration and won’t die on a store shelf or on its way to your doorstep. More importantly, it escapes digestion by your stomach and makes it to your gut alive. There it immediately gets to work on fighting off the bad bugs that mess up your metabolism and cause your body to hoard fat.

And in addition to a true probiotic, we incorporated Cinnulin and GS4. These are the same patented ingredients used in double-blind, placebo controlled human studies - the gold standard in medical research - that showed significant lowering of blood sugar and cholesterol, increased insulin sensitivity, and decreased body fat.

Most importantly, we used these ingredients in the same amounts as in the studies. This is critical because many products out there just sprinkle small amounts in their formulation... not nearly enough to have an effect. It’s like having a pounding headache, crushing an ibuprofen into fine dust, then taking the equivalent of a pinhead. It’s not taking the pain away.

Sadly, this practice is rampant in the supplement industry. It’s a sneaky trick called “window dressing” and corrupt manufacturers used it to shave costs - at your expense.

Now, because we refused to cut corners, the end result was the most complete probiotic slimming solution available anywhere. Problem was, it was too expensive to bring to market. To give you an idea, we’d need to price it north of $150 to make the numbers work. Even so, it would still be a steal considering how effective it is at balancing your gut and helping you drop pounds and inches.

Nevertheless, we knew that price would put it out of reach for most people. And considering the life-changing effect this has on you, that wasn’t an option. So, we went back to the drawing board. And after sharpening our pencils, we came to a decision. By cutting out all middlemen and selling it only from our website, we’d save you a bundle in the process.

That means, you won’t be paying the retail value of $150 for your 30-day supply of SlimBiotine... not $120, or even $100. Because by offering it to you direct, the final cost comes down to just $69.95. That’s more than 50% off the regular price.
However, since you purchased *The Cruise Control Diet*, it tells me you’re serious about your health. You truly want to end your frustrations with weight gain and shed excess belly fat. So, as a first-time customer, I’m prepared to make give you an even better deal. Just pay attention because this offer expires shortly...

You see, I know that when you **try SlimBiotine for a month** and your friends and family are complimenting you on your slender figure...

...when cravings for sugary sweets and fattening foods virtually disappear and your stomach flattens...

...when you experience a surge of energy that allows you to do more of the things you love...

...not to mention, when you finally realize that you’re able to **cheat on your diet from time to time and not suffer the bad consequences**...

...you’ll becoming a raving fan of our product... and perhaps, one of its biggest promoters...

Given this, we’ve decided to do something crazy. Here’s the deal...

The most we can discount SlimBiotine and not lose money is $69.95. And it’s only available from this website. You won’t find it in stores or anywhere else at a lower price.

And since I know that, once you’ve experienced the surprising health benefits of SlimBiotine, you’ll want to continue using it... we’re willing to take a loss on this initial order because we’ll make up for it down the road.

Plus, when your friends and family witness your amazing transformation, they’ll want to know how you did it. I’m hoping you’ll tell them because word of mouth is a great way for us to sell more of our product... and save on some of the marketing costs.

So, today, and as a first-time customer only, you won’t be paying $69.95 for your 30-day supply of SlimBiotine... or even $59.95. Your one-time discount (**available only from this page**) brings your final cost down to a mere $49.95. And this is a one-time-fee. There are no recurring or monthly payments ever.

The best part?

That’s works out to **just $1.66 per day**. That’s less than a cup of coffee or even a pack of gum. Now ask yourself: isn’t your health worth it?
And listen, don’t decide right now. Take advantage of our 90-day, full-money-back guarantee and try SlimBiotine on us. And if after using it you’re not 100% happy with your results...

...if you’re not experiencing increased energy, a slimmer waistline, better bathroom habits, and a more youthful appearance...

...and if you’re not sleeping deeper, waking up refreshed - in a great mood - and ready to tackle the day...
... not to mention... if you’re not saving on your monthly food bill now that your gut is balanced and you’re no longer a slave to the bad bugs that force you to eat fattening foods...

...simply send back the bottle – even if it’s empty – and we’ll refund your entire purchase price.

So, visit this page now and look for the orange button that reads, “Add to Cart”. If it’s not there, it means we’ve temporarily sold out. In this case, just contact our customer support department to add you to our backorder notification list.

Now, provided SlimBiotine is in stock, simply select the package that is right for you. An order page will appear once you click on the Add to Cart button. Go ahead and fill in your shipping and credit card details. Then, click the Pay Now button at the bottom of the form once you’re done. As soon as we receive your order, we’ll rush ship your product in a discreet envelope for maximum privacy... and it will arrive within 3-5 business days.

And rest assured – your information is 100% secure. We use 256-bit encryption - the same protocol that sites like Amazon.com and even major banks like Chase and Bank of America use.

But please note, I can’t guarantee this discount if you don’t act now. You see, since the ingredients in SlimBiotine are patented we’re at the mercy of a single supplier - one that has a monopoly on distribution.

In short, they can raise the price on us whenever they want. Of course, this leaves us with no option than to raise our prices as well. So, secure your supply of SlimBiotine while this rock-bottom deal lasts.

Alright, we’re nearing the end of this report... so as you sit here reading this... you’re left with a choice...

Listen, 30 days from now you can be just a month older... still battling your size issues... still searching for solutions... and setting yourself up for more disappointment...
down the road... or... you can be well on your way to having the body you’ve always wanted: fit, healthy, confident, and full of zest...

Just imagine looking back a month from this very moment... having already lost 10 pounds, 15 pounds, even 20 pounds or more... and then continuing to lose pound after pound – week in and week out – until you have the body you’ve always wanted.

The best part? Knowing that, together with The Cruise Control Diet, you’re implementing a permanent solution to your size issues.

Picture it... how different is your life? How fantastic does it feel to see your slender figure in the mirror? What happens to your self-confidence every time you hear compliments from friends, family... or even complete strangers? And which new activities are you currently taking up thanks to the surge of energy that doesn’t seem to run out?

And yes, it’s true. It’s not your fault you’ve been struggling with your weight up until now. However, now that you know the truth... it’s your responsibility to take action and try something that actually works.

And unlike those phony solutions this is guaranteed get you in shape. In fact, if you’re like so many others I’ve talked with, you should start seeing results within the first week. But give it time. In fact, give it a full 30 days as you may have a really bad case of bacterial overgrowth. And if, by the end of that month you’re not thrilled with your results (or you’re not happy for any reason whatsoever)… just ask for a refund and it’s yours – no questions asked and no hard feelings.

Plus, if you ever have questions, you’re always just moments away from an answer from my friendly support staff.

Just don’t put this off any longer... and here’s why...

First, as you recall, we slashed the price by half and then knocked another $30 off – making this affordable for just about everyone. But this deal won’t last. Like everything else in life, the cost of the raw ingredients will eventually go up and we’ll be forced to raise the price. In short, we can only guarantee this discount until our current stock runs out. When it does, all bets are off.

And let’s not forget: unless you take action now – today – you may never take action. You may do what some people do and put it off. Just a few more days... which will turn into months... then years. So, let’s make sure you get what you really want.

Do the only smart thing you can do: take advantage of this offer while it’s still available and get on the fast-track to a fitter, healthier, happier you – full of confidence, energy, and life. After all, you deserve it.
SlimBiotine – The Probiotic Slimming Solution
(Click here to re-balance your gut and flatten your stomach fast)