

PROGRADE NUTRITION

# Why 80% Of Diets Fail...

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And the 4 Nutrients You Need To Shed Years  
of Unwanted FAT

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CONSUMER ALERT: 80% of all dieters FAIL in reaching their fat loss goals.



That means 8 out of every 10 people fail to lose the weight they want...

Fall off the fat loss wagon...

Or simply find their weight creeping back up – for no reason at all!

Now, today, I am going to share with you a secret that the weight loss industry and major pharmaceutical companies DON'T WANT YOU TO KNOW!

In fact, this secret is so powerful and so effective at burning fat...

That some people, in a major clinical study, **lost 8 TIMES MORE belly fat** than the placebo group.

And...

Some people who were so overweight that their knee joints screamed when they walked up stairs...

Their lower backs ached when they got out of bed in the morning...

And they had ZERO energy when running around or exercising...

How they lost anywhere between **20 and 40 POUNDS** by using these special nutrients!

### **How Could This Be?**

Now, you are probably sitting there asking: How could this be?

How could almost 80 percent of diets and dieters FAIL on their weight loss attempts?

Now, these are great questions, and they deserve an *EVEN GREATER* answer.



Through my own research, I have discovered THREE KEY reasons why people may fail in their weight loss attempts. And these reasons, well, they are not what you think!

## **Reason #1: Your FAT CELLS are “Sick”**

Now, what does this mean? And no, they do not have the flu or the common cold!

Simply put, your fat cells are just not acting the way they should!

They are hindering – and not helping – you burn fat, lose weight, and get in the best shape of your life.

Now, I will explain this further in a bit.

## **Reason #2: Most Diets May Cause Your Metabolism to Slow To A CRAWL**

Most diet focus solely on calorie restriction, NO or little exercise, and smaller-than-average portions!

And this could cause your metabolism to **slow to a crawl** – therefore leaving your body unable to burn ANY FAT, and preventing you from losing the years of unwanted fat around your hips, butt, or thighs.

## **Reason #3: You’re NOT Eating the RIGHT Foods**

Most common diets focus on foods that are either fat-free, low-carb, or low in fat.

And these are exactly the WRONG foods that you should be eating!

Foods like this could contain additives, fillers, and artificial crap that may help your body HOLD ONTO fat instead of stripping it away.

Now, there are nutrients out there that may help you strip away years of unwanted fat, revealing your lean, tone, and sexy six-pack abs or lean, muscular arms.

Here is what you will learn in this FREE special report:

- ✓ Why your fat cells are “sick” and what you can do about it
- ✓ Why everything you thought about LOSING FAT is wrong
- ✓ Why popular diets FAIL to help you LOSE weight and keep it off
- ✓ And 4 NUTRIENTS you need to include in order for you to lose weight and keep it off

Before we get into that, though, I want to tell you a little bit about myself...

## Who I Am...

Like everyone else, I have always struggled with my weight.

I come from a family of mixed genetics.

On the one hand, my dad can't gain weight – until recently! I mean it seemed physically impossible for him to break the 130 pound barrier – and that's soaking wet!

And my mom, she never really focused too much on healthy foods – I mean who could when you're trying to keep after FIVE kids AND keep the house clean and tidy!

So needless to say, those dietary habits transcended me my entire life.

All throughout high school...

Throughout college...

And into my adult life!

Now, I have always been athletic, always played sports, and always tried to keep my weight under control.

But no matter what I did, I found out the hard way...

You CAN'T out exercise a poor diet!

I admit, I ate like crap...

I drank soda like it was going out of style.

And this poor diet that I was eating (and drinking) left me vulnerable...

Not to bullying or any of that nonsense, but to injuries and poor sport performance!

And that made me less motivated to succeed.

My self-esteem took a hit, because I was always carrying around a “pouch” around my midsection...

And it left me unwilling to change my ways, change my diet, or change any aspect of my life.

Until something happened...

I had a family of my own!

And that has changed my perspective on weight loss, healthier eating, and overall healthy habits that I can pass on to my kids, my grandkids, and my great-grandkids!

Now, what I decided to do was search the internet, read all the diet books that I could, and educate myself on what I needed to do to change the way I eat and the way I LIVED!

It's a working progress and some days are better than others!

Nothing is perfect, but when I do slip – which happens from time to time – I pick myself back up, brush myself off, and get back on the wagon, so to speak.

## **Weight Loss is Pretty Unfair to EVERYONE – But Here's How You Will BENEFIT!**

Over the years, I have searched high and low for the best weight loss secrets, tips, advice, and so on and so forth!

And all that work has revealed a number of problems when it comes to weight loss – and more importantly – fat loss.

Now, today, I am going to share with you the years of research and what I have found to be some of the reasons why you can't lose the fat.

And I'm happy to do it!

You see, over the years, I have collected a lot of studies regarding weight loss, fat loss, fat cells, and hormones.

And, as the lucky reader of this special report, you're going to learn first-hand, the discoveries that I've made and how it will benefit not only you, but everyone you know that has struggled with weight loss.

The first topic to tackle is the health of your fat cells, and how their health directly relates to if and how much fat you will lose!

But first...

## Why do 80% of Diets Fail



Okay, so a common question most people have is: why do most diet and dieters FAIL?

First of all, most diet are too restrictive – meaning you can't enjoy certain foods, which puts extra stress on you to not eat it!

This may lead to you craving sugary treats, forbidden foods, and treats that your body thinks it NEEDS TO HAVE!

And this could lead you to eat it.

But not just eat it, but overeat it! And this leads to weight gain, self-loathing, and laziness.

Trust me, I've been there!

You feel so guilty when you're eating it – and after – that you beat yourself up and deem your diet a failure, which sometimes leads to you stopping the plan.

And then when you go off the diet – which is a safe bet you will – then chances of you gaining the weight back – or MORE – skyrockets!

Not good!

The other problem: diet plans may cut your calories to levels far below the minimum – and sometimes to dangerously low levels –which could cause your metabolism to SLOOOOOOW to a crawl!

Look, in order to burn fat, you need to make sure you have the right amount of calories.

If you don't have enough, then your body will start to burn your precious muscle and keep your FAT!

All this could lower your metabolism, therefore causing you to store – and NOT burn – your fat stores.

Plus, when you restrict your body, and your metabolism stops, then chances of you suffering from weight regain – significantly increases!

Now, your regular diet may also lead to something termed “sick fat cells” – or dysfunctional fat cells.

And this means that your fat cells, well, they're not working properly...

## Are Your Fat Cells – “Sick”

So here is the most important finding that I came across.

You see, your fat cells have a pulse – so to speak.

Obviously you know that your fat cells are pockets where fats are stored for later use – like when you are exercising, when you are starving, or at night when you're sleeping.

But what has recently been discovered is that your fat cells – yes, those greasy storage pockets –actually release powerful molecules - called adipokines – that help balance out your energy stores in your body.

Meaning, they communicate directly with your brain and other cells in your body, to let them know two things – 1) when your energy levels are low, so they need to be filled back up, and 2) when you have too much stored energy and your body needs to **BURN SOME OF IT OFF!**



Okay, so what does this have to do with fat loss?



Plenty!

You see, in today's world, there is too much processed junk food, added sugar, and stripped-of-its-nutrients flour that my body – and yours – just doesn't process the same way.

In fact, 40 years ago, scales weren't really used to address weight gain, but your pants and belt did a good job of it!

If they got tighter, you added in a little bit more physical labor – and viola – your pants and belt started to feel looser again!

Now, today, that is just not the same experience. In fact, today your fat cells may be so inflamed that it limits your body's own ability to regulate your energy levels.

Meaning, your body may BECOME RESISTANT to these powerful molecules – which means you need to **RELEASE MORE** in order for your body to use them.

Or, because you are overweight, your fat cells don't release ENOUGH OF THESE MOLECULES so your body – and brain – don't know when you need to burn energy in order to “empty” our your fat cells.

Oh, and did I mention that no matter what anyone tells you, **YOU CAN'T LOSE FAT!**

It's impossible to lose fat, and here's why:

Your fat cells have a new job, and it's a pretty important job at that!

You see, when you eat plenty of sugar, your pancreas kicks into gear and produces insulin to counteract the rise of the sugar in your blood.

Now, when this happens, some of that sugar is transported into your cells, liver, and muscles to be used for energy.

However, this extra sugar – which your diet MAY BE FULL OF – could end up being stored as fat.

When one fat cell becomes so full of fat (no pun intended), then it calls up one of its friends – called pre-adipocytes - and tells that cell to start storing fatty acids and extra sugar.

Now, something else you need to know – when your fat cells become “sick” – or dysfunctional – then it prevents the release of powerful fat busting hormones (more on this in a minute) and release more hormones that promote fat storage, therefore throwing your body out of whack.

So you see, you don't **ever lose fat cells**, because there are cells that currently don't have a function, but in the right situation and at the right time – they can become full-fledged fat cells.

## The CURE for SICK Fat Cells

Now, before you think that there is a pill you can take, or a shot that can be administered...

There isn't!

In fact, there is really TWO WAYS TO "CURE" your fat cells.

And it has two do with powerful molecules that released from your fat cells.

Now, the two molecules are FAT destroyers – and if you can harness their power, than chances are you may lose the fat, maintain your fat loss- all while looking great doing it!

Now, the two hormones are Adiponectin and Leptin!

You may have heard of them before!

They are two hormones that help your fat cells determine how it will either use or store fat for later use.

Adiponectin- which is produced and released solely from your fat cells – communicates with your brain (similar to Leptin which I address in a moment), but more importantly, it helps to regulate blood sugar levels and help in the breakdown of fat.

So you would think it's pretty important, right?

Of course you would! And it is! However, the only problem is: your Adiponectin levels are **directly associated with the amount of body fat you have!**

So if you have a lot of body fat, chances are your fat cells aren't producing nearly enough Adiponectin.

And this could spell T-R-O-U-B-L-E for your weight!

Now, one way to **BOOST ADIPONECTIN** is to exercise and eat right! This is probably pretty obvious, but if you lose weight, then chances are that your levels of Adiponectin will start to slowly rise to normal levels.

The other hormone – Leptin – is another potent fat blaster secreted solely from your fat cells.

Leptin communicate with your brain and tells it when you are full of energy, or when you need to increase your metabolism to burn some of it off.

Inside your body, Leptin comes in two different forms: bound and free! Lean people have more bound Leptin (which is a good thing) and less free Leptin.

And this helps the Leptin reach your brain, where it tells your brain what your fat cells should do, either burn fat or store fat.

Now, here is the problem with Leptin: the cells in your body can become resistant to Leptin, which means your brain and cells won't be able to use it effectively.

So what do your fat cells do?

They release more BOUND Leptin – so it can try to get your body to burn more energy.

But that bound Leptin can't reach your brain, so it can't do its job!

And this may lead to overeating – which could only **pack on the fat**.

So how do you get your body to use these two hormones?

Easy: living a healthier life for starters!

Eating the right foods (more on this a little bit later), exercising, and controlling your stress could **boost your Leptin and Adiponectin levels**.

And this may lead to greater WEIGHT and FAT LOSS – probably more than you have experienced before!

## **4 Nutrients Needed for Weight Loss**

There are FOUR potent nutrients – that you may have in your cabinets or refrigerator RIGHT NOW – that could help you ***BURN MORE FAT, LOSE MORE WEIGHT, and LOOK LEANER AND TONER!***

Although they are very common nutrients, many people don't know how effective they are at burning fat

# Special Nutrient #1: Hot Peppers



If you have ever cooked with hot peppers, then you know first-hand how hot they can be!

But the most interesting part of hot peppers – capsaicin – has been shown in countless studies to boost metabolism and increase energy expenditure.

Translation: **more weight loss – especially fat loss!**

Capsaicin – the aromatic component to red peppers and the single component that gives the peppers their heat – may be, hands down, the number one nutrient if you want to increase weight loss.

You see, capsaicin has been shown in countless studies to improve weight loss, boost metabolism, and increase overall energy expenditure.

Oh, and did I mention that it may be possible that it stimulates your sympathetic nervous system?

And that this may be responsible for limiting the amount of fat that goes on your body (in the form of body fat) and may even decrease your overall weight?

Well, it does, and there are studies to prove it!

A recent study showed that people who consumed red pepper flakes with their meal, showed increased energy expenditure and fat burn!

In another study, it was shown that capsaicin intake increased thermogenesis, by stimulating Beta cells that are located on your fat cells.

And this resulted in a greater release of fatty acids, increased fat BURN, and better overall fat usage (for energy).

If you want to burn A LOT OF FAT, then you should be including capsaicin or hot peppers for a fiery, but tasty meal!

## Special Nutrient #2: Garlic



Now, this culinary mastermind ingredient, is not only effective at improving the taste of your food – or fighting off vampires – but it also effective for boosting your fat burning.

Although garlic has been used to enhance the flavor of food – it got its main start way back in the Dark Ages as a way to protect people from the plague.

Fast forward to today, and you will find that garlic – when used as part of a healthy diet – may help boost your overall fat loss.

Now, you may be asking why?

When your fat cells are sick, there are a number of different things that happen.

One thing that happens, is you have an increase in TNF-alpha - which is a molecule secreted by many cells in your body –which causes an increase in inflammation in your cells.

Now, when this could lead to insulin resistance – which means your cells won't use insulin correctly – which could alter your blood sugar levels.

Also, TNF-alpha may boost your cortisol levels - which could end boosting your blood sugar and leading to you-know-what, that's right MORE FAT.

Plus, if you're insulin resistant, then that sugar may end up being stored as fat – instead of being use by the cells in your body.

Now, you also have something called PPAR receptors, which control everything from decreasing your blood sugar to creating healthier fat cells.

Why?

Garlic has the power to shut down TNF-alpha, which means it can unwind its detrimental effects (inflammation, insulin resistance, increased cortisol, and increased FAT storage) on your weight and ability to burn fat.

Plus, it can stimulate PPAR receptors, therefore creating happier and healthier fat cells, therefore enabling your fat cells to release those two powerful hormones, Leptin and Adiponectin .

And, this could ***boost the amount of fat your body can BURN!***

## Special Nutrient #3: Ginger



This spice, which has been used in the Middle East, China, and Asia for centuries for cooking and health, has also been used in other times and countries.

In fact, Romans used to use it to improve strength and health!

But, current research shows that ginger, just like garlic, can help you burn extra FAT!

Ginger contains 6-shogaol and 6-gingerol, which may do the same exact thing as garlic – stop TNF-alpha DEAD IN ITS TRACKS!

Plus, 6-shogaol has been shown to be a PPARy agonist – or something that stimulates the specific PPARy receptors.

So in this case, 6-shogaol stimulates the PPARy receptors - which may be GREAT NEWS for your fat cells!

Long story short – 6-shogaol activates PPAR $\gamma$  receptors, which could prevent those immature fat cells (preadipocytes) from becoming full, functioning fat cells!

Now, the other component – 6-gingerol – has been shown to down-regulate (slow the action) TNF-alpha, therefore increasing Adiponectin production and release – which is trouble for your FAT CELLS (but good news for your FAT LOSS)!

Who would have thought that ginger was so POWERFUL!

## Special Nutrient #4: Red Raspberries



Now, one of the hottest weight loss nutrients in the media today is raspberry ketones!

They are all over the place, and rightly so!

The research coming out on Raspberry ketones is amazing!

But first, what are they?

Raspberry ketones are the aromatic component to red raspberries.

Now, before you think that you can just eat a ton of raspberries, you should know this:

You CAN'T eat enough raspberries to get adequate amounts raspberry ketones – it just won't happen!

So what do they do in your body?

Raspberry ketones do 3 different things when it comes to weight loss!

First, research shows that they may increase the production and release of Adiponectin from your fat cells.

Secondly – and this may be the most exciting aspect of raspberry ketones – they have been shown to increase the activity of HSL, or hormone sensitive lipase – activity in your fat cells.

Now, as a quick run-down of HSL:

HSL, when activated in your fat cells, enables fat that is trapped, or stored, in your fat cells to be freed and turned into free fatty acids.

Now, these FREE fatty acids are either transferred outside of the cell (therefore shrinking your fat cells) into your bloodstream or they can be used by specialized cells in your body (mitochondria) for use as energy!

Simply put, raspberry ketones have been shown to increase the activity of HSL, therefore **freeing your STORED FAT!**

Last, but not least, raspberry ketones have been shown to reduce fat accumulation on your body.

So you see, raspberries are a simple, but very effective TINY FRUIT!



## Here's What to Do Next...



I hope that you enjoyed the “meat” in this free report and that you can start implementing some of the tips and nutrients above to help get your weight loss off on the right foot!

But, I am not done yet! In the next few days, you will learn other tips and secrets that many people have used to boost their fat loss...

Lose more weight...

And finally, get in the best shape of their lives!

Yours in health,

Jayson Hunter and Kevin DiDonato

PS – The tips in tricks in this FREE special report are sure to help you get leaner, toner, and trimmer in no time at all.

However, there may be an easier way.

For some people, they diet and exercise until the cows come home – and see very little change!

And that leaves them sad, frustrated, and flabbier – no matter how hard they work!

But there is a solution:

A formula that has been tested, researched, and PROVEN to eliminate the stubborn belly fat that's clings to your body!

The specialized nutrients found in this formula are safe....effective...and have helped thousands of people change their bodies – and their lives – forever!

Our specialized formula, Prograde Metabo 223 X, has been shown, in two separate independent studies, to burn 8 X the belly fat (compared to those who didn't take it).

And best of all...

People who use Prograde Metabo 223 X – in combination with a sound diet and exercise plan – may show BIGGER and BETTER results!

So, if you've been struggling to burn off those last 10 pounds...

Or you have loads of belly fat to lose...

You should try the safe and effective way to boost your fat burning and finally give you the lean, tone, and slender body you've been looking for.

Prograde Metabo223x was created after three years of intensive research on all of its ultra-powerful ingredients. Each one handpicked and studied relentlessly by our dedicated Research and Development team. So thank you for taking the time to educate yourself on real world weight loss.

Learn more about how this exact formula was scrutinized by doctors in not 1, but 2 clinical research studies. Find out what happened by clicking this link.



[\*\*Click HERE To Learn More About Our Revolutionary Fat Burner, Prograde Metabo 223 X >>\*\*](#)