YOU ARE NOT ALONE IN YOUR FAT LOSS FRUSTRATIONS

I used to be just like you. I understand completely where you’re coming from, and I’ve created this report to provide you with an educational resource you can depend upon when trying to lose weight or body fat.

Losing weight or body fat can be extremely confusing... especially if you’re trying to figure it out on the internet or by watching TV. The trouble with all of the material out there is that 90% of it is really garbage. 10% of the information you find is a gold-mine, and it’s a shame that it’s not easier to decipher through what works and what doesn’t. For this reason, I’ve decided to write The Dr. K Flat Stomach Formula and give away this extremely valuable information completely for free.

I work at my Physical Therapy & Personal Training center every day, and I meet with prospective patients and clients just like you all the time. I hear about the frustrations, and I understand that you’re trying. I know how hard it can be... and how discouraged you must get in working to truly reach your body’s potential.

I’m here to help you, and it’s my mission to guarantee you the highest quality fitness information found anywhere on the internet... Your body, your health, and your happiness mean a lot to me.

Thank you for your trust and loyalty,

Dr. Kareem F. Samhouri
aka ‘Dr. K’
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Doctor Of Physical Therapy & Kinesiologist (Fitness Pro) - What's The Use?

It’s a really interesting question to answer. Actually, for awhile I thought that I’d become a physical therapist, but I never understood the bridge between the 2 fields. That is, of course, until I had severe joint pain and wanted to lose weight... (more to come on this in an upcoming video).

As it turns out, understanding ‘Neuro Fat Loss’, or fat loss based upon communication with your nervous systems for increased muscle contractile strength, coordination, muscular endurance, and resultant fat loss effect is essential to break through fat loss plateaus and barricades.

It makes sense, if you think about it... improve signal strength to your muscles so that your muscles don’t have to work so hard just to get a decent contraction; then, your muscles will be able to focus on thee exercise and your performance will improve. By improving performance with every repetition of every exercise you do, you’ll naturally get in shape faster. It just makes sense...

But it gets better... as it turns out, when you are speaking the ‘Neuro Fat Loss Language’, your posture will improve, aches and pains will go away, and your body will restore itself. You see, this type of movement creates more circulation to joints, nourishes areas of your body that stopped receiving adequate circulation and have begun to scar down, and feeds the fire of your metabolism to burn ‘Blue Hot’ all the time. Welcome to the world of Dr. K. I am going to enjoy teaching only the best.

“Anything’s Possible - You Just Need A Solid Plan...”

Dr. K, as he is fondly referred to by his patients and clients, can personally relate to you and your situation. He’s undergone his own body transformation, and he knows how to help you do the same...
Why choosing the right method for weight loss or losing bodyfat is the most important (& overlooked) step in getting results...

There are several factors in determining whether or not a fitness or weight loss method is for you and will help you get results quickly. Often times, people forget that what makes them so special, as an individual, is their uniqueness to one another.

The same thing is true about you and your fat loss program. Not everyone was created to lose fat in the same way, order, or speed. With this in mind, it's important to understand why you are doing things the way you are, and whether or not you are doing things in the way that makes the most sense for your body.

For example, some people don't process carbohydrates well at all. Others can develop gallstones by consuming too much protein. Some people are 'skinny fat' and others are just overweight or obese. Each population of person loses weight in a slightly different way.

Understanding your body and it’s most important processes is essential to designing a weight loss program that is guaranteed to work. It’s not that complicated, but it does take strategy.

In order to develop the best weight loss strategy for your body, it’s important that you get an education in fitness. If you need to build muscle first, learn to modify your exercise program to build muscle. If you have plenty of muscle already, it may be better for you to start doing high repetition based intervals and depriving your body of all sugars.

Low fat isn’t the answer...

As you can see above, the person who needs muscle will actually store more calories if they do increase their calorie intake. As such, carbohydrates are more accepted, and protein intake goes up significantly. Meanwhile, with all populations, we should be eating plenty of fat; fat is what keeps us full and helps us digest the rest of our food properly.

The concept reducing fat intake is equivalent to begging to be hungry all the time. By eliminating fat from our diets, we create a feeling of hunger, but we slow our energy process, or our metabolism.

In sequence of macronutrient breakdown, we first break down sugars/carbohydrates. Although there is some carryover between all macronutrient breakdown, this lasts for up to about 15 minutes of energy production and activity. After that, we break down proteins, which lasts for energy from about minute 15 to minute 40. From minute 40 to the 2 or 3 hour marker, or until our next meal, we rely on fats for energy production. Without fat, we lose this entire window of opportunity to have our metabolism on fire, instead of just sparking and hoping for a light.

Even people with ‘bad genes’ can get incredible results...

Sure, it’s possible that bad genes means you won’t have the world’s best six pack, but I’m living proof that a six pack is possible in a family that’s never had one before. I had to reduce my body fat lower than others to get there, and it was an uphill battle for awhile, but it was possible.

In order to create this level of success with losing fat, it’s essential to create a metabolic shift. Basically, by constantly raising your metabolism for a period of 4-6 months, your body will adapt and learn to function at this higher energy state, thereby allowing for a ‘metabolic shift’ to take place.

The good news is that you only have to exercise 4 days/week in order to have a raging metabolism at all times.
Why you want to avoid long, boring cardio when you’re working on losing body fat...

Doing any specific movement repeatedly over time enacts ‘Wolf’s Law,’ which states that your body will adapt to the stresses or demands placed upon it over time. In other words, your body will become efficient.

Historically, when the winter was approaching, our food became scarce and so we ended up having to run for longer in pursuit of food. Fortunately, our bodies were well adapted, and they learned how to increase fat storage in the lower abdomen, as this is closest to our digestive tracks. This fat storage pattern is what allowed us to slow down our metabolisms and survive the winter time.

In the new method for losing fat, or in Neuro Fat Loss, the key difference is that we are enhancing neurological signal to our muscles to make contracting a muscle easier, thereby allowing us to create more force. However, we are constantly asking a different movement of our bodies, thereby forcing us to remain inefficient during each workout and burn more calories.

Lastly, doing long, slow boring cardio results in the development of Type I muscle fibers, or oxidative muscle fibers. These muscle fibers, as the name implies, feed off of oxygen, not sugar; as a result, they do not consume glycogen, as do the glycolitic or Type IIb muscle fibers, which are repeatedly stimulated during weight training.

The pictures above:

In the first picture, you can see Dr. K speaking live in Tampa, Florida at an international fitness event hosted by Joel Marion.

The second picture is of Dr. K’s facility, Global Fitness LLC. This is where the magic started.

On the right, you can see a picture of DEFL 2.0 in action. As you can see, the exercise style in DEFL deals with unstable surfaces and core control - you’ll understand this more soon.
Crazy fitness ‘devices’ are not the solution... they’re terrible:

Devices like ‘ab loungers’, ‘ab rollers’, ‘e-stim devices’ and ‘pill and potions’ are all wrong. They are cheating your body of what it really needs.

In the case of the isolation-based abs training equipment, we are missing the whole point of the function of our abs. Our abs are made to be stabilizers and protect us from falling forward or backward when standing up from a chair to taking a walk. They also function stabilize the spine and prevent spinal injury. These are the functional uses of your core, and these are the uses that you want to train.

As for electrical stimulation, I’ve tried this with professional-grade equipment from my physical therapy clinic and I only got about 25% the necessary intensity to actually create change before I felt like elephants were walking on my abdomen. Terrible!

Pill and potions lead to cardiac arrhythmia’s, a metabolic shift downward, and interaction with other medications that can result in danger or death. Please be careful. They are very dangerous.

Your body is made to move in a certain way, and it is designed to strengthen itself in a particular sequence. By learning the language of your body, or your ‘Neuro Speak’, you are training your body to respond. Get ready!

COMING SOON:

Unstable Planks Are Better!

7 More Video Gifts - FREE!

If you think that the Dr. K Flat Stomach Formula report is good, wait until I show you what’s ahead. I’m going to be taking you on a fat loss journey like nothing you’ve ever seen before. And because you’ve put your trust in me, it’s all going to be FREE.
Marketing, marketing, marketing...

Most of the weight loss industry is marketing driven. In fact, as a business owner, I’ve had to study marketing a lot, and no matter what conference or seminar I attend, the weight loss niche is an example of good and bad marketing out there. It’s constantly referred to as the some of the most competitive marketing on the planet, and it’s supposed to be about health.

Somewhere along the way, business owners and venture capitalists discovered that people would spend just about anything on their health. Along the way came the first diet pill, then bogus diet books, then fitness programs that don’t even make you sweat. Before we knew it, there was so much information out there that we started buying the one in the prettiest package.

And then came the testimonial phenomenon and infomercials. One of my best friends in the whole world writes and directs feature films in Hollywood, so he knows the industry inside out. He’s confirmed that it’s common practice to hire actors for testimonials and actually fake the results. Thank goodness the FTC finally started regulating this, but the weight loss industry is full of good marketing and poor quality products as a result of greed and desperation.

Short Term Results & TV...

Think about what is news worthy. Is it someone who lost 60 pounds in 3 years or someone who did it in 3 weeks?

Time and time again, real stories of weight loss, stories that would inspire others to believe they are on the right track, are hidden and abandoned by media outlets. I was forced to create the fastest fat loss program available anywhere on the internet or I would have never stood a chance against others who could deliver immediate gratification.

I realize the importance of immediate results to stay motivated, so I provide them anyway... but the bigger lesson is fitness independence. Eventually, you’ll be able to take responsibility for your own health, but I’ll help you look and feel good as fast as possible to motivate you and show you what’s possible.

Weight Loss Confusion...

The diet industry actually benefits from your confusion. Think about it... how will the do better? If you buy one book or program or if you buy several?

It’s an obvious answer when you put in those terms. It’s not like medicine, where the ownership of a private practice is typically a doctor who has a patient-first mentality, but it’s more like a hospital, which is a business and looks out for profit margins.

One of the hard parts to understand, as we value our own health so much, is that it would actually be poor business practice to create single-serving buyers in weight loss, as I do. I realize that this what I’m doing is a bad business model, but the truth is I’m not in it for the business... although I enjoy being able to comfortably provide for my family and take vacations that create lifelong memories, my goal is you.

Before evaluating a product or program to determine if it’s a good fit, it’s worth taking a look at the owner and seeing what his/her motivation is. There are always exceptions, but this is food for thought, that’s for sure...

In the end, I want you to develop a relationship based upon trust with your weight loss goals. I’m giving you this warning not to scare you, but to inform you and educate you to make wise choices.

After all, it is a mult-billion dollar industry vulnerable to greed.
There is no standard for ‘personal trainer’ in the weight loss industry. ...but they take care of your body. This is your most important asset...

A lot of people don’t realize this, but you can become a personal trainer with just a weekend certification. Online, there are programs written by people who aren’t even certified and have never trained a client.

Unfortunately, even the well-intended may not be qualified to help you with your health. They may have great bodies themselves, but unless your body is the same size, shape, and genetic makeup, their methods may not work. Before choosing a personal trainer to work with, online or offline, be sure to check their credentials. They should be certified, they should be able to provide references, and they should sound knowledgeable when they explain how to customize a program based upon your specific body, as an individual.

Having a college degree in this area of study is a bonus, but not always necessary, as many of the world’s best personal trainers became passionate about their own health and learned from world-renowned experts before becoming certified.

Great, so now you’ve decided to hire a fitness professional to help you with your needs... how do you evaluate if the program is any good?

Learn more about the method, assess value, and then make a buying decision. If it sounds new and innovative, makes scientific sense, and is something you can sample ahead of time, you know you’re on the right track. Now it’s just a matter of learning about your body and providing feedback along the way... oh, and personality counts a lot. You have to get along with your trainer to have a positive experience.
Rapid Fat Loss System: 
(TS + EST + HRSPMS = RFL)

Having a system for fat loss is what it’s all about. Imagine being able to have the final answer to fat loss. Imagine having an answer that truly creates a state in your body like nothing you’ve ever seen before. Imagine your future, as you’re about to embark on a journey that teaches you every step of the fat loss process, and breaks it all into simple language along the way... no more scientific jargon, condescending exercise instruction, or demoralizing requests that no one’s self-control could possibly obey.

The Dr. K Flat Stomach Formula will be detailed to you, piece by piece, over the next couple of weeks, but, in summary, it comes down to dynamic movement, ridiculous intensity, 3D exercise, specifically stacked neuro and metabolic protocols, and furious motivation and inspiration to succeed.

The Triple M System + Energy System Training + Heart Rate Spiker Mini Sets = Rapid Fat Loss.

Please see your first gift in the VIP Members’ Invitation Area by clicking the link above and registering if you if haven’t already.

Fat Loss Education...

Without properly educating yourself on how to build workouts, there’s no way to customize an exercise to your specific needs or situation.

People down-talk machine-based workouts b/c they are cookbook positions and exercises... well, isn’t this also true when you don’t know how to manipulate the exercise to best serve you with free weights? (just to a lesser extent)

I certainly think so, and I’ve learned that by knowing how to create a workout based upon a specific set of goals for that day, I can reap 10x the benefit. Plus, I’ve learned that it’s important to periodize your program, so that you don’t hit plateau. Over time and training thousands of clients, one thing that I learned was that there was a specific sequencing to periodization of a program. For example, in the case of the ‘skinny fat’ person, it’s best to periodize your program as follows:

1. Neuro Facilitation (enhance signals to muscles for greater performance in the rest of the program)
2. Build Muscle (increase metabolism as muscle = your metabolism)
3. High Intensity Fat Loss Exercise (now that we’ve got a base and our muscles fire appropriately, we can get amazing results at record speed.)

Naturally, this should be done in 6 week periodization phases, leading to an 18 week total transformation.

Fat Loss Independence...

Fat loss independence is achieved through education. When choosing a fitness professional to work with, be sure s/he is attempting to educate you on how to build your own programs, feel the right muscles during an exercise, and contrast the pro’s/con’s of choosing a particular exercise in the programming for the day.

While getting in shape is very important, decreasing reliance on others for your own health is even more important. This is why it’s necessary for you to gain an education in your own body. After all, this is rocket science... what’s 30 days for gaining an education in your body that can last a lifetime and save you hours every week in the gym?
It’s time that we discuss how to succeed, permanently, with your fat loss goals. I don’t want to see you struggle anymore. In order to succeed, you’ll need to be prepared, and you’ll need to create a base. That’s why I’ve designed a 7 part video series to bring you up to speed. It’s called the ‘Lose 5 Pounds In 7 Days Video Series’ and it will teach you how to do exactly what it promises.

Click Here:  
Instant Access To  
The DEFL 2.0 VIP  
Members’ Invitation  
Area, Where I’ll Give  
You The Answer.
I really appreciate you taking the time to read this guide to your better & healthier body...

Now it's time to celebrate all of the education you're gaining in dominating your exercise program and creating the body of your dreams. I'm going to hold your hand along the way and teach you a method that has proven time and time again to get results that outweigh all other fat loss methods in overall benefit, bar none.

I have 7 fat loss videos for you, and they're all FREE.

Double Edged Fat Loss 2.0 is about getting the workouts and learning the methods. As a demonstration of the strength of this program, I'd like to give you several gifts over the next two weeks. Please check this link regularly in order to claim your gifts, as I'll randomly be adding them up there.

I've gone out of my way to film them in some of the most beautiful places I've ever been to, because I wanted you to have a positive experience while watching them. This is going to be a very, very fun ride together, and I can't wait to help you start losing 5 pounds in the next 7 days.

Are you going to lose 5 pounds in the next 7 days?

It's really a decision at this point. I'm going to give you all the information you need, starting with two 5 minute per day workouts you can do to improve posture and burn fat at the same time.

You're going to notice a tremendous difference when you experience The Body Transformation Mini Circuit & Heart Rate Spiker Mini Sets for the first time. These two 5 minute/day programs have proven over and over again to trim up waistlines and start a fat-melting furnace in your body that incinerates fat before your eyes. Some mornings, you'll wake up and wonder if you lost weight while you were asleep... talk about a great feeling!

All you have to do get started on this fat loss journey and take advantage of the DEFL 2.0 party is click the link below and check back as often as possible:

How To Contact Me:

The best thing you can do right now is go on over to the DEFL 2.0 Launch Members' Area - it's a series of free gifts to you, and I'll be randomly posting stuff up there on a regular basis. I strongly encourage you to hop on over and take a look. This is some of the best work I've ever done, and it's FREE for you.

Contact Options (in order):

- Blog Comments - VideoFitnessBlog.com (this is by far the best way to get a hold of me directly)
- Email

I'm here for you... I promise.

I know you're probably scarred by other online promises from the past. This is different... I really care about you.

930 Town Center Drive
Suite G-75
Langhorne, PA 19047
USA

Click Here & Get The Final Answer To Fat Loss

Click Here & Get The Final Answer To Fat Loss

The Final Answer To Fat Loss

(click here)