

Uncover the most incredible weight loss discoveries ever! Endorsed by top doctors from Harvard Medical School, Johns Hopkins, Mayo Clinic, & more!

EAT MORE BURN MORE

How to Lose 30—100 Pounds Eating **MORE**
& Exercising **LESS**



**By *New York Times* Bestselling
Author Jonathan Bailor
and The Experts at SANESolution**

Praise for Jonathan Bailor's *SANE Solution*

"I am often asked when there will be a proven prescription for weight loss. This is that prescription."

- **Harvard Medical School's** Dr. Theodoros Kelesidis

"A treasure trove of reliable information...hot, hot hot!"

- **Harvard Medical School's** Dr. JoAnne Manson

"Reveals the real story of diet, exercise, and their effects on us. I heartily recommend this."

- **Harvard Medical School's** Dr. John J. Ratey

"Opens the black box of fat loss and makes it simple!"

- **Dr. Oz's Personal Trainer** Joel Harper

"I'm a big fan"

- **P90X's** Tony Horton

"Will do more to assist people with their health than all the diets out there put together."

- **New York Times Bestselling Author** Dr. Christiane Northrup

"Provides a powerful set of tools for creating lifelong health!"

- **New York Times Bestselling Author** Dr. Mark Hyman

"Brilliant! Will change the way you look, live, and feel!"

- **New York Times Bestselling Author** Dr. William Davis

See hundreds more medical reviews and success stories at:

www.SANESolution.com

To my best friend, partner, and wife, Angela. Just the thought of you brings me more joy, more satisfaction, and more life than anything else I have ever experienced. You are my beloved, without reservation or qualification, as we dance into eternity.

To my heroes and parents, Mary Rose and Robert. All that I am is thanks to your love, example, and support. From the day I was born, and every day after, you have always found a way to help and love me. I live, hoping to return the favor.

To my friends and partners, Scott, Tyler, Sean, Abhishek, April, Lori, Wednesday, Josh, Jason, Andrea, and Rebecca, my delightful sister Patty, my wonderful brothers Tim, Cameron, and Branden, and my loving in-laws Terry and Carolyn. You are such treasures. Thank you for being who you are and thank you for meaning so much to me.

To you and the hundreds of thousands of other SANE family members all around the world with the courage to eat and exercise smarter. You have taken the road less traveled and it will make all the difference.

Welcome to the SANE

family! Jonathan Bailor here and I want to thank you again for taking time out of your hectic schedule to ensure that **your dinner**



Cristina Lost 45 Lbs. by Eating More Food!

She was also battling diabetes and poor cholesterol but no more. She's healthier than ever. Best of all, she said... "After five years of trying, I finally got pregnant!" - Cristina Hanganu-Bresch

table is for savoring and smiles, not self-criticism and calorie math. Eating should be a source of joy and wellness, not shame and sickness. I sincerely hope that our time together will open your eyes to how easy it can be to reach your weight and fitness goals once you **break free from the confusing and conflicting outdated theories and lies that have trapped you for so long.**

If you only take one thing away from this book let it be this: **Any weight problem you may be experiencing is not your fault!** I know that may sound trite, but it's true. How can you be expected to lose those annoying pounds when all you've been given is outdated science and methods from the 1960's that are proven to NOT work.

My mission is to not only reshape your body, it's to **reshape the way you think about weight loss.** What that means is I will be here with you every step of the way to provide all the support and tools you need to finally reach your weight loss goals. Whether you need to lose a few extra pounds around your belly, are looking for a complete body transformation, want all-day energy, or just want to make sense of all the confusing and conflicting health information out there once and for all, **you are finally in the right place!**

TIP: Be sure to reply to the last email I sent you with "Got it!" so I know you are all set to get all your upcoming SANE bonus recipes, tools, and how-to videos.

So if you are ready to stop counting calories... Ready to stop killing yourself with exercise you hate... **Ready to end your struggle with weight...**

...and are tired of being hungry and tired...this is your chance. It's time to get off the dieting roller-coaster once and for all. **Are you ready?**

I urge you to **make a commitment to yourself to continue this journey.** You are worth it. After all, you took action to get this book so that means you are ready and willing to step up and make positive changes. If you follow the simple and scientifically backed principles we teach, **I promise you will lose weight...and keep it off for good.**

You are part of the SANE family now and I am so excited to have you here as we bust the myths that have been holding you back... perhaps for years. Remember this...**now is your time**, and these are your proven tools for lasting weight loss success. Welcome home.

Can't wait to meet you at SANESolution.com,



Jonathan Bailor

New York Times Bestselling Author, SANE Founder, and soon...your personal weight-loss coach

P.S. Over the years I have found that our most successful members, the ones who have lost 60, 70, even 100 pounds...and kept it off...are the ones who **start their personal weight-loss plan on our [FREE half-day Masterclass webinar](#)**. It's your best opportunity to fall in love with the SANE lifestyle, learn exactly how to start making the simple changes that lead to dramatic body transformations, and get introduced to your new SANE family. **Be sure to reserve your spot now at SANESeminar.com.**

FREE HALF-DAY INTERACTIVE MASTERCLASS WITH NEW YORK TIMES BEST SELLING AUTHOR AND NATURAL WEIGHT-LOSS EXPERT JONATHAN BAILOR

If You Are Ready To Get Off The Yo-Yo Diet Roller-coaster, Then It's Time To Start Your PERSONALIZED WEIGHT LOSS PLAN With Me!

Live Half-Day Seminar Tickets Cost ~~\$297~~, But For A Limited Time, You Can Attend Online For FREE!

SANE Weight Loss Results Planner

1. What is your current weight?

2. What is your goal weight?

3. What is your gender?

4. Are you over 40?

5. Have you dieted more than once?

6. Are you taking insulin or SSRIs?

7. Were your parents heavy?

8. Do you perceive your life as high-stress?

9. Do you get less than 6 hours of sleep / night?

10. Will you be inactive while going SANE?

Your SANE Results
Based on your answers these are the results you can expect from following your customized SANE plan.

Weeks	Weight (lbs)
0	250
12	240
24	230
36	220
48	210

GET YOUR PERSONALIZED PLAN TODAY

Daily Servings

Vegetables:	Protein:	Fats:	InSANEity:
11	5	6	1

Total Weight Lost: 40 lbs
Weeks Until Goal: 48
Date Goal Achieved: 9/22/2016

During Our Time Together You Will...

Free yourself from all the confusion and conflicting weight loss information! See the latest science showing you how to get off the yo-yo diet roller-coaster for good, while you overcome emotional eating and cravings.

Learn simple ways to jump-start your motivation today! I'll show you how to effortlessly stick with your new Personalized Weight Loss Plan for lasting results that turn heads and get attention.

Start creating your own personalized weight loss plan--with my help--that will show you exactly how many pounds you can lose per week and even give you an exact date when you will reach your goal weight...without ever counting calories, being hungry, or spending endless hours in the gym!

Discover the one "adjustment" you can make today to increase your energy and ignite your natural fat-burning metabolism so you jump out of bed every morning with confidence.

Crush cravings and end emotional eating with just a few small changes to the types of sweets and fats you are eating. Don't give up what you love, eat more...smarter! Bust the top myths and mistakes that hold you back from losing weight and keeping it off. (You will be relieved when we finally put these lies to rest).

Plus, just for attending you will receive the entire \$297 Eat More Lose More Quick Start kit, with videos, cheat sheets, and food guide, for free so you can put this life-changing information to use immediately.



Getting Started Is Easy and Free:

There are many convenient times available

1. Type in this web address: SANESeminar.com
2. Click the button and select a convenient time
3. Enter your information to reserve your seat!

DUMB DIET

MYTH #1

You must *count calories* to lose weight.

WRONG: If the math behind counting calories was correct, we would have all gained 476 pounds in the last 8 years alone.

For more than 40 years, we've been told to eat less and exercise. How'd that work out? Instead of growing healthier and slimmer, we got SICKER and HEAVIER. That's the very definition of DUMB.

Your body is not a calculator. Simply reducing the human body to a mathematical equation doesn't work. *Not even close.*

Consider this: In one university study, researchers concluded that the average American increased calorie consumption by a jaw-dropping 570 calories a day.

OK, so let's do the old-fashioned calorie math...

An extra 570 calories a day should mean that the average person has gained *476 pounds since 2006.*

Let's say you weighed 125 pounds in 2006. That means you'd weigh a chair-breaking *600 pounds today.* It is unlikely that you weigh 600 pounds.



Will YOU Join the SANE 100 Pound Weight Loss Club?

Kyle did NOT count calories. He ate MORE SANE foods to set an example for his kids.

“Losing 114 pounds is certainly a big change.

But the real change happened, not in my muscles, nor in my abs. It happened in my heart...If you ever find yourself in a situation like mine whether it's weight loss or anything else, and you can't imagine where to begin...Start by putting Belief in your heart. Belief that you can do this. Belief that you are worth the time and the effort. Let it take root. Care for it. Water it. And it WILL grow.” - Kyle Wong

So why didn't we gain all the extra weight? Was it exercise? No. You'd have to jog over an hour and a half every day for 8 years to burn away those pounds. That's the equivalent of jogging across the U.S. 11 times over.

I'm guessing you didn't do that. *Don't feel bad; none of us did!*



So why don't we all weigh 600 pounds? It's *simple*.

Counting calories doesn't add up. It never has. And it never will.

Here's why...

Your body is NOT a calculator.

It "automatically" regulates your body weight...and cutting calories means NOTHING.

Researchers at the University of Washington discovered that your brain has a complex control system that works to keep your body at a *set weight*, no matter how many calories you cut.

Look at it this way...

If you breathe IN more air, you automatically breathe OUT more.

If you drink MORE fluids, you'll excrete MORE fluids. Calories and fat work the same way.

If you eat MORE SANE calories, your body burns MORE calories.

Want proof? That is why we all don't weigh over 600 pounds today—despite eating 570 extra calories a day.

Your body burned MORE calories as you ate MORE food, *but you never knew it was happening.*

Will YOU Join the SANE 100 Pound Weight Loss Club?

Christine didn't let a broken neck stop her from shedding 100 lbs.

"From recovering from a broken neck due to a severe car accident, to PCOS, high blood pressure and headaches, I've lived through the challenges. I have lost over 100 lbs and am medication free! When I began I weighed 278 lbs. wearing a size 4x. Today I am a fit 176 lbs. wearing a size 10 medium!" - Christine Biswabic

“The average human consumes one million... calories a year, yet weight changes very little...” That’s the conclusion of a molecular geneticist at Rockefeller University in New York.

He estimates that your weight stays at a set range with astonishing 99.5 percent accuracy. That means...



Cathy, an MD, lost 45 pounds while eating MORE!

by Cathy Britell, M.D.

“Despite continued dieting, my weight crept up to 230lbs. I decided to give eating more and exercising less a try. Went off half of my blood pressure medications, my blood sugar improved, as did my serum lipids. I’ve gone from a size 22 to a size 14 and have lost 45 lbs. and kept it off for over a year!”

Starving yourself is absolutely POINTLESS.

Your body will fight you every step of the way, unless...

...you learn how to heal your body and lower your set-point weight to that of a naturally THIN person.

Then, all of a sudden, your body becomes your fat-busting friend no matter how many calories you consume and...

You will NEVER have to worry about losing weight again. I go in-depth about how you can easily change your body’s natural “set-point” in your [FREE half-day Masterclass webinar](#).

To create the system you will start in the masterclass, I collaborated with top scientists for more than 10 years, analyzed over 1,300 studies, and received endorsements by top doctors and scientists from some of the most prestigious universities and medical schools in the United States.

The masterclass has everything you need to leave behind the outdated “old science” of weight loss... [Reserve your spot for free here](#).

Next we will cover the new, proven math of lasting, sustainable weight loss...

Healthy Weight Loss = Eat More + Lose More



“We couldn’t be happier with the results! We knew eating less worked short term, but we didn’t know another option was available for the long term.”
– Jenn & Jay Jacobs

DUMB DIET MYTH #2

You must eat less food and calories to lose weight.

THIS IS RIDICULOUS. There's little science to support this dangerous myth. Just LOOK:

- ✓ A famous study followed nearly 49,000 women for 8 years. One group of women ate an average of 120 fewer calories every day...that's 350,400 fewer calories overall. So after 8 years, they must have been a LOT thinner, right? Wrong. The lower-calorie women were less than a pound lighter. That is not a typo. Eating 350,400 fewer calories had less than 1 percent of the impact predicted by conventional calorie math.
- ✓ **Oh, and by the way, since when is STARVING yourself a good idea for your health? Hmm...how about NEVER?**

Conventional diet thinking is based on the assumption that taking in fewer calories forces our bodies to burn fat. Scientists have known this to be clinically false—so it's time you knew the truth, too. Keep reading and you'll discover that restricting the amount of calories you consume can only lead to one thing...

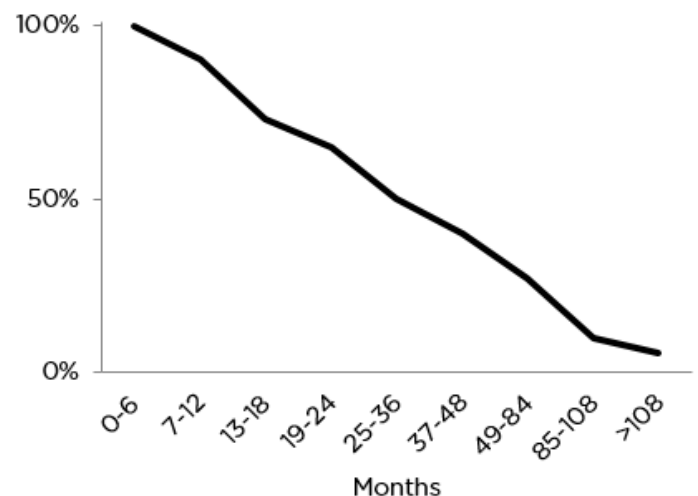
Complete and utter failure 95.4% of the time!

That's the documented failure of conventional dieting. And it has never been your fault—even though you might think it is.

Look, when you eat less food, your body does not burn more body fat. It burns fewer calories by slowing your metabolism. That's a very bad idea.

That's why you always feel tired and crabby when you're dieting. Your whole body and brain have slowed down. But wait...it gets worse.

Percent of People Who Lose Weight Long-Term Using the Calorie Counting Approach



When your body needs calories and it can't find any, it starts burning more muscle than fat.

Studies have shown that up to 70% of the non-water weight lost when eating less is taken directly from your muscles.

Not good. Not good at all. Want to set up someone to be fatter and sicker in the long run? Slow down her metabolism and take away muscle. Here's proof...



“My seamstress had to take in my dress twice. I was delighted. The crazy thing was how easy it all was. I achieved my goals without caloric restriction, fasting, stimulants, or cleanses. No hunger, no cravings. I was eating high-quality, satisfying food, in greater volume than ever, and I was getting stronger and leaner.” – Alicia Peterson

From the *Journal of the American Medical Association*.

In a journal article, a physician in the *American Medical Association* itself wrote that eating less makes us lose weight, not “by selective reduction of adipose deposits (body fat), but by wasting of all body tissues... therefore, any success obtained must be maintained by chronic undernourishment.”

So if starving yourself is a bad idea for losing weight...Then eating MORE SANE food must be the answer to losing weight? YES!

And that's exactly what you'll discover in the [free half-day masterclass](#) where we'll start your personal plan. And it's not just a theory. It's a scientific fact supported by cutting-edge research from the finest medical minds on Earth.

- ✓ A study at the University of Connecticut found that people who ate 300 more calories per day burned more body fat.
- ✓ A University of Pennsylvania study found that people who ate 9,500 more calories over 6 months lost 200 percent more weight.
- ✓ A study published in the *Journal of Adolescent Health* found that people who ate 65,000 more calories over 4 months *lost 141 percent more weight*.

Why is this so important for you? I know once you understand the science that leads to real, lasting weight loss your entire life will change for the better. You will love what you see in the mirror and you will have the energy to live life to its fullest. This is what I want for you and I truly believe you deserve that joy and happiness.

Next up we have a myth that one study found reduced weight loss by a shocking 86.5%! If you are struggling to keep off extra pounds this might be the exact reason... keep reading.

DUMB DIET

MYTH #3.

All calories are equal.

That's a LIE. You can eat the same number of calories and still burn more body fat.

It sounds crazy, but check the science from this shocking study.

- ✓ Researchers at Cornell University split people into groups, each eating 1,800 calories a day. The group who ate the *higher-quality* calories lost 86.5 percent more body fat than the “typical” dieters—even though they ate the *same calories*.
- ✓ A similar study at the U.S. Naval Hospital revealed that simply by altering the quality of foods consumed (NOT the number of calories), test subjects *lost twice as much body fat in just 10 days*.

The idea that all calories are created equal must be one of the oldest and dumbest diet myths of all time.

Look at *it this way*. If you were thirsty, would you stop in the road and drink from a muddy, polluted creek?

Of course not. Because the issue is *not* just quenching your thirst. You know that water *quality* matters a lot. So the solution to the water problem isn't to drink *less* water. The solution is to drink higher-quality water to quench your thirst. It's the same with your diet.

The answer to losing weight is NOT to eat LESS food but rather to eat MORE higher-quality (SANE) food.



From a Size 8 to Size 2 with MORE SANE Food

Carrie is BACK to her younger self!

“In just a few months I’m back to the same size I was in my 20s despite having crossed the 45 year mark. I’m never hungry. My friends have no idea how I eat so much, exercise so little, and stay so slim. My LDL cholesterol also fell 100 points!” – Carrie Brown

That's why we say all calories are *not* created equal inside your body.

In a study conducted at Marshall University, the test subjects were divided into two groups.

- ✓ **Group 1** went on conventional low-calorie diets.
- ✓ **Group 2** went on a low-carb diet and were told they could have an unlimited number of calories.

The results were shocking.

The limited-calorie group GAINED 5 POUNDS. The unlimited-calorie group LOST 11 POUNDS each.

So when you want to lose weight, the quality of your calories matters.

The key is to learn how to identify a “quality” calorie, which means you can eat all you want.

These delicious foods help lower your body's set-point (the weight range your body works to return to) with every mouthwatering bite.

How do you find these foods? The SANE approach to burning fat is the absolute essence of simplicity...

Discover the secret of “SANE” eating for life!

Here's how the principles work...

- **Satiety**: How quickly the calories fill you up and how long they keep you full.
- **Aggression**: How likely the calories are to be stored as body fat.
- **Nutrition**: How many nutrients—vitamins, minerals, essential fatty acids, essential amino acids—the calories provide.
- **Efficiency**: How many of the calories can be stored as body fat.

When you choose SANE foods that meet these core principles, you can do some things absolutely astonishing for your body.

1. You can heal & balance your hunger hormones. That includes the hormones that control fat storage, cravings, & your blood sugar.

2. You can lower your set-point to that of a naturally thin person.

And just like that thin person, you can become very efficient at burning fat—even if you eat more calories. Your body has no choice but to lose weight.

“How do I know which foods are SANE... and which are INSANE?”

It's easy. We've done all the hard work for you. As you [start your personalized weight loss plan](#) during the free half-day masterclass webinar, you will get all the facts you need to instantly identify SANE foods at your supermarket.

“That sounds great, but am I going to be eating carrots and broccoli all day?”

No! That's the BEST part. Your masterclass will open your eyes to a whole new world of enjoying good food like never before. There's no guilt, no confusion. You never count a calorie...a carb...a protein gram...nothing. You simply enjoy healthy, delicious meals and snacks every day like...

German chocolate pancakes for breakfast, lunch, or even dinner! Think you can handle this kind of weight loss food? The amazing recipe will be available to you online, on your phone, and available for printing. **Feel like a REAL breakfast this morning?**

How about a Ham and Eggs Bake— with HEAVY CREAM?

Yeah, that's right...heavy cream is in the recipe. Do you even have to wonder how good it will taste?

Do you love lasagna? (Do I even have to ask?) Our recipe is packed with beef and mozzarella cheese (the WHOLE milk kind) and smothered with tomato-basil sauce. This is NOT diet food. It's a new way of enjoying life!

How about dessert?

I will show you why dessert is definitely on your daily menu. And guess what? It's all 100 percent guilt-free.

So what will it be?

SANE German Chocolate Pancakes



SANE Ham and Eggs Bake



Chocolate-Peanut Butter Fudge?

Dark Chocolate-Espresso Cookies?

Cinnamon-Raisin “Rice” Pudding?

Mint-Chocolate Ice Cream?

You could throw a dart at these choices and never go wrong. And you’d be lowering your set-point, balancing your hormones, and fighting fat with every bite.

Believe it or not, there is still MUCH more, including *Dumb Diet Myth #4...*

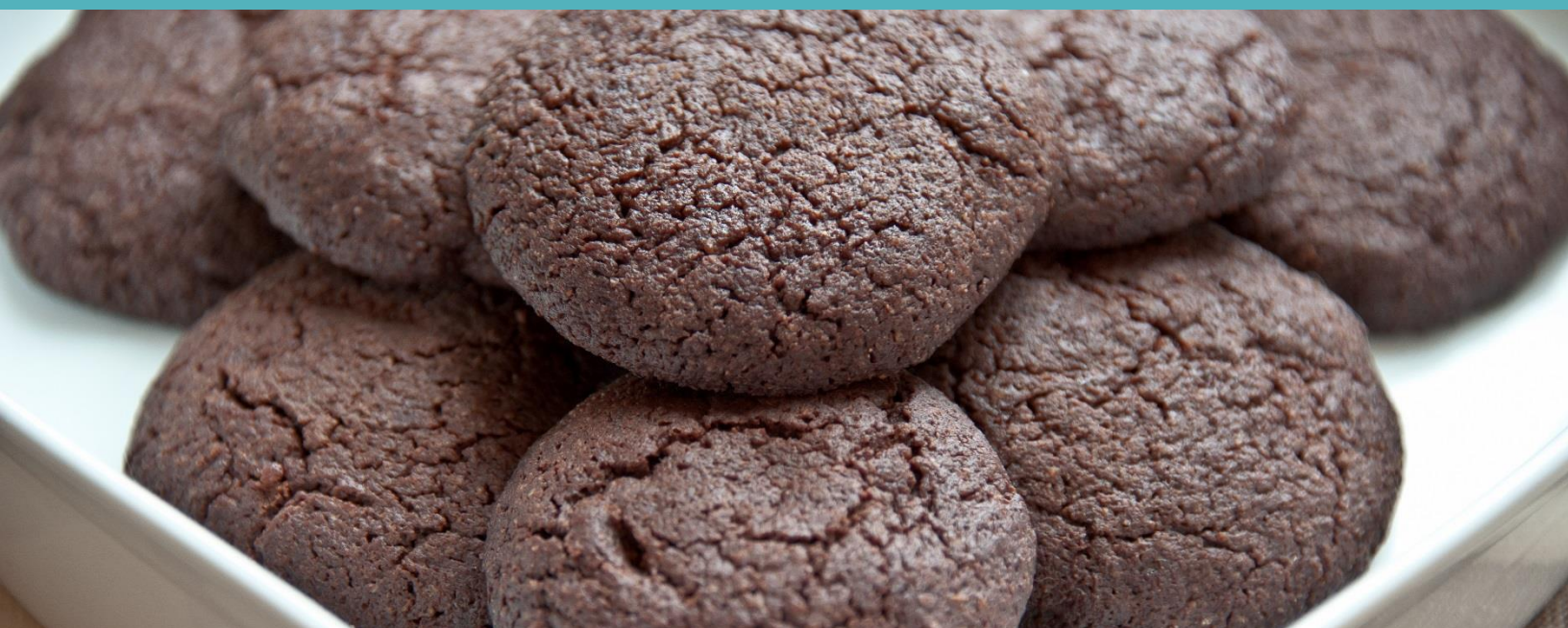
...the absurd notion that you need to exercise for hours to lose weight.

Wrong again.



SANE Chocolate PB Fudge

Fat-Burning and Health-Boosting SANE Chocolate Espresso Cookies



DUMB DIET MYTH #4

**YOU MUST exercise at
least 45 minutes a day.**

That's WRONG & could be dangerous, too.

All you really need is 20 MINUTES A WEEK
of SMART exercise.

I KNOW you think this is baloney, but it's NOT. It's simple arithmetic...

- ✓ **First, you need to know that exercise—especially walking—is indeed a very good thing for your health. But working harder and harder to try to lose weight is just plain dumb.**
- ✓ **According to a top MD and researcher, “Exercise by itself has not been shown to be highly effective in treating obesity because the increased energy use from exercise is generally offset by increased caloric intake.”**

So you know that eating LESS is not the best way to lose weight. But what about exercising *more*? I mean, if jogging 2 miles helps you lose a few pounds...then jogging 10 miles must be *five times* better, right?

Not at all. A lot of bad things happen when you push the exercise button too hard. First, many people who exercise more get the majority of their calories from low-quality starches and sweeteners. As a result...

**Your hormones are clogged, and your SET-POINT
actually goes UP.**

So you might get really good at running, but your body also becomes very good at preserving that belly fat—and packing it on.

It's incredible, isn't it? All that hard work, and in the end, your body and your hormones become your worst enemy when trying to lose weight.

The mystery of the marathoner who gained 18 lbs.



**NEW YORK
TIMES
BESTSELLING
AUTHOR**

Dr. Mark Hyman

“Provides a
powerful set of
tools for creating
lifelong health!”

Kim R. from Canada is a perfect example of this. She's run 18 marathons and two triathlons.

So naturally her weight should not be an issue, right? Here's what she has to say: **"I've run eighteen marathons and I put one pound on for each one. Eighteen marathons and eighteen pounds heavier. It is so maddening."**

Why does this happen so often? Here's an example: Let's say you jog for about 30 minutes. That will burn about 170 calories.

And let's say you're really trying to cut back on calories. So you resist the increased hunger pangs for most of the day.

Then at dinner you unconsciously drink an extra glass of low-fat milk because you're still thirsty. *You didn't even realize it at the time, but you've just taken in an extra 183 calories.*

Poof! There go the benefits of all that jogging. The problem is that it's just SO much easier to eat calories than to burn them.

"But jogging is very healthy for you, right?"

Well...not *always*. The American Heart Association found that jogging injures more than *half* of the people who do it.

This high injury rate is due in part to the fact that every mile we run, our feet hit the ground about 900 times.

Let's say you weigh 150 pounds. That means for every mile you run, you're smashing 135,000 pounds of force against your joints, ligaments, and every other part of your body.

That's like dropping 37 midsize cars on your head for every mile you run.

If you love to jog, that's fine. But you need to know that for losing weight and long-term health, there's a much smarter way to exercise.



**New York Times
Bestselling Author
& Celebrity
Fitness Expert**

JJ Virgin

"Smart, useful, and will change the way you look at fitness!"



**Dr. Oz's
Personal
Trainer**

Joel Harper

"Opens the black box of fat loss and makes it simple!"

When you learn to exercise the way I will introduce you to in your FREE [interactive masterclass webinar](#) you will get dramatic, **SLIMMING results in just **20 minutes a week**.**

Of course I know that sounds impossible. But the science is indisputable. One of the first and most wonderful things you'll discover is that you do not need to exercise longer or more frequently. SMARTER, not more, exercise is the secret. SMART exercise can also help REVERSE aging!

It's true. Scientists at the Buck Institute for Age Research discovered that after 6 months of SMART-style exercising, genetic makeup actually grew younger. From the researchers: *"the transcriptional signature of aging was markedly reversed back to that of younger levels for most genes that were affected by both age and exercise."*

Another scientist who reviewed these findings commented:

"Nothing else in human history has shown a functional reversing of age in humans at a molecular level."



**New York Times
Bestselling Author**

Dr. Sara Gottfried

"Cuts through the noise around diet and weight loss and tells it to us straight! Calories? Not the issue!"



**Alan Became a 120lb
Lighter New Man!**

"It seemed counterintuitive because I was eating more than ever! One of the best things is that the more you follow the plan, the easier it is. Making healthy choices becomes easier because you WANT to make that choice, not because you need to. Cravings go away. Laziness goes away. Those things are replaced with a desire to take on new challenges."

That's great news. But the best news of all is that the exercise plan I will show you couldn't possibly be simpler! Here is what I want to show you:

- ✓ **How to exercise MORE muscle in LESS time...and get much better results.** The secret? You need to learn how to activate certain muscle fibers that actually help “unclog” your fat-fighting hormones.
- ✓ **Why you need to focus on HORMONES, not calories, when looking at exercise.** Unless the exercise helps balance your hormones, you're doing more harm than good.
- ✓ **Why LOWERING weights when strength training** means LOWER weight on your scale. They also mean less strain on your joints!
- ✓ **Why your spare time is better spent having FUN** instead of sweating in a gym. Remember, more exercise is NOT better when you know these [fat-burning secrets](#).

It's all in your free half-day [“start your personalized plan” masterclass](#).

“It's like I found my confidence again!”

During this FREE half-day webinar, you will learn simple scientifically proven strategies to shed belly fat, boost energy, stay motivated, and get off the yo-yo diet rollercoaster forever...

CHECK TIMES IN MY AREA NOW

TIP: Due to high demand, may take 1 minute to find an available time.



But hold on to your horses because it gets even better! Keep reading and I will show you the science that proves you need to eat more delicious and satisfying FATTY foods, like nuts and chocolate if you want to lose more weight.

DUMB DIET

MYTH #5.

Fatty Foods are bad for you & your cholesterol.

There is no significant evidence of this!
Listen to a prestigious institution of public health: “The low-fat, high-carbohydrate diet recommended by the USDA...may be among the WORST eating strategies for someone who is overweight...”

But wait...there's MORE.

- ✓ According to the National Academy of Sciences and dozens of other respected medical organizations, dietary fat has little connection to obesity.
- ✓ In fact, there's even evidence that the lower your fat intake, the higher your risk for obesity.

Here's more from the prestigious Institute of Public Health: “People on low-fat diets generally lose about 2 to 4 pounds after several weeks but then gain that weight back even while continuing with the diet. Randomized trials of weight loss usually show little net weight changes after a year.”

The science is perfectly clear...

Foods containing fat do not make us fat.

You've been led to believe so because a gram of fat contains more calories than a gram of protein or carbohydrates.

But now we know calories are not the problem when losing weight...fat is not the problem either!

SANE Roasted Garlic and Herb Meatballs



SANE Hazelnut Nutmeg Granola

One international cholesterol expert puts it well: “The idea that you become fat by eating fat is just as silly as to say that you become green by eating green vegetables.”

“Aah, but fatty foods are BAD for cholesterol, right?”

That’s another myth that’s been around for decades. There is no proof that high total cholesterol causes heart disease.

NONE.

After analyzing 26 studies, one researcher concluded that what the studies do demonstrate is that lowering your total cholesterol does not reduce mortality or heart disease rates.

It’s your HDL (good) cholesterol level that’s really important. You need to keep it nice & high!

When it comes to predicting heart health, leading heart, diabetes, and health organizations agree that low HDL cholesterol—not high LDL cholesterol—is what matters.

Looking at disease and death rates at various levels of LDL and HDL cholesterol, researchers have found that people with low HDL run a much greater risk of heart disease. That means...

You need MORE SANE fatty foods to help raise your HDL levels.



**SANE Creamy Buttered
Lemon Shrimp**



**SANE Butter Pecan
Ice Cream**

And believe it or not, both unsaturated and saturated fats help raise your HDL (good) cholesterol levels! These fats also help your body absorb essential vitamins like A, D, E, and K. And they're critical for healthy brain cells and hormone levels.

That's why everything I will show you to eat during our time together on the [interactive masterclass webinar](#) is packed with an optimal amount of health-boosting, flavorful FAT!

That makes them taste fabulous—as they help fight fat and heal your body!

What happens when you try the SANE approach to losing weight?

Ask the REAL PEOPLE who have used these proven principles. And look what happens when you discover the TRUTH about losing weight once and for all...



- My fasting glucose dropped from 270 to 160 in 2 weeks.

- I fended off the need to go on insulin.
- I lost 13" off my waist while eating more.
- I reversed my diabetes and lost 42lbs.
- My doctor is taking me off my cholesterol medication.
- I feel 30 years younger.
- I have dropped 7 lbs. in 5 days while eating more.
- This has literally changed my life.
- **I lost about 50 lbs. in the first four months without starving.**
- A lifesaving program.
- My cholesterol dropped by 50 points
- I'm so happy with this I could cry.
- Your skin will glow and your energy will soar.
- I actually cried in the dressing room.
- Lowered my blood sugar by over 100 units in 4 weeks.
- You will be a new you in no time.
- **I'm 2 weeks in and I'm down 9 lbs.**
- I dropped 2% body fat in a week.
- In 2 weeks I have lost 7 lbs. without feeling deprived.

- The weight-loss is just a bonus to me now. The real win is how I feel.

- **I lost 10 lbs. of fat and gained 4.5 lbs. of muscle in under a month**
- Believe it and get to work. A miracle awaits you.
- I am never hungry and I'm losing a pound a week.
- I can't believe how much this is changing my life.
- **My rheumatoid arthritis symptoms are basically gone.**
- **My hypothyroid symptoms have been eliminated.**
- This will change your life.
- My premature ventricular contractions stopped.
- My sleep apnea stopped.
- **I'm 30 days in and down 22 lbs.**
- I am off my medication for IBS.
- Can I do this for life? Yes, most definitely.
- Pounds will simply drop off for good.
- I lost 10 lbs. while feeling great.
- **I lost 25 lbs. The eating is effortless and the workouts are brief.**
- I can stick with this for the rest of my life.

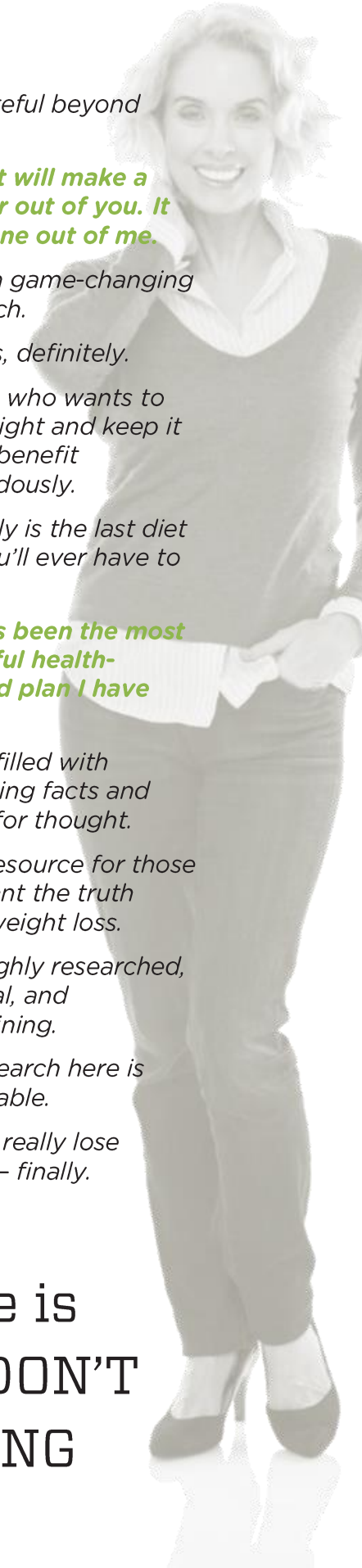
- Boy, does this thing work. 10 weeks = 20 lbs.

- **I'm completely blown away with the dramatic results.**
- My blood pressure stabilized.
- This will amaze you and forever change you.
- I'm not hungry, I feel great, and I'm shedding pounds.
- This will change your life dramatically.
- I've seen a 3" reduction in belly fat in 4 weeks and I am eating more.
- On my short list of life changers.
- **I feel so much better.**
- **My energy has returned.**
- **My cravings are gone.**
- This will forever change the way you think about diet and exercise.
- I no longer get distressed about the number on the scale.
- I dropped more dress sizes than when I ate 500 calories per day.
- **Lost so much, I had to get a new driver's license photo.**
- This is the Holy Grail to good health.
- I no longer need coffee to wake me up in the mornings.
- My taste buds have reset & I no longer have headaches every morning.

- **I almost lost my pants while walking across the parking lot.**
- My skin feels tauter, I feel calmer, and everything feels great.
- My skin looks clearer, my eyes are brighter, and my mood is lifted.
- I feel more alive.
- Holy cow...this is incredible material
- You can lose weight without hunger.
- **I have more energy than ever.**
- I am enjoying tremendous success.
- This returns science to the subject of nutrition.
- This is nothing short of amazing.
- This is the real deal. Highly recommended.
- This is the new Bible for health.
- **My anxiety and panic attacks have decreased dramatically.**
- Incredible. Fantastic.
- Makes complete sense.
- This is the most important "weight-loss" plan published ever.
- I cannot recommend this enough.
- This can change your life.
- This makes sense.
- I can do this. So simple and yet so profound.
- **I lost 2" off my belly in a week.**
- Decidedly sound. I highly, highly recommend it.
- Life changer. Mind-boggling. Eye-opening.
- Simple and easy to follow.
- This is a must read for everyone who cares about living the best they can.
- A comprehensive guide to the science of weight loss.
- It is pretty much a way to change your life.
- **I am never hungry. I do not crave food.**
- I feel great and have a lot more energy.
- Truly a game changer in the world of weight loss, fitness and health.
- **I feel better, sleep better, and am overall better.**
- Compelling and well researched.
- Can provide the missing info that can extend your life.
- People will be talking about this for years to come.
- Sound, intelligent and effective.
- A valuable paradigm shift.
- Tells the truth about not only weight loss but the whole package.
- I have more energy and fewer cravings.
- **This almost seems too easy.**
- Everyone needs to know how easy it is to change their lives.
- I'm eating more and in just over 2 weeks I have lost 4 lbs.
- I feel like I have come out of the fog and can finally see clearly.
- **I am so energetic now I almost feel hyper.**
- Increased energy level was the first thing I noticed.
- I have slept better, had better moods, no headaches.
- My skin glows.
- **I have no cravings for sweets or starches.**
- Myths are dispelled. Clarity is given.
- Systematically destroys myths and offers scientific findings in their place.
- Forget everything you thought you knew about nutrition and fat loss.
- Try this plan if you want to be lean and healthy.
- A wellness resource encyclopedia.
- Will change the way you think about diet and exercise.
- Research we can really use. **Hope for the hopeless.**

- Amazing. Complete. Thorough.
- Bar-none the best I've ever done, and the easiest to implement.
- You can't help but be changed.
- If doctors are to really help their patients, they would do well to try this program.
- Perhaps the best diet plan ever, period.
- **Thanks for changing my life.**
- The best plan of its kind I have found to date.
- True education in the sea of diet misconceptions.
- Exceptional. The advice works. I have lost about 30 lbs. so far.
- I feel very much different-like my body is humming.
- **Best investment I've ever made. Lost 4 lbs. in the first 3 days.**
- The best part is not being hungry all the time.
- **Improve your health and spend a lot less time & money doing so.**
- Should be required reading for every American.
- Insightful and thought provoking.
- This is exactly what I've been looking for so long.
- Revolutionary and game-changing notions.
- A breakthrough.
- Rewarding and stimulating.
- A tour de force in the science of human metabolism.
- **Turns current dietary guru's knowledge upside down.**
- Please America. Please check-out the truth in this plan.
- Thank you so much. I have been waiting a long time for this.
- Not only helping me lose weight, but to be healthier too.
- **My body feels good and full, and I'm not a cranky mess.**
- I'm grateful beyond words.
- **Try It. It will make a believer out of you. It made one out of me.**
- This is a game-changing approach.
- It works, definitely.
- Anyone who wants to lose weight and keep it off will benefit tremendously.
- This truly is the last diet plan you'll ever have to buy.
- **This has been the most impactful health-oriented plan I have tried.**
- A gem filled with interesting facts and "food" for thought.
- Great resource for those who want the truth about weight loss.
- Thoroughly researched, practical, and entertaining.
- The research here is impeccable.
- How to really lose weight - finally.

The VERDICT is IN. The science is UNDENIABLE. THE NUMBERS DON'T LIE! EATING MORE & EXERCISING LESS helps you lose the weight.



SO MUCH TO LOOK FORWARD TO...

You will learn much more about this as we start your personal weight-loss plan together in [your free half-day Masterclass](#) (reserve your seat at SANESeminar.com), but here are a few key reminders as you're getting started on your SANE journey.

SANE eating is a lifelong, enjoyable, sustainable, simple, and delicious way of eating. **It is not a repackaging of the unsustainable calorie counting diets that failed you.**

I know you understand this already—otherwise you wouldn't be here—but please keep in mind that since SANE isn't a calorie counting diet, you will not suffer through the same calorie counting tools and resources that failed you in the past. For example, **memorizing endless food lists and following unrealistic minute-by-minute meal plans aren't just a pain—they cannot work in the real world**, and they cannot work long term.

Life is crazy. Things happen. And heck, people have different tastes in food, so while minute-by-minute “eat exactly this right now no matter what” endless lists might make for good reality TV, if they worked in the real world, you would have already met your goals. **To get a different result (long-term fat loss and robust health), you MUST take a different approach.** That's what you will find here.

If you approach your new SANE life calmly, gradually, and with the next 30 years in mind rather than the next 30 days, **you will learn the underlying principles that enable you to make the SANE choices easily—forever.**

Think of your new approach as the difference between memorizing the sum of every possible combination of numbers versus learning the underlying principles of how addition works. Once you understand addition, lists and memorization aren't necessary as you know what to do with any combination of numbers—forever.

The same thing applies with food. Once you understand the new science of SANE eating, **you will know exactly what to eat (and what to avoid) everywhere you go—forever—without any lists** or any memorization.

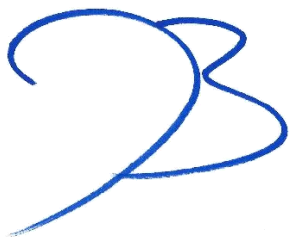
This new approach changes everything and will forever free you from all the confusing and conflicting weight-loss information you've been told. So please allow me to congratulate you on coming to the life-changing realization that **to get different results than you've gotten in the past, you must take a different approach than you used in the past!**

The great news is that when you combine a calm, gradual, long-term, and progress vs. perfection mindset with your scientifically proven SANE tools, program, and coaching, you are **guaranteed to burn belly fat, boost energy, and enjoy an unstoppable sense of self-confidence!**

Your new SANE lifestyle has helped over 100,000 people in over 37 countries burn fat and boost health *long-term*....and it will do the same for you if you let it and trust it.

Thank you for taking the road less travelled...it will make all the difference!

SANEly and Gratefully,



Jonathan Bailor | SANE Founder, NYTimes Bestselling Author, and soon...your personal weight-loss coach

P.S. Over the years I have found that our most successful members, the ones who have lost 60, 70, even 100 pounds... and kept it off... are the ones who **start their personal weight-loss plan on...**



our [FREE half-day Masterclass](#). It's your best opportunity to fall in love with the SANE lifestyle, learn exactly how to start making the simple changes that lead to dramatic body transformations, and get introduced to your new SANE family. Be sure to reserve your spot at SANESeminar.com.

Please Don't Lose Your Seat at the FREE Masterclass Seminar!

Reserve your spot now so we can start your perfect personalized weight-loss plan. Space is limited and fills-up quickly. Reserve your spot now so you don't miss out!

**[Yes! I want to reserve my spot now at
SANESeminar.com](http://SANESeminar.com)**

About the Author: Jonathan Bailor is a New York Times bestselling author and internationally recognized natural weight loss expert who specializes in using modern science and technology to simplify health. Bailor has collaborated with top scientists for more than 10 years to analyze and apply over 1,300 studies. His work has been endorsed by top doctors and scientists from Harvard Medical School, Johns' Hopkins, The Mayo Clinic, The Cleveland Clinic, & UCLA.

Bailor is the founder of SANESolution.com and serves as the CEO for the wellness technology company Yopti®. He authored the New York Times and USA Today bestselling book *The Calorie Myth*, hosts a popular syndicated health radio show *The SANE Show*, and blogs on *The Huffington Post*. Additionally, Bailor has registered over 25 patents, spoken at Fortune 100 companies and TED conferences for over a decade, and served as a Senior Program Manager at Microsoft where he helped create Nike+ Kinect Training and Xbox Fitness.

Get Everything You Need To Burn Fat and Prepare Delicious Meals at the SANE Store



Fat-Burning Flour



Mood-Boosting Chocolate Powder



Clean Pea Protein



Craving Killer Bake-N-Crisps



Slimming Sugar Substitute



Clean Whey Protein



Vanilla Almond Meal Bars



Craving Killer Chocolate Truffle



No Added Sugar



100% Natural



Gluten Free



No GMO's



No Dairy



No Soy

SANE™

Find all of these EXCLUSIVE tools, plus over 100 other fat-burning SANE products to help you and your family look and feel your best!

Visit Today: Store.SANESolution.com