THE

FAT DIMINISHER

QUICK START GUIDE
Alright Superstars -- Time to get busy!

Welcome to your official go-to quick start guide.

**In this Guide:** The secret belly fighting system used by Patricia to drop several pounds of life sucking fat off her body in 30 days

Before you dive in...

Pat yourself on the back for making the decision to commit to the Fat Diminisher System for the next 30 days.

Research shows that an average 74% of people who try weight loss programs quit in the 1st week... Even worse, an astonishing 94% of people never make it past the first month!

Isn’t that insane!

The last thing I want you to be is a victim of these statistics... The quick start guide was made to solve this problem.

The instructions are simple and easy to follow -- leaving zero confusion on what to do to shed the pounds and rejuvenate the body with energy you never believed possible.

You might be thinking -- What if this doesn’t work like everything else I tried?!

Nothing ever works from “trying”... Trying leads to FAILURE

I want you to put your heart into this program **consistently** for the next 30 days! That’s where you’ll find the real magic ;)}
Would You Like Some Extra Help?

Being consistent with anything can be tough in the beginning... But that doesn’t mean it’s not possible.

That being said, the bonuses included at the end of this guide will help you overcome a few road bumps that most people run into on their way to weight loss and awesome health ;)

P.S. Don’t forget to read the Fat Diminisher Book!

This Quick Start Guide is by no means a substitute for the Fat Diminisher Book.

Go back and read it first if you haven’t. It explains everything you need to know about the system and gets you prepared mentally to take on the Fat Diminisher Program.

Much Love,

Wes
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Hi there Superstar,

I want to give you something completely different and unorthodox here instead of the average meal plans that force you to starve yourself to death.

No more strange foods you must hunt and search for in grocery stores, no more depriving yourself during your diet.

The problem with strict dieting is no one wants to do it and no one will stay on it for a lifetime.

Do you remember giving up your favorite foods, losing weight and then gaining it all back?

Well that is not going to happen here. You can still eat your favorite foods using the Fat Diminisher System.

Losing weight is a very simple process and like I said earlier, you will be able to still enjoy chips, cake and most of all chocolate during your journey. Let me give you a fact about your body; once your body is alkalized, all foods that enter the body that is not nutritional will be eliminated from the body within 24 hours.

This means your body will no longer store fat, in the next 30 days your body will be a fat burning and muscle building machine on autopilot. We just have to adjust your natural body cycles which will take no longer than 4 weeks.

This is a very powerful and unique regimen and if you stay consistent with it, you will end with a smile at the end of week 4.

Ok here we go...
How to Eat For the Next 30 Days: Sunday – Saturday

The Fat Diminishing Drink -- Take once in the AM and PM

- 8 ounces of water, orange juice, or coconut water
- 1 teaspoon Of Wheat Grass
- 1 teaspoon Of Cacao Powder
- 1 teaspoon Of Spirulina

**NOTE:** Some superfood products -- Such as Wheat Grass -- will come with a “scooper” to ensure you take the right amount per serving. If that is the case, use the scooper instead of a teaspoon.

**OPTIONAL:** The Fat Diminishing Drink can be prepared as a smoothie if preferred. This is done by taking the three super foods and adding them to a detox and beautifying smoothie recipe.

The Complete Daily Regimen

**Morning Time: 8 am- 12 pm**

1. Drink a full glass of water first thing in the morning

2. Take your Fat Diminishing Drink as instructed. This is going to make your body alkaline which will allow your body to eliminate fats, free radicals and toxins fast.

3. Eat fresh fruits and veggies till noon

“What about protein Wes?” The spirulina will give you all the protein you need. If you get hungry you can always eat a hand full of almonds, cashews or walnuts.
Remember from 4am to 12pm your body is still in the elimination cycle. As the days progress you will be less hungry and your body will get rid of toxins and fat faster.

**Afternoon: 12pm – 5pm**

1. Eat a filling and satisfying lunch. You can eat anything you like besides red meat. (But do not eat to get fat full)

   For example: You could have a chicken salad, salmon, cod, or tilapia -- brown rice or sweet potatoes on the side... And any kind of veggie. Don't get hung up on the foods, the 3 superfoods will detox your body automatically of any unwanted fats, acids and harmful free radicals.

   **IMPORTANT:** Every meal should be followed with a hand full of raw veggies. Spinach, Kale, Broccoli and Arugula are the best for moving your body into an alkaline state quickly!

2. Having a small snack if you get hungry during the day before you get off work is fine (raisins, nuts, granola bars, fruit, etc.). I listed a few sweet but healthy snacks after the sample meal plan in case you have a sweet tooth emergency.

**Evening: 6pm -9pm**

1. Have a nice 3 course dinner of your choice (Remember do not get hung up on the foods... Only eat to be satisfied, not fat full)

   You can have a small glass of red wine at the end of your day. Red wine is a very powerful antioxidant, which serves your heart and boosts your immune system
2. Right before you go to bed, Drink a full glass of water and take the 3 superfoods once again and you will sleep peacefully till morning.

**Tip:** Try to go to bed 30 minutes earlier than usual. The earlier you go to bed, the more time your body gets to breakdown, digest and eliminate unwanted acids and fats. Translation: You will lose weight faster!!

**Saturday: Your Official Cheat Day**

Yep! You do have a cheat day. You deserved it! You can have whatever you please within reason. You can have any dessert your heart desires; a cookie, a slice of cake, and even a bag of chips.

Remember if you deprive your body of sweets in the beginning, you will fall back into your old habits and gain the weight right back.

Don't be afraid, treat yourself to some good ‘ole home style cooking and pat yourself on the back for an amazing week.

If you continue this flow for several weeks, your body's energy is going to increase and the weight will drop off effortlessly.

Your body will move from being acidic to being alkaline. Fats, illness and disease cannot live in a body that is alkaline.

Do this consistently for 30 days and share your joyous story with me. I can't wait to hear from you.

If you have any questions about foods or the workouts, please click the “Ask the Trainer or Nutritionist” tab, for immediate guidance and support.
WEEKLY MEAL PLAN

The meal plan that follows is the most effective meal plan that seems to work every time. But remember; do not get hung up on the foods.

You can always substitute out foods to meet your needs and ask us if you are unsure.

The *most important* thing is that you consume your Fat Diminishing Drink in the morning and in the evening.

Monday

- Breakfast- Only Fruit and Veggies and Your Fat Diminishing Drink
- Snack- 25 almonds
- Lunch- Turkey Wrap, 1 apple with a hand full of raw
- Snack- 1 piece of string cheese
- Dinner- Spicy Chicken, Side salad and 2 Tbsp. olive oil/vinegar dressing
- Before Bed: Your Fat Diminishing Drink

Tuesday

- Breakfast- Only Fruit and Veggies and Your Fat Diminishing Drink
- Snack- 2 small boxes of raisins
- Lunch- Leftover Spicy Chicken with a hand full of raw veggies
- Snack- 0% fat Greek yogurt
- Dinner- Miso Salmon, 2 cups of broccoli
- Before Bed- Your Fat Diminishing Drink
**Wednesday**

- Breakfast- Only Fruit and Veggies and Your Fat Diminishing Drink
- Snack- 25 almonds
- Lunch- Black Bean and Cheese Burrito, 1 apple with a hand full of raw veggies
- Snack- 1 piece of string cheese
- Dinner- Veggie Burger and bun with a hand full of raw veggies, Salad with 4 Tbsp. olive oil/vinegar dressing, 1 serving of sweet potato fries
- Before Bed: Your Fat Diminishing Drink

**Thursday**

- Breakfast- Only Fruit and Veggies and Your Fat Diminishing Drink
- Snack- 15 snap peas, 2 Tbsp. of hummus
- Lunch- Gobbleguac Sandwich, 1 apple with a hand full of raw veggies
- Snack- 1 banana, 1 piece of string cheese
- Dinner- Steamed Snapper with Pesto, 1 cup of brown rice, 2 cups of broccoli with a hand full of raw veggies
- Before Bed: Your Fat Diminishing Drink

**Friday**

- Breakfast- Only Fruit and Veggies and Your Fat Diminishing Drink
- Snack- 1 Bar containing nuts or raisins
Lunch- A Salad with chicken breast or grilled fish, 25 almonds with a hand full of raw veggies
Snack, 30 baby carrots, 4 Tbsp. of hummus
Dinner- Chicken Spinach Parm, 1 cup of brown rice, 2 cups of snow peas with hand full of raw veggies
Before Bed: Your Fat Diminishing Drink

Saturday
Breakfast- Only Fruit and Veggies and Your Fat Diminishing Drink
Cheat Day!!! Have fun and enjoy! Share how your week went on the fit wall!
Before Bed: Your Fat Diminishing Drink

Sunday
Breakfast- Only Fruit and Veggies and Your Fat Diminishing Drink
Snack- 1 Protein Bar
Lunch- Eat Out, with a hand full of raw veggies
Snack- 0% fat Greek yogurt
Dinner- Creamy salmon pasta, 2 cups of broccoli with a hand full of raw veggies
Before Bed: Your Fat Diminishing Drink
WEEKLY MEAL PLAN RECIPES

Turkey Wrap

Ingredients

- 1 tablespoon light mayonnaise
- 6-in. fajita size flour tortillas
- sliced deli turkey breast or ham
- 1/4 cup sliced red onion - optional
- 3/4 cup mixed salad greens
- 1 tablespoon Ragu® Old World Style® Pasta Sauce - optional

Preparation

1. Combine Pasta Sauce with light mayonnaise in small bowl.
2. Evenly spread on tortillas
3. Top with remaining ingredients and roll-up tortilla

Spicy Chicken

Ingredients

- 1-3/4 teaspoons paprika
- 1-1/2 teaspoons garlic powder
- 3/4 teaspoon salt
- 3/4 teaspoon onion powder
- 3/4 teaspoon dried thyme
- 3/4 teaspoon ground cayenne pepper
- 3/4 teaspoon ground black pepper
- 1 skinless, boneless chicken breast halves
Preparation

1. In a medium bowl, mix together the paprika, garlic powder, salt, onion powder, thyme, cayenne pepper, and ground black pepper. Set aside seasoning mixture for the chicken.
2. Preheat grill for medium-high heat. Rub some of the seasoning onto both sides of the chicken breasts.
3. Lightly oil the grill grate. Place chicken on the grill, and cook for 6 to 8 minutes on each side, until juices run clear.

Miso Salmon

Ingredients

- 1/4 cup packed brown sugar
- 2 tablespoons low-sodium soy sauce
- 2 tablespoons hot water
- 2 tablespoons miso (soybean paste)
- 4 (6-ounce) salmon fillets (about 1 inch thick)

Preparation

1. Combine brown sugar, soy sauce, water, and miso with a whisk in a mixing bowl.
2. Arrange fish in a shallow baking dish coated with cooking spray.
3. Spoon miso mixture evenly over fish.
4. Broil 10 minutes or until fish flakes easily

Black Bean & Cheese Burrito

Ingredients

- 1 8-inch flour tortilla add to shopping list
1/2 c black beans
1 oz low fat cheddar
3 tablespoons diced tomato
1 tablespoons chopped cilantro
1 tablespoons salsa

Preparation
1. Evenly spread beans, cheese, tomato, cilantro and salsa on tortilla
2. Roll up tortilla

Veggie Burger and Bun

Ingredients
1/2 cup cooked pureed white beans or beans of your choice
1/2 cup cooked brown rice
1/4 cup uncooked Quaker multigrain cereal or oats
1/2 cup cornbread stuffing mix
1/2 tablespoon parsley
1/4 cup chopped onion
1/2 tablespoon soy sauce

Preparation
1. Mix ingredients all together and shape into patties.
2. Fry on low heat in olive oil till each side is browned.
3. Serve with lettuce, tomato and grilled onions on a bun.
**Sweet Potato Fries**

**Ingredients**
- 1 medium sweet potatoes, rinsed and dried
- 1 tablespoon vegetable oil
- 1 teaspoon smoked paprika
- 1/2 teaspoon coarse salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon freshly-cracked black pepper
- 1/4 teaspoon cumin
- 1/8 teaspoon cayenne - optional

**Preparation**
1. Preheat the oven to 450 degrees.
2. Cut potatoes into 1/4" thin strips or desired thickness and length. Mix other ingredients together in a large bowl and toss with potatoes until evenly coated.
3. Transfer potatoes to a large baking sheet covered with parchment paper. Spread potatoes in a single layer.
4. Place in the oven and cook for 25-30 minutes, turning the fries once or twice to cook evenly.
5. Remove once edges are slightly brown and fries begin to crisp.
6. Sprinkle salt on top after removing from oven.

**Gobbleguac Sandwich**

**Ingredients**
- 2 slices whole grain bread
- 4 slices pre-sliced turkey
1/3 fresh avocado
- salt and fresh ground pepper to taste

Preparation
1. Mix avocado, salt and pepper.
2. Add turkey to bread.
3. Spread mixture on turkey.
4. Add veggies like sprouts and lettuce or organic baby spinach if desired

Steamed Snapper with Pesto

Ingredients
- 6 cups baby spinach
- 1 red bell pepper, thinly sliced
- 4 snapper fillets (6 ounces each)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 4 tablespoons pesto

Preparation
1. Preheat the oven to 450F and coat one side of four 12" x 20" sheets of foil with cooking spray.
2. Top half of each foil sheet with 1 1/2 cups of the spinach, 1/4 of the pepper, and 1 snapper fillet. Sprinkle with the salt and black pepper.
3. Fold the other half of each foil sheet over the filling and crimp the edges to make a tight seal.
4. Arrange the packets on a large baking sheet. Bake for 10 to 12 minutes or until the packets are puffed.

5. Transfer each packet to a serving plate. Carefully slit the top of each to allow the steam to escape. After a minute, peel back the foil to reveal the fish.

6. Check to make sure the fish flakes easily when tested with a fork. Top each serving with 1 tablespoon of the pesto before serving.

**Chicken Spinach Parm**

**Ingredients**

- 1 tablespoon olive oil
- 1 boneless, skinless chicken breast
- 1 tablespoon Italian seasoned bread crumbs
- 1 teaspoon grated parmesan
- 1/4 cup marinara
- 1 small clove garlic, crushed
- 3 handfuls baby spinach leaves
- Salt and pepper to taste

**Preparation**

1. Heat oil in a nonstick skillet over medium heat.

2. As the oil is heating, pound the chicken to 1/4 inch thickness, then sprinkle with bread crumbs, cheese, salt, and pepper, pressing so the crumbs stick.

3. Place in the pan with the garlic and sauté for 2 to 3 minutes per side.
4. Top with hot marinara and add the spinach, turning frequently with tongs for about 6 minutes.

Creamy Salmon Pasta

Ingredients

- 1/2 tablespoon olive oil
- 1 tablespoons flour
- 1 cups soy milk
- 1/4 teaspoon pepper
- 1 1/2 cups dried whole wheat penne
- 1/3 cup grated low-fat parmesan cheese
- 1 tablespoon pesto sauce
- 1 (6-ounce) salmon fillet (about 1 inch thick)

Preparation

1. Cook pasta according to directions.
2. Melt olive oil in a large nonstick frying pan and then stir in flour until "pasty". Stir in the milk gradually followed by the pepper.
3. Stir parmesan cheese into cream sauce until thoroughly blended.
4. Stir in pesto and cook on low for a 3 minutes or until thickened.
5. Stir in chunks of salmon just before serving to heat through.
6. Serve over pasta and enjoy.
<table>
<thead>
<tr>
<th>Sweet Tooth Snacks for Emergency Cravings</th>
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</thead>
<tbody>
<tr>
<td>Chocolate-Dipped Strawberry</td>
<td>Peanut Butter and Chocolate Pretzels</td>
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<tr>
<td>Choco-Nut Popcorn</td>
<td>Trail Mix (with Dark Chocolate)</td>
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<td>Frozen Chocolate Banana</td>
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<td>Yogurt Parfait</td>
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<tr>
<td>Dark Chocolate</td>
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<tr>
<td>All-Fruit Popsicle</td>
<td>Animal</td>
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<tr>
<td>Graham Cracker with Peanut Butter</td>
<td>Peanut Butter and Banana Sandwich</td>
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</tbody>
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1ST BONUS - 4 MINUTE BELLY SHREDDER FORMULA

Ok so I wanted to give you something that I’ve seen produce amazing results for my clients.

And just to give you a heads up... It’s simple

Remember, things don’t have to be complicated to get the job done. I once heard someone say “Don’t make the job harder than it needs to be” -- And that’s exactly what I did with this formula.

Let’s get to it

**The Belly Shredder Formula Recipe**

1. Take a bottle of Apple Cider Vinegar and some water (spring and alkaline water is ok)

2. Use a regular water bottle (or glass) to mix 2 teaspoons of Apple Cider Vinegar and 8 ounces of water.

3. Drink this mix 1 time a day and repeat the process for at least 2 weeks

**OPTIONAL:** The ACV formula can be taken up to four times a day. Also, be aware that 3 to 4 bottles may cause you to feel bloated due to the increased amount of liquids being consumed.

Unfortunately, I’ve seen a lot of people take this formula in a way that is harmful to your body... So I made a quick video to show you the EXACT way to take this formula without harming yourself.

[Click Here To Watch The Presentation](#)

Well that about covers it folks... Come back and give us update with your results! Before and after pics are always appreciated ;)}
2ND BONUS - 25 FAT FIGHTING SNACKS & TREATS

After receiving at least 1000 emails from many of you about how to deal with late night cravings...

It was time to get off my butt and give you the EXACT snacks and treats you can nibble on when you feel the urge to eat something sweet or salty.

Yep, that wasn’t a typo -- Me and the team got together and did some massive research...

There hundreds of snack recipes to choose from... Most of them doing more harm than good.

We sorted them out and picked up the Top 25 Snack and Treats that would virtually DESTROY the worst of cravings without fattening side effects.

Let me just say this... The snack book is amazing!

And guess what?

The Fat Diminishing Team and I decided to give you the Snack and Treats Guide for Free... Download and save this book because it’s not guaranteed to be free forever...

--> Click Here To Download & Save <--

P.S. - I know I'm not perfect, but I really appreciate you. Thank you for continuing to trust me as your trainer and as your friend... ;)

Much Love,
Wes
3rd Bonus - 7 Minute Gut Busting Workouts

Are you ready to see what an effective workout looks like in under 10 minutes?!

I’m too excited for you to experience these workouts!

They are the bread and butter behind the continued success stories of my Superstars at 7 Day Fitness.

These 7 minute workouts create UNSTOPABLE momentum that rivals even the best 30 day workout programs because of there ability to get the job done quickly and efficiently.

You might even find yourself drenched in sweat -- wondering in disbelief how a short 7 minute workout could be so effective.

After clicking the link below you will see 4 videos extracted from the actual 7 Minute Workout Program followed by the Superstar members of 7 Day Fitness...

I challenge you to choose one of the 7 minute workouts and leave a comment and tell me how much you LOVED IT!! (I look at the comments and reply at least 3 times a day)

Don’t let me down Superstar ;)

Click Here To Get Fit With Passion!

Much Love,

Wes
4th Bonus - Modified Workout Series

Did you find out how amazing the 7 minute workout are?! I bet you feel a bit on the sore side if you did ;)

And that’s okay -- The workouts are designed to challenge you!

However, if they are TOO challenging -- Well that’s a different case that needs to be solved...

This question has appeared time and time again in my inbox:

Wes!! Do you have any modified or injury sensitive workouts?

And even though it’s almost impossible to answer every workout request immediately...

I had to at least find a way get you guys a modified series of injury sensitive workouts ASAP!

The team and I -- thanks to red bulls and few all-nighters -- put together an easy injury sensitive workout series to help rehabilitate your injuries and stimulate muscle growth.

Now you have both parts of the equation:

The Fat Diminisher System empowers you with the quality nutrients your body craves... And your new alternative workout series enables you to fast forward your results without exacerbating injuries.

Click Here To Access Your Modified Exercises

P.S. - PLEASE Take advantage of these workouts... They’re best used to replace hard exercises and make injury recovery a lot easier ;)
FREQUENTLY ASKED QUESTIONS

Can you send a hard copy of The Fat Diminisher to my house?

Unfortunately, the Fat Diminisher is only available as a digital eBook. You are welcome to print the book after you have downloaded it so that you can read it on paper. However, we cannot mail you a hard copy of the book.

Where is The Truth About Veggies ebook?

To make things easier for our readers, we decided to include it inside The Fat Diminisher. You can find it on page 44.

I downloaded The Fat Diminisher Book but can’t open the file to access it. What do I do?

The Fat Diminisher Book is a pdf file which be view using Adobe Reader. If Adobe Reader is already installed, make sure you have download latest version by clicking the link below.

https://get.adobe.com/reader/

If the problem still persist, it is most likely a technical issue that involves device. Please find someone who is computer savvy to assist you if this is the case.
I cannot access my download link, where can I get it?

You can access the download here:

http://fatdiminisher.com/FD/download-fatdimish.html

I purchased a VIP Membership, but I still can’t log in?

Please allow 24 hours for your login username and password to be emailed to you. Once you receive that email, you will be able to log in. If it has been longer than 24 hours, please email support@fatdiminisher.com

What is the website for the VIP Membership?

Wesleyvirgin.com

Is there an alternative to wheat grass?

Yes. It is called Healthforce, and can be purchased following this link:

http://www.amazon.com/gp/offer-listing/B000ME1SZ0/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B000ME1SZ0&linkCode=am2&tag=httpconsume-rr-20&linkId=P2WITGOK5QIK4FKJ
I am allergic to gluten, can I still consume wheat grass?

Most people who are allergic to gluten will not be affected by wheat grass. They liken wheat grass to a vegetable instead of a grain because the plant has yet to produce a seed, which would then allow the plant to be considered a grain. Findings from USDA research notes, “Gluten is found only in the seed kernel (endosperm) and not in the stem and grass leaves”. However, if you still have concerns, we urge you to consult your physician before beginning.

What is the difference between wheat and wheat grass?

Wheatgrass differs from wheat malt in that it is served freeze-dried or fresh, while wheat malt is convectively dried. Wheatgrass is allowed to grow longer than malt therefore preserving extremely valuable nutrients such as chlorophyll, amino acids, minerals, vitamins, and enzymes.

When can I drink the delicious shakes that have recipes in the Fat Diminisher Book?

Anytime! The shakes are guilt-free and you can enjoy one at any time. You can also use one of the recipes as your Fat Diminishing Drink if you prefer it in smoothie form.
I do not like the taste of my Fat Diminishing Drink, what can I do?

You may add fresh fruit and veggies to make it into a smoothie, or you can use one of Wesley’s recipes from the Fat Diminisher.

How many times should I drink the Fat Diminishing Drink?

You should consume the fat diminishing drink twice a day, once in the morning after your full glass of water, and once at night before bed.

I work the night shift, can I still follow Wes’ program?

Yes, you can! You can follow the program but your scheduled times will be different. It’s simple, though! Just switch AM to PM and follow the plan starting on page 104!

Is there an alternative to Apple Cider Vinegar?

Sure, you can use Red Wine Vinegar or plain cider vinegar.

How long should I drink the ACV and water?

Forever! If you’d like, you can drink it in 2 week intervals.
Where can I purchase the 4 super foods?
(Please use these links to get a discount)

CACAO: [http://7dayfitness.com/content/cacao/](http://7dayfitness.com/content/cacao/)
WHEATGRASS: [http://7dayfitness.com/content/wheatgrass/](http://7dayfitness.com/content/wheatgrass/)
SPIRULINA: [http://7dayfitness.com/content/spirulina/](http://7dayfitness.com/content/spirulina/)
MACA: [http://7dayfitness.com/content/maca/](http://7dayfitness.com/content/maca/)

You said we should alkalinize our body, so why would I drink Apple Cider Vinegar, which is clearly acidic?

Even though vinegar is acidic, when we take apple cider vinegar it has an alkaline effect in our bodies. The fact that apple cider vinegar causes our pH levels to become more alkaline could play a large part in its curative properties. It also reacts to some toxins in our bodies, converting them into less toxic substances. Our bodies need a slightly alkaline pH balance to be healthy. The typical Western diet creates an acidic pH in our bodies, and many health problems are attributed to this. Taking a tonic containing apple cider vinegar can help restore alkalinity, and therefore assist the body in getting rid of some major health problems.

What if I have an allergy, or don’t like some of the fruit or veggies you recommend?

You are welcome to substitute for fruits and veggies that you can enjoy.

I’m a vegetarian, can I still follow the program?
Yes! There are many options that can substitute meat, some including tofu, lentils and legumes, eggplant, and jackfruit. Meat alternatives like Morning Star, Boca, and Tofurkey are great too!

**Can I eat eggs? Can I eat red meat?**

Yes, as long as they are cage-free. You can eat red meat after 2 weeks but it must be grass fed beef.

**Will Wesley send motivational emails sporadically and send me my incredible deals that will help me create the body of my dreams?**

He sure will! Wesley travels around the world quite often searching for the best nutritional hacks and rapid result exercise moments to ensure you can boost your energy and see the results you are seeking... Check and open Wesley's email daily to ensure you don't miss a beat!

**I can’t find the page for the Free Arthritis Reversal Offer**

Click Here to grab the FREE Book Reveals How to REVERSE Arthritis naturally (plus foods to avoid that worsen Arthritis)
I can’t find the page for the FREE Top Ten Fat Burning Exercises for 2015?

Click Here to grab the Top 10 Fat-Burning Exercises for 2015: FREE Follow-Along Exercise DVD shipped directly to your home!

Once again thank you for trusting me and allowing me to serve you as part of my mission.

Your purchase today will not only change your live but it will impact 10s of thousands of children in a positive way.

I will not rest until our children are healthy, fit and inherit a super positive outlook on life...
Thank you for taking this journey with me...

To a long and healthy life...

-Wes