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Disclaimer

You must get your physician’s approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don’t lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don’t perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don’t perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including the Flat Belly Flush Program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don’t use the Flat Belly Flush program, please follow your doctor’s orders.
Welcome to Flat Belly Flush!

Hi, I’m Derek and wanted to be the first to congratulate you on making the wise decision to invest in yourself and the Flat Belly Flush program.

Over the next 15 days, we’ll be flushing the fat straight out of your body using a few diet and detox tricks that will thin out your digestive juices to unclog your system...

So you can FINALLY start burning fat again :)

And I want to make this as simple and straightforward as possible for you, so here’s how it all works...

There are 2 stages to the Flat Belly Flush program...

Stage 1 – Digestive Detox lasts just 5 days and will thin out your digestive juices so you start burning the calories and food you eat for energy, instead of it all being shuttled straight to your fat cells...

Stage 2 – Flat Belly Burn lasts just 10 days and will build on the momentum of Stage 1 and rapidly boost your fat-burning thanks to a few simple morning tricks combined with eating the right foods and the right times...

Other than that, you’ll see the Red Water recipe below, which you will drink 4x throughout the day and is extremely easy to make...

And you have the 5-minute low-impact bodyweight workouts that you should do first thing in the morning before you eat or drink anything (except plain water)...

That’s it!

Just follow the step-by-step plan laid out for you below and you’ll be feeling lighter and leaner in no time :)  

Talk soon,

Derek Wahler, CTT
Certified Turbulence Trainer
**Stage #1 – Digestive Detox (5 Days)**

The goal of this first stage is to thin out your digestive bile, which is the juice that transports the nutrients from the foods you eat throughout your body.

You probably didn’t think THIS was the key to losing a lot of weight, did you :)

However, your bile is what breaks down the nutrients from each meal, so they can be utilized by your body. And when your bile is all out of whack, everything you eat gets stored as fat instead of burned off as energy...

And when you clean up your “bile health”, you can boost your fat-burning metabolism by up to 53%, which can be the difference between losing weight week after week or struggling to drop even a single pound no matter how hard you try.

**Here are the simple steps for Stage #1, do this for the next 5 days.**

1. **Start your day with 8 oz. of lukewarm water and the juice from half a lemon.**

2. **Perform one of the 5-minute low-impact workout routines.** You can find these at the download page you received access to after purchasing the program.
   a. For the best possible results, do the workout in the morning before you eat or drink anything (except water).
   b. If you’re advanced or have a little extra time, you can repeat the workout up to 3 times total (15 minutes). This is optional.

3. **Drink four 8 oz. glasses of Red Water throughout the day (recipe below).**
   a. For the best possible results, have a glass at 10 am, noon, 2:30 pm, and 5 pm

4. **Enjoy 3 cups of fiber-rich veggies with your meals throughout the day.**
   a. The easiest way to do this is have 1 cup each with breakfast, lunch, and dinner. You can also have this as a snack with some protein (chicken, turkey, lean ground beef, eggs, etc.)
   b. Examples of fiber-rich veggies are:
      i. Broccoli
      ii. Carrots
      iii. Beets
      iv. Spinach
      v. Collard Greens
vi. Swiss Chard 
vii. Sweet potato 
viii. Brussels Sprouts 
ix. Green Beans 
x. Kale 

5. **Remove all grains from your diet.** 
   a. This may be the hardest step, but it’ll also give you the fastest results. 99% of grains are processed to the point where they have very little nutritional value and they cause inflammation in your body.
   b. Here’s a short list of common grains that you should REMOVE from your diet:
      i. Pasta 
      ii. Bread/Bagels 
      iii. Rice 
      iv. Wheat 
      v. Cereal 
      vi. Tortillas 
      vii. Crackers 
      viii. Chips 
      ix. Popcorn 

**Red Water Fat-Flush Recipe**

- 1 ounce 100% unsweetened cranberry juice (do not buy the brands with added sugar, the only ingredient should be cranberries)
- 7 ounces cold water 
- Ice (optional) 
- Mix together and enjoy!
Stage #2 – Flat Belly Burn (10 Days)

Now that your digestive bile is starting to thin out and you can start burning fat again, you’re ready for Stage 2.

1. Continue doing everything from Stage #1 (all 5 steps).

2. Eat more healthy fats
   a. Aim to get 1-2 servings of healthy fats with each meal from the list below.
      i. Coconut oil (1-2 tbsp.)
      ii. Avocado (eat up to 1 per day)
      iii. Grass-fed butter
      iv. MCT oil (1-2 tbsp.)
      v. Olives
      vi. Eggs w/ yolk
   b. For example, you can cook your veggies in coconut oil or grass-fed butter. You can have half an avocado with your dinner, or add MTC oil to your coffee. You can have 1-2 hardboiled eggs for a snack. Whatever it is, aim to get one serving with each meal.

3. Eat healthy protein at every meal
   a. This will help you maintain lean muscle, burn more fat, and kill your cravings by keeping you full longer. Have some protein at every meal and snack, some great sources are:
      i. Chicken breast
      ii. Lean ground turkey
      iii. Lean ground beef
      iv. Steak
      v. Turkey burgers
      vi. Organic Eggs
      vii. Whey protein powder
      viii. Salmon
      ix. Tuna

To recap, for the next 10 days, you’re going to continue everything you did in Stage #1.

And you’re going to eat 1-2 servings of healthy fats with each meal, along with a protein source at every meal and snack.

Just by making these simple changes, you can see amazing results in the next 15 days without completely overhauling your diet or spending all day at the gym.
And I tried to make this as simple and easy to understand as possible, which is why I didn't write some 200-page novel that would only confuse you and include a bunch of fluff that doesn't really matter.

These are the KEY principles you need to jumpstart your weight loss and reverse the digestive “glitch” that'll finally have the weight coming off week after week without fail.

And most important of all...

Just do your best, NEVER give up, and keep pushing forward every single day no matter what...

I know you can do this, and once you believe you can too, NOTHING will stop you from reaching your goals.

Time to take action!

Derek Wahler, CTT
Certified Turbulence Trainer