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About The Author



what's up? This is Brandon Carter.

I've been a personal trainer for over 15 years. I've worked as a fitness model for Nike, Puma, Adidas, Brand Jordan. I've trained professional athletes, models, and thousands of others through my online videos. I put this eBook together to help you accomplish your goals. Whether it's burning fat, building muscle, or both.

I've helped a ton of people accomplish their fitness goals on YouTube, Instagram, and Facebook. My Facebook page has over 1.5 million fans and my YouTube videos have gotten over 60 million views. I receive tons of testimonials and transformation pictures from people every single day - telling me that my advice has helped them accomplish their goals faster than they ever thought possible. I know that this book will do the same for you.



Brandon; I wanted to send you my 1 year transformation. I sent you my 5 month transformation last year after I lost 40 lbs in 5 months. Time to get ripped for the summer again!

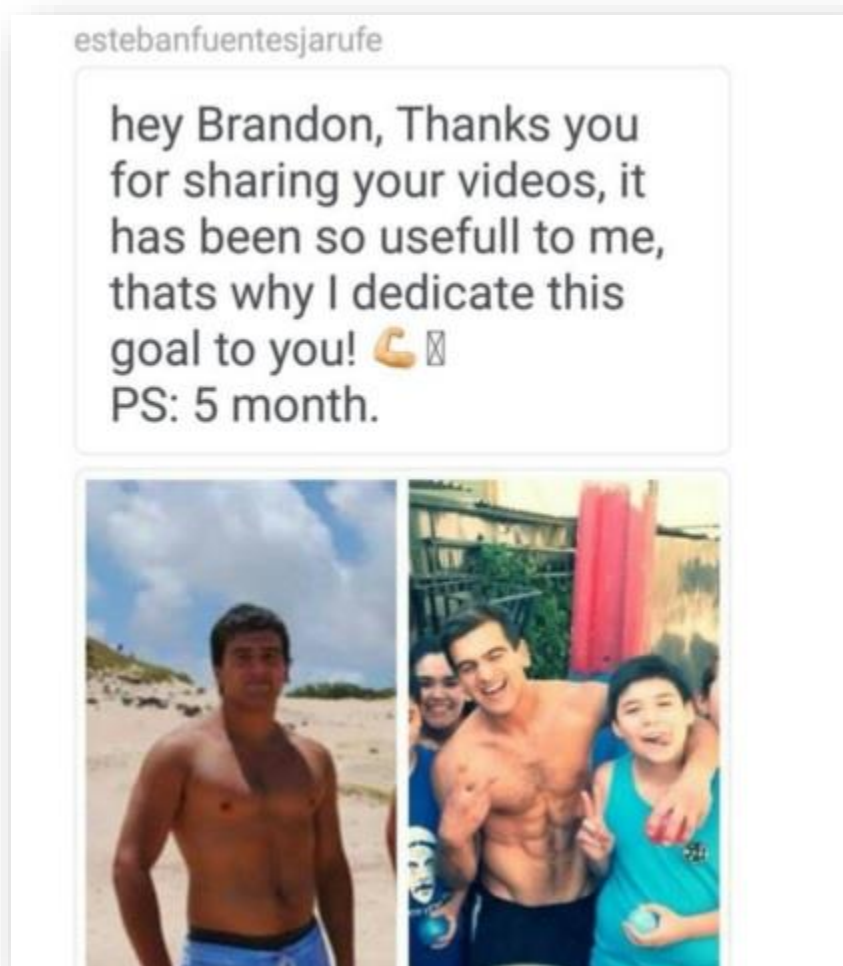
189lbs to 164lbs

Thanks for all the info you put out on YouTube. You're changing lots of lives every day.



The focus of this short guide is going to be on helping you achieve your goals with intermittent fasting. This is a method of eating and dieting that makes accomplishing your fitness goals a lot easier; it can help you accomplish them faster as well. Intermittent fasting is not the only way to get in shape, but I think it's a very good option to have at your disposal. Even if you do not choose to utilize the intermittent fasting method, I'm confident that you will still find a lot of information here that will help you accomplish your goals.

The material in this book is not advice that has only worked for me or advice that just worked for a few of my friends. Like I said before, I've been a personal trainer for over 15 years and I've literally trained thousands of people. This is the capsulation of advice that I have *seen* work for an extra large sample size of people. I'm confident it will work for you as well.



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[Snapchat: KillerCarter187](#)

Introduction To Intermittent Fasting



If you want to burn fat, you have to be in a caloric deficit, meaning you are burning more calories than you consume. If you want to build muscle, you have to be in a caloric surplus, meaning you are consuming more calories than you burn. Those are the basics, but intermittent fasting allows you to take advantage and manipulate your body's natural hormones and allows you to burn fat faster.

Let me explain...

Your hormones are important, especially hormones like leptin, testosterone, and growth hormone to name a few. If any of those hormones are low, even if you are in a caloric deficit, you won't burn as much fat. If those hormones are low, even if you're in a caloric surplus, you won't gain as much muscle. What I mean is your hormones count and must also be taken into consideration. That's why some athletes and bodybuilders take performance enhancing drugs; they basically mimic your body's natural hormones allowing you to get results faster. Intermittent fasting allows you to naturally optimize your body's hormones without any drugs. When your hormones are optimized, you will accomplish your fitness goals a lot quicker.

Intermittent fasting is not a diet; it's more of a diet pattern. By constantly fasting, then feasting, you are eating your allotted calories in a certain window or a certain block of hours during the day. With intermittent fasting, your body works differently when you're fasting or eating. When you eat food, your body converts that food into energy. Your body is going to use that energy to keep you alive and to do whatever it is you're doing at the time. The left over energy will be stored for later. It stores it for later by converting it into fat. That's why people gain weight. Mammals evolved to store fat as a means of survival.

As cavemen, our ancestors would hunt and kill a woolly mammoth, then bring it back to the tribe. Since they didn't have a refrigerator they had to eat all of that meat before it went bad. They could not afford let any of it go to waste because they weren't sure when the next time would be that they'd have their next kill/feast.

So, like the cavemen they were, they'd consume most of that woolly mammoth as fast as possible. Obviously that's going to be a lot more energy than anybody needs at one time, so what happens? It gets stored for later; your body will convert that energy into fat and then our bodies will use that fat as energy to keep us from starving over the next few days/weeks. Because cavemen could not eat whenever they wanted, they had to kill or grow something to

PRO TIP

To burn fat you have to be in a **caloric deficit** (Burning more calories than you consume).

To Build muscle you have to be in a **caloric surplus** (consuming more calories than you burn).

Here is a quick way to calculate a deficit. Take your body weight in pounds, multiply it by 10 and the number you get is how many calories you need to be in a deficit.

For a surplus, take your body weight in pounds and multiply it by 20 and the number you get is the amount of calories you need for a surplus.

survive. Cavemen weren't very good at growing things because the agricultural system was not yet evolved. This is the first time in human history where we've been able to eat food just about whenever we feel like it. Our bodies have not adapted to that. We still have the metabolism of a caveman.



Nowadays, with food options on every corner we can basically eat at will. Our bodies convert the food we eat into glucose or energy and use whatever it has to run on and the rest is stored as fat. On average we're eating more frequently now than ever before while simultaneously living more sedentary lives, so around the clock, we're storing a lot more fat than cavemen. Unlike cavemen however, most people will not go long periods of time where they are not eating foods or fasting, thus most people are not giving their bodies the same opportunity to burn fat. When the modern man stores fat, he must deliberately give his body a reason to utilize the fat as energy and burn it off. That's where intermittent fasting comes into play.

With intermittent fasting, you don't eat around the clock like regular people. You choose a certain time frame to eat and a certain time frame to fast. By fasting for a certain amount of time, you put yourself in the same situations the cavemen did but you do it deliberately and this allows your body to use the fat for what it's made for - for energy during times of caloric scarcity.

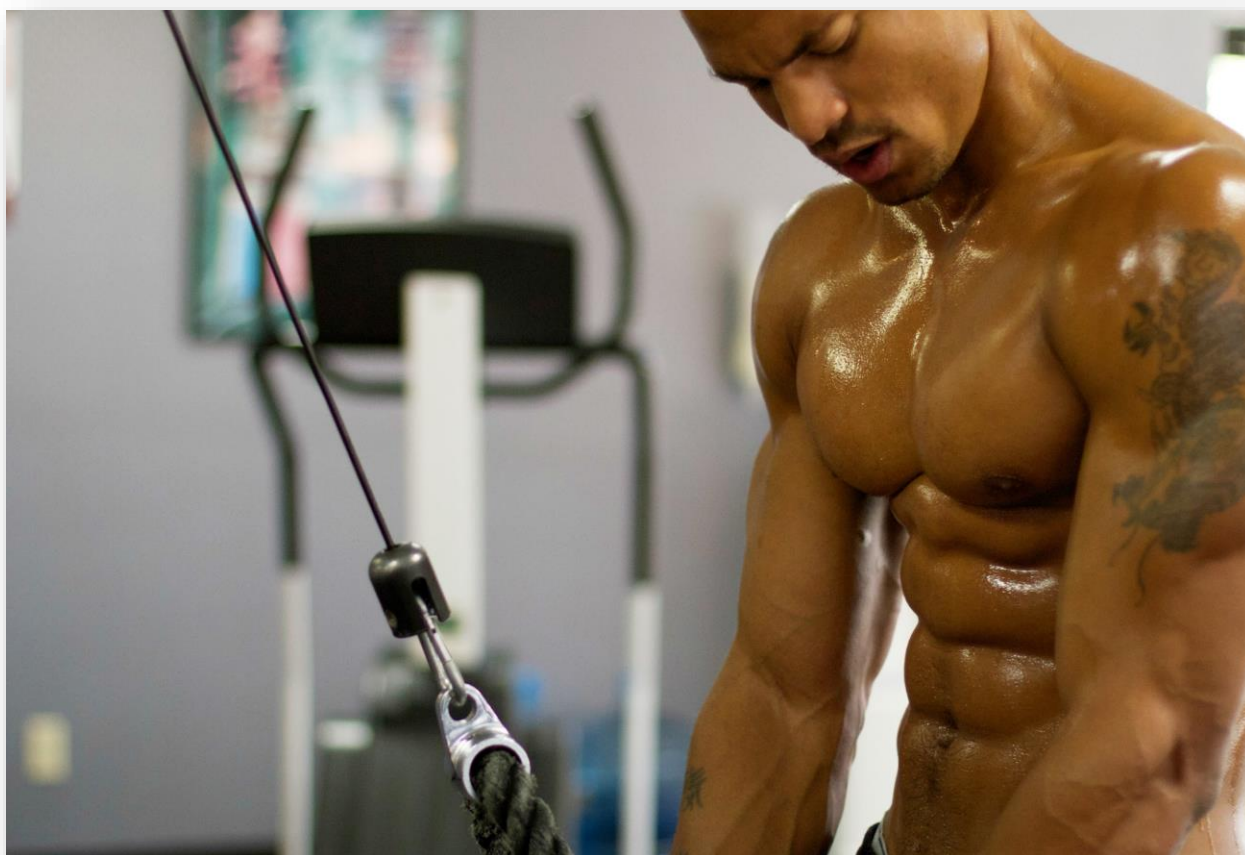
Your body also goes through a hormonal change when you utilize intermittent fasting. When you eat, your body reacts to the food by converting it into glycogen or energy. When your glycogen or blood sugar levels increase, your pancreas secretes a hormone called insulin. If your body is sensitive to insulin (unlike with diabetes), the food you eat will be used far more effectively, leading you to creating more muscle mass and holding onto less body fat. Intermittent fasting makes your body more insulin sensitive.

Insulin is an anabolic hormone, meaning it makes your cells grow, but it's indiscriminately anabolic. It'll make your fat cells grow and your muscle cells grow. When your insulin levels are spiked, your body will not be in a fat burning mode; it will be in a glucose burning mode. When you are fasting, the glycogen that is stored in your liver and your muscles is gradually depleted. If you work out, it will be even further depleted. That increases your insulin sensitivity. When you eat a meal after a period of fasting, it's stored more effectively. Most of the glycogen is going to be stored in your muscles and burned off as energy immediately to help your body recover.

Now, compare that to a normal day in your life. Your sensitivity to insulin is at a normal level. The foods you eat (carbohydrates in particular) will replenish your glycogen stores. There will be plenty of glucose in your blood and that makes it more likely that your fat stores will fill up and overflow again. When you sleep or after a period of fasting your body secretes more growth hormone and the production of insulin stops. Growth hormone is another hormone that will help you burn fat and build muscle. This puts your body in the best position to burn fat because insulin levels are low, growth hormone is high and your glycogen reserves have been depleted.

This is how intermittent fasting helps your body learn how to utilize food that you eat in a more effective way. Now, again, burning more calories than you consume is the most important thing you need to do to burn fat. Intermittent fasting not only optimizes your hormones, but it also makes being in a caloric deficit almost effortless.

How Do You Use Intermittent Fasting?



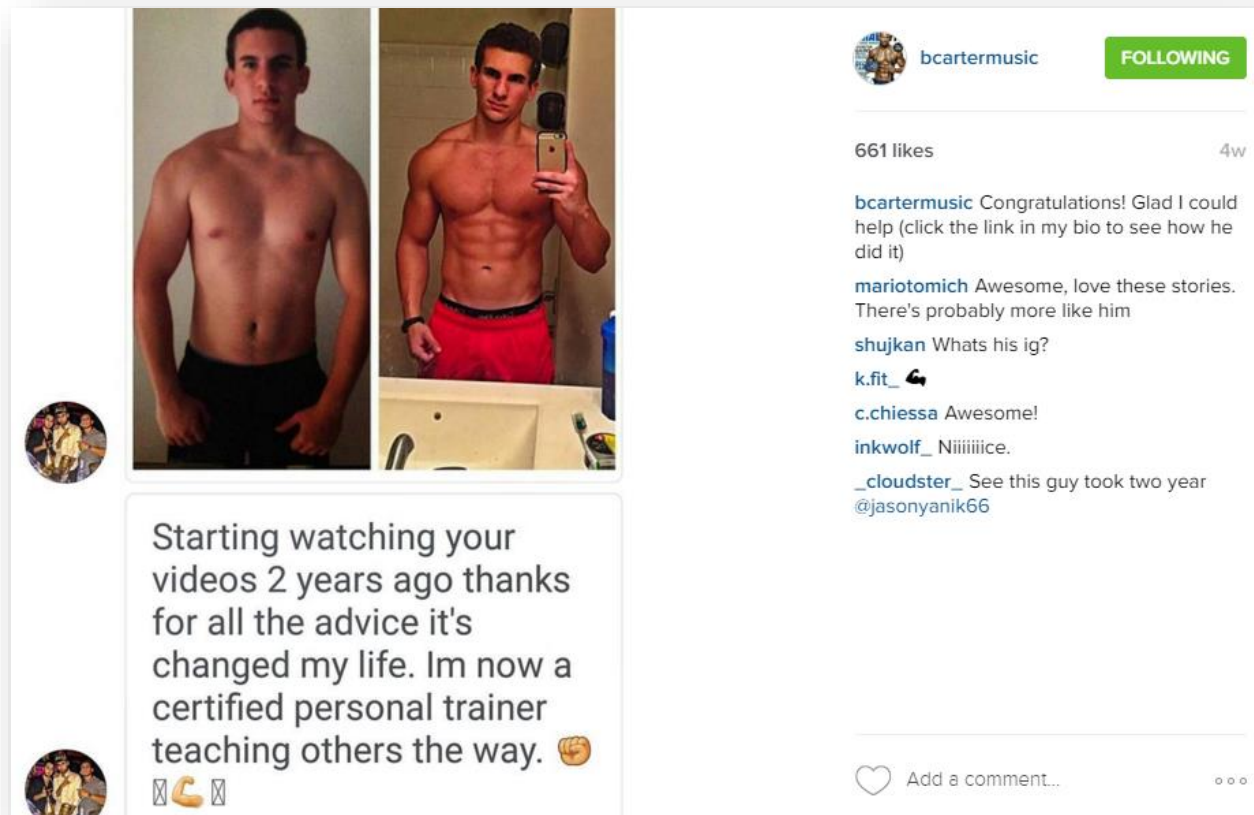
There are a few different methods. One is called the daily fast. With daily fasting, you pick a certain amount of time each day that you fast and a certain window of time where you will eat. For example, I really like the style of daily fasting. It was made popular by a website called Leangains. How it works is you fast for 16 hours each day (14 hours if you're a woman) and you eat within the other 8 hour window, (10 hours if you're a woman). When you go without food

for 16 hours per day (sleep time included) - fasting, your glycogen reserves become depleted. This increases your growth hormone rate and it lowers your insulin levels. When you finally do eat, the food will be digested and utilized much more effectively.

Even more important than that, limiting your food to only an 8 hour window almost effortlessly puts you in a caloric deficit, so instead of having to count every calorie all the time, restricting your caloric intake to an 8-hour window will almost automatically put anyone in caloric deficit. It's going to work better if you do track your calories so you don't leave anything to chance, but I know most of you aren't going to do that, so f*** it.

Lots of people get great results with daily fasting and I add this to my protocol when I need to get extra ripped for a shoot, a show, or a fitness expo.

Another way to fast is a style called ["eat-stop-eat"](#). This is where you go a full 24 hours of fasting and it works the same way, with similar benefits. How this works for example, you would have your last meal at 9pm on a Saturday and not eat again until 9pm on a Sunday. This way you actually eat food everyday of the week, but you have a 24 hour period where you're fasting intentionally.



You can choose either style depending what works best for your life but for me personally, I prefer to daily fast. How I do my daily fasting is by not consuming any calories until 3pm and having my last meal at 11pm. This takes some getting used to initially. Your body typically will take two to three weeks to acclimate to this style of eating. Once that happens, your body will know that it's not going to get food until later in the afternoon. Your body have to utilize your fat reserves for energy as you're giving it no other choice. The reason it takes that long to get used to is because your whole life, your body has been running on mostly glucose so it needs time to adjust to it's new fuel source: fat. Once that happens, you are going to notice that you have more energy in the morning than you used to because your body is not relying on a constant influx of glycogen. It will learn to tap into your fat reserves for energy.

A question I get all the time is, "What are you allowed to consume during your fast?" You can have anything WITHOUT calories in it, because calories will break your fast. That means water is great, tea is fine, coffee is amazing. Black coffee has zero calories, and it also helps you with

eliminating the hunger that's associated with intermittent fasting or any kind of dieting. Black coffee is a natural appetite suppressant. When I'm fasting, I usually start every morning with a big cup of black coffee, but not just any coffee.

I consider myself a badass, so I drink [Fighter Fuel](#). Fighter Fuel is a special kind of coffee that I had developed for the sole purpose of optimizing intermittent fasting. Fighter Fuel has higher caffeine levels naturally than other basic basic coffee because Fighter Fuel uses one of the lightest roasts available. A lot of people don't know that lighter the roast of a coffee bean, the higher the caffeine content. We made Fighter Fuel with an extra light roast to give you more energy, focus, and to help burn fat.

Caffeine is a natural fat burner mixed with the natural appetite-suppressing properties of black coffee make it the perfect tool to allow you to easily fast and burn more fat. We took it a step further with [Fighter Fuel](#). We added another special ingredient that promotes focus, energy, and badassery. That special ingredient is ginseng. Ginseng gives you natural energy and focus. When you mix that with the higher caffeine levels in Fighter Fuel, it's guaranteed to make you unstoppable so you can accomplish your fitness goals and any other goals you have in life.

You don't have to drink [Fighter Fuel coffee](#) to get results with intermittent fasting, but why sell yourself short? Along with coffee, you can take tea as long as you don't add sugar or cream or any other weird sh** to it. Drinking lots of water is a must. Some pre-workouts work very well with intermittent fasting too.

How To Burn Fat With Intermittent Fasting



I want to be clear about this. The most important thing you need to do to burn fat is to be in a caloric deficit, meaning you are burning more calories than you consume. That being said, to accomplish your fat loss goals faster, intermittent fasting will also optimize your hormone levels, allowing you to burn more fat than you would with caloric restriction alone.

When you put yourself through 16 hours of fasting, your glycogen levels become depleted. The glycogen in your muscles and liver, all get used up. This is great because with no glycogen to run off of, your body literally has no choice but to burn body fat for fuel. Not only that, depleting your glycogen reserves lowers your insulin levels, and raises your HGH levels, causing your body to turn into a fat-burning furnace. That coupled with zero calories to run off of, accelerates the loss of body fat.

I would like you to take this a step further by training and working out right before you break your fast. When you work out after hours and hours of fasting, you further deplete your glycogen levels and your body will use your fat cells as energy to fuel the workout. See, if you want to burn fat, the best thing to do is not to eat before you train because if you eat prior to training, your body will utilize glycogen for energy. If you work out in a fasted state, your body has no choice but to use body fat as energy during the workout.

The only problem with training in a fasted state is that your body might also call on your muscles as energy as well as your fat cells but there is a way to circumvent that. I recommend taking 10 grams of branched chain amino acids (BCAAs) prior to fasted training. BCAAs are the building blocks of protein. When your



body has protein before you train, it will allow your body to spare your hard-earned muscle and only burn the fat. You can't take a protein shake or eat a steak before you train when you are fasted because the calories will break your fast and you will be running off glucose. BCAAs give you the benefits of protein without the calories, allowing you to get the benefits of protein without having to break your fast.

Any branched chain amino acids will do but I recommend you take [Revolt BCAAs](#), made by my company, Bro Laboratories. We specifically made our branched chain amino acid blend to work with intermittent fasting. Revolt is a revolutionary new powerhouse BCAA complex formulated specifically for use with fasted training. It helps you lose more fat, preserve more hard-earned muscle, and maintain training intensity as you increase mental clarity during your workout. [Revolt](#) also has 25 milligrams of caffeine per scoop, which will help give you energy during

fasted training and take away any hunger that you may be experiencing which will help with the fat-burning process.

How To Build Muscle With Intermittent Fasting



Another question I get all the time is, "Can you build muscle with intermittent fasting?" Certainly. Let me explain...

To build muscle, it's important that you are in a caloric surplus, meaning that you are consuming more calories than you burn. The problem with this is a lot of people put themselves in a caloric surplus to build muscle, but they end up gaining a lot of fat as well. Intermittent fasting helps circumvent this. When you're spending 16 hours a day in a fasted state, then training, and then breaking your fast, your growth hormone levels are elevated and you're more insulin-sensitive, meaning your body is going to utilize nutrients more effectively.

Now, within your 8-hour window, you still have to be in a caloric surplus to build muscle. Your body only needs a little bit of a surplus to build muscle. The rest is going to be stored as fat. By only getting your calories in 8-hour window, your body has 16 hours to burn off that excess glucose to prevent fat storage.

You see, with traditional bulking, most guys put themselves in a caloric surplus for an extended period of time. They gain muscle and fat, and then try to cut the fat by putting themselves in a deficit for an extended amount of time. Most guys do build muscle, but they also put on a good amount of fat. This can last for weeks, and even months before the deficit that follows in an attempt to burn off the fat that they added while bulking.

This method has worked for a lot of people for a long time. The reason they do this is because you can't burn fat and build muscle simultaneously. You can't be in a surplus at and a deficit at the same time.

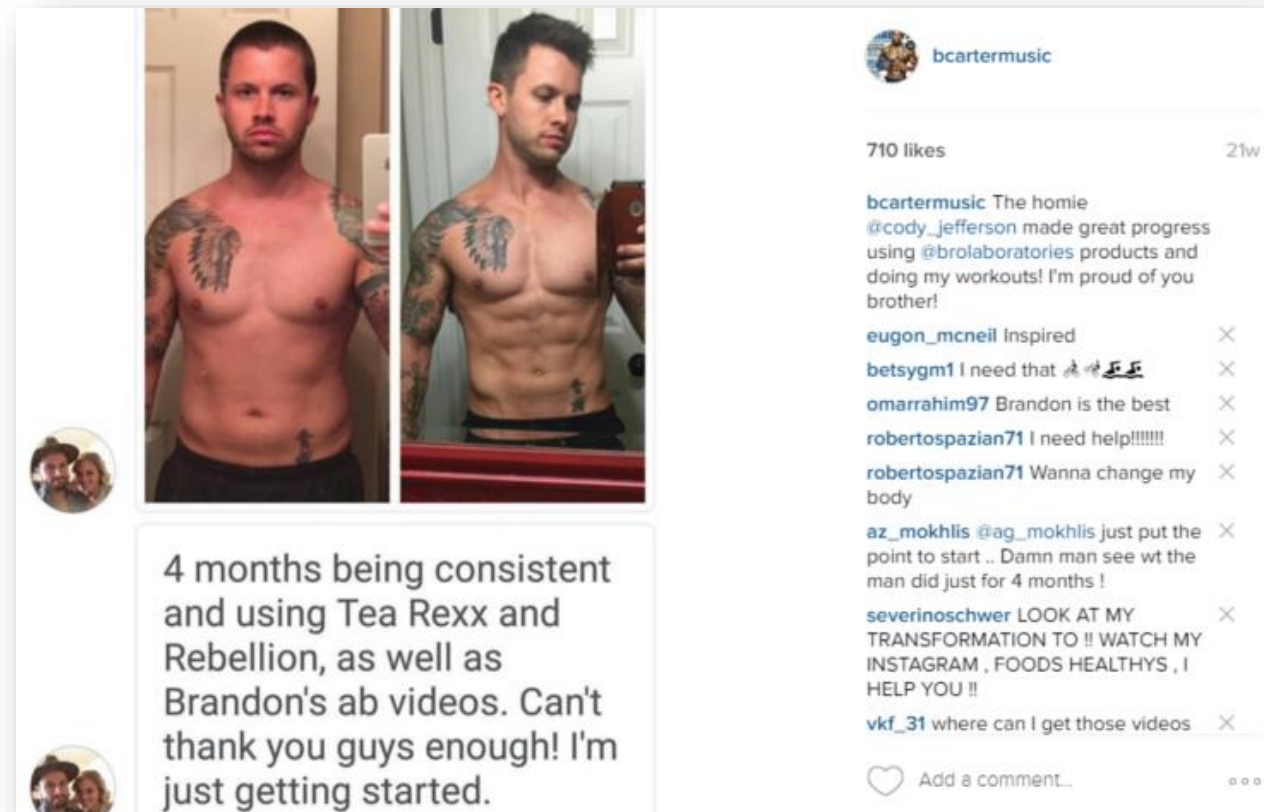
However, what if I told you that you can be in a surplus and a deficit within the same day? I know your mind is blown right now. You see, your body doesn't wait until the end of the month, the week, or even the end of the day to add up all the calories you had. When you eat, your body utilizes the resources immediately, so by fasting for part of the day, and bulking another part of the day, you burn fat while you're in your fasting state, and build muscle while you're in your bulking state.

Your fasting state is only 16 hours, you won't necessarily burn a lot of fat, but what you will do is use the extra glycogen from your feeding window as energy, and then it won't convert into fat as readily.

This is how you can put on muscle and bulk up without gaining much fat, if any at all. The key is to make sure that you are in a caloric surplus during your feeding window. It's usually best to track your calories because it's rare that anyone is accidentally in a surplus during a short 8-hour feeding window.

I did this form of bulking for two years, and I was able to gain a good amount of muscle while keeping off almost all of the fat. One thing that really helped me was [Rebellion Pre-workout](#).

When I'm bulking up, I work out extra hard, lifting heavy, and trying to get the most out of my time in the gym, but it's difficult to do that in a fasted state. That's where [Rebellion](#) comes in...



[Rebellion](#) is a potent, time-tested combination of ingredients, including creatine, beta-alanine, citrulline, betaine, and black pepper extract. Each individual is a powerhouse within it's own right, but when combined into one high-voltage pre-workout system, they give you explosive energy, earth-shaking power, relentless vigor, and the necessary endurance to help you finally build the rock-solid, superhero body you desire.

It's difficult to train hard while in a fasted state, but [Rebellion makes it easy](#). I take Rebellion and Revolt together when I'm bulking, I train at 2 o'clock, and I break my fast immediately after at 3pm.

I hope that this short guide has given you a good introduction into intermittent fasting, the benefits, and how to implement it into your own life. Remember your caloric intake is still the most important thing. If you want to burn fat fast you have to be in a caloric deficit meaning you're burning more calories than you consume each day.

A good rule of thumb is to take your weight in pounds, multiply that by ten, and that will tell you how many calories you should be consuming in order to burn fat. If you want to build muscle you have to be in a caloric surplus meaning you are consuming more calories than you are burning. A good rule of thumb is to take your weight in pounds, multiply that by 20 and that will tell you how many calories you need to consume for your bulk.

That's all you really need to know about intermittent fasting. You will take it to the next level by optimizing your hormone levels and putting your body in a position where it burns fat and builds muscle more effectively.

Bonus Material



There are a few resources that I believe may help you accomplish your goals faster.

TEA REXX Fat Burner



[Tea REXX](#) was developed keeping the best solutions for weight loss in mind - key ingredients that help you burn fat and lose extra weight fast. All the ingredients are 100% natural making Tea REXX not only effective but also completely safe. Many bodybuilders, trainers, athletes and clients from all backgrounds looking to lose weight as they burn fat have greatly benefited from this unique solution. Each ingredient within [Tea REXX](#) has been clinically tested. They have come together to form a truly unmatched fat burning synergy eliminating fat while providing an abundance of immunity and antioxidant support. It also helps lift your mood and libido, naturally.

- **STIMULATES RAPID FAT LOSS.** Tea REXX is designed to speed up fat loss through thermogenesis and vasodilation.
- **DRAMATICALLY INCREASE ENDURANCE AND LIBIDO.** Increase your performance and mood with plant-based superfood extracts.

- ACCELERATED FAT METABOLISM. Burn belly fat faster and improve your mental clarity.
- MAXIMIZE FAT LOSS RESULTS. Tea Rexx combined with effective exercise and nutrition strategies will work to optimize your fat loss potential.

BURN FAT FAST WITHOUT THE CRASH! TEA REXX PROVIDES THE BOOST OF ENERGY YOU NEED WITH ABSOLUTELY NO CRASH.

HOW RIPPED DO YOU WANT TO BE?

The ingredients in each bottle come together to form a truly unmatched fat burning synergy for your body. Tea Rexx has become known as "the best" by many elite trainers, bodybuilders and other highly discriminating clientele.

We've combined the best of nature with the proof of science - meaning powerful plant based superfood extracts with serious fat burning and antioxidant benefits. Unlike most other fat burners we are fully transparent (no "proprietary blend" used), no filler ingredients, and we offer a 100% money back guarantee if you are not completely satisfied. [Click Here To Try TEA REXX today!](#)

Revolt BCAAs



[Revolt BCAAs](#).. Branch-chain-amino-acids help you work out in a fasted state allowing you to burn more fat faster and effectively without catabolism, A.K.A. muscle loss. Working out fasted is the greatest way to burn fat but without BCAA's it's possible you will sacrifice muscle as well. BCAA's help retain muscle and Revolt BCAA's is one of the highest grade branch-chain-amino-acids on the market but we went the extra mile by adding 25mg of caffeine to help you burn more fat and to curb your appetite during your fasted training.

- **PROMOTE LEAN MUSCLE MASS.** REVOLT is designed to effectively increase muscle protein synthesis (rebuilding of muscle tissue) both during and after exercise.
- **PRESERVE HARD EARNED MUSCLE.** When training fasted your body needs REVOLT BCAAS in order to help prevent muscle catabolism.
- **LOSE MORE FAT.** Increase fat oxidation and improve glycogen synthesis.

- IMPROVE ENDURANCE AND RECOVERY. Studies where subjects consumed BCAAS have demonstrated massive increases in their endurance and ability to recover.
- REDUCE PHYSICAL AND MENTAL FATIGUE. Reaction time decreases significantly both before and during exercise - a major benefit to players who must think and act fast.

REVOLT ADVANCED BCAA FUEL

Training on an empty stomach is a bodybuilding inside secret for achieving maximum fat loss. Unfortunately, training in this manner also depletes you of energy as you are essentially pushing your body without fuel. Not only does this diminish performance but it could also catabolize your muscles.

Revolt is a supplement designed to help maximize fat loss while preserving every ounce of hard earned muscle. Even if you don't train on an empty stomach, you can still lose muscle through other factors, such as doing too much cardio or consuming a non-optimal diet.

WHAT IS REVOLT?

[Revolt](#) is a branch-chain-amino-acid (BCAA) supplement. You have likely heard of the term BCAA thrown around in bodybuilding magazines and in supplement ads. Most people, though, have no idea what the term really means.

Muscle is made up of protein, and protein is made up of macromolecules called amino acids. BCAAs are basically the grouping of the amino acids **leucine**, **isoleucine**, and **valine**. These amino acids are essential because they are not produced naturally by the body and have to be acquired through food or supplementation.

They are also vital for preventing muscle catabolism. Their full range of benefits has been well studied and published in scientific periodicals. [Click Here To Try REVOLT today!](#)

Rebellion Pre-Workout



[Rebellion Pre-Workout](#). If you're going to be going hard in the gym - especially in a fasted state it's going to be a struggle without the extra energy that comes with [Rebellion Pre-Workout](#). Rebellion is one of the best pre workouts on the market, has great reviews on all consumer sites, and it's also the best tasting pre workout you ever put in your mouth.

- **BEST PRE-WORKOUT FOR EXPLOSIVE ENERGY.** Increases performance and intensity.
- **AMPLIFY MUSCLE PUMP AND PERFORMANCE.** Includes Citrulline Malate which has been shown to dramatically increases nitric oxide levels and muscle endurance.
- **BEST TASTING PRE WORKOUT ON EARTH!** Amazing flavor and mix-ability.

- NO PROPRIETARY BLENDS. 6 grams of Citrulline Malate, 3 grams of Beta-alanine, 1.5 grams of Betaine, 3 grams of Creatine. 300 milligrams of Caffeine.
- 100% MONEY BACK GUARANTEE

Unleash Your Inner Warrior!



Nothing in life comes easy. **You have to FIGHT for everything you want** - and there are always outside forces in the way, attempting to distract you and deplete your energy. But you my friend are a Warrior! A true warrior REBELS against all opposition and allows nothing to stand in the way of victory. [REBELLION](#) Pre-Workout will lead you to your victory.

The secret is a potent, time tested combination of ingredients including creatine, beta alanine, citrulline, betaine, caffeine, and black pepper extract. Each individual is a powerhouse. When combined into one high voltage pre-workout system, they give you the explosive energy, earth shaking power, relentless vigor, and the necessary endurance to help you finally build that rock solid super-hero body you desire.

REBELLION

If you work out on a routine basis, then you have experienced those moments when your physical body just isn't in the game. Your mind wants to hit the gym and train like a Spartan warrior, but your body just feels absolutely drained from a full day at the office or running one home errand after another. What you need is a pick-me-upper, and Rebellion is a pre-workout formula designed to do just that.

Why Take Rebellion?

Obviously, there are scores of pre-workout supplements out there. What makes Rebellion any different? For one, it only uses natural ingredients PROVEN to work in laboratory studies. It contains zero worthless additives or fillers that serve no functional purpose. Some of the ingredients have also been verified to benefit the body in ways far beyond giving you an energy burst for the gym. [Click here to Try REBELLION TODAY!](#)

Fighter Fuel Coffee



[Fighter Fuel Coffee](#). I have never met someone who was successful with intermittent fasting without drinking coffee. Black coffee is a natural appetite suppressant and fat burner. Fighter Fuel Coffee is different than the regular basic bitch coffee you've been drinking all your life. [Fighter Fuel](#) has higher levels of caffeine naturally because we use the lightest roast possible. Most people don't know that the lighter the roast the higher the caffeine content. We make Fighter Fuel with the lightest roast available.

We take it another step by adding Ginseng. Ginseng is a natural herb that's proven to help burn fat, gives you retarded amounts of energy and mental focus allowing you to fast effortlessly and accomplish your goals with the quickness.

- PROVIDES YOU WITH A HIGH ENERGY NO CRASH MOOD ELEVATING BOOST. Goes down smooth with a rich taste that's that'll delight your tastebuds in a way that no basic coffee can.
- PROMOTES LASER FOCUS. Enhances your productivity so you can function at the very top of your game.
- MOBILIZES FAT STORES. Accelerates metabolism and turns you into a fat burning machine!
- ENHANCES PHYSICAL ENDURANCE. Gives you the edge you need to get up and win.
- IMPROVES COGNITIVE FUNCTION AND MEMORY. Also provides you with an immense immune system boost due to it's powerful antioxidant profile.

Do you feel pumped and ready to rock every time you enter the gym? There's no denying it; there are times when your body just feels sapped, and getting in that strength training or cardio session is the last thing on your mind. Of course, this is where coffee comes in. That perfect dose of caffeine certainly does the trick.

However, for a more powerful jolt without drastically increasing the caffeine, you need a stimulant even more potent.

Fighter Fuel will do more than just give you a slight "buzz" in energy; it will make you feel super charged and ready to train like a mutant on a mission. The energy rush comes from only two ingredients: **Caffeine from 100% Arabica Coffee and Panax Ginseng.**

[Click Here To Try "FIGHTER FUEL" today...](#) If you are strong enough.

Better Than A Multivitamin



If you're like most other people, each day you pop a [multivitamin](#).

But did you know there's a leaf more powerful than ANY multivitamin?

Amazingly, thanks to its high concentration of the potent antioxidant, zeatin, this leaf is bursting with anti-aging properties.

In fact, one single serving of [this leaf is better than taking a multivitamin AND mineral supplement combined!](#)

What is this miracle plant?

It's called moringa.

And it won the NIH's "Botanical of the Year" award because it's saved more lives in third world countries than any other plant. Truly, moringa is a super leaf. It's been shown to...

Balance blood sugar levels...
 Improve digestion...
 Strengthen the immune system...
 Flush toxins from your liver...
 Boost energy...
 And lift your mood...

Yet, it's so much EASIER to take a multivitamin, isn't it?

Even when you know it can't come close to the power of whole foods. And even when you know cheap vitamin alternatives are likely stuffed full of fillers, binders, coatings, and artificial dyes that play havoc with your delicate system.

So let me show you a way to get moringa into your diet, and at the same time allow you to throw that next-to-useless multivitamin in the trash.

Because let's face it... Moringa is hard to find in grocery stores and the supplements you find are RARELY 100% Moringa.

But what I'm about to share with you has...

- An abundance of Moringa in its scientifically-proven dosage...
- Is guaranteed authentic, direct from the source...
- Is 100% organic
- Costs less than \$1.36 per day
- And is absolutely delicious...

It's so tasty in fact, I drink a tall glass of this each and every day. I suggest you do the same.

Plus Moringa is only one of ELEVEN nutrients in this elixir, each with their own fat-burning, anti-aging properties.

[Click here to try Organifi now while it's at a limited-time reduced price.](#)

The Human Trainer



[The Human Trainer Home fitness equipment](#). If you're like me you might not always have time to go to the gym or maybe you enjoy working out at home. I like to work out at home sometimes because I don't have to listen to techno while I'm training or, even worse, sometimes they're playing Maroon 5 in the gym. I don't know about you but that doesn't feel very beast mode to me. I'd much rather workout with Sports Center on, or listening to my own music. It can be difficult to get a quality workout at home unless you have the right equipment. I suggest you check out [the Human Trainer](#). This is suspension training equipment that you can use at home. Using suspension training at home allows you to get just as good of a workout as you would in the gym - without leaving your house. Using suspension training is one of the best ways I know of to help you to build muscle without weights.

Body weight training alone is cool but if you want bigger muscles, the Human Trainer is worth checking out. You should also check out Rip Cords. Rip Cords are by far the best resistance bands on the market. They come in all different levels. I believe that using RipCords can be almost as good as working with weights.

RipCords



[Resistance bands](#) get a bad name because so many of them suck but RipCords are by far the highest quality resistance bands I've ever come across and the only ones that I've ever recommended.

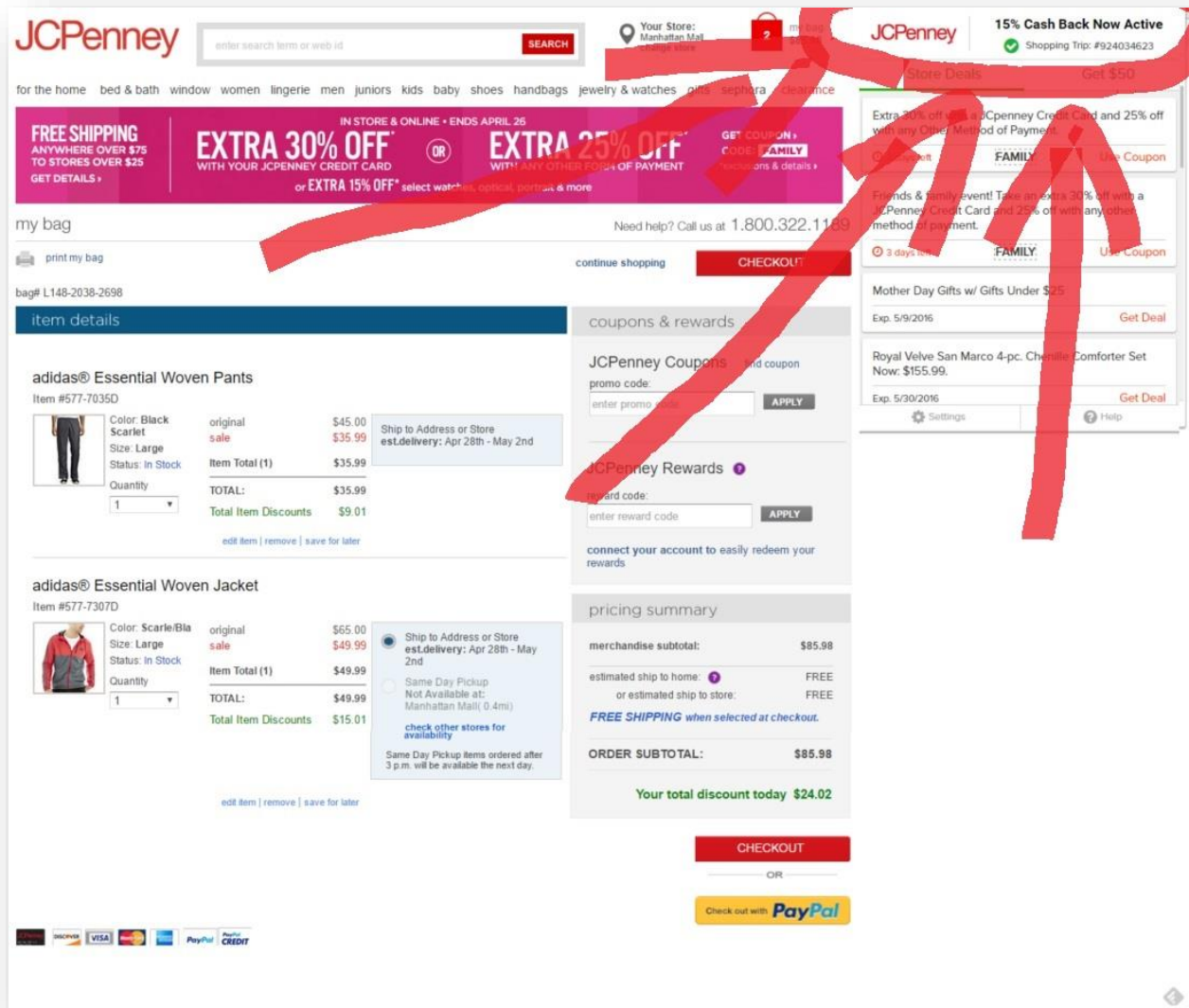
Ebates



[Ebates is a cool](#) online store that a lot of people don't know about. It is a free online marketplace that pays you money back for just buying anything that you're going to buy anyway, through their site. This can help you save a lot of money on all of your fitness products, equipment and supplements. When you sign up with Ebates you can purchase your goods from popular online stores like Amazon, Footlocker, Macy's, GNC, Sports Authority, Dick's Sporting Goods or anywhere else where you would normally buy fitness equipment or supplements. The difference is, when you [purchase it through your Ebates account](#) you actually get money back.

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You're leaving a lot of money on the table if you're not using [your Ebates](#). It's not just limited to athletic equipment or fitness products. Anything you buy on Amazon, anything you buy on Ebay, Converse, Footlocker, Macy's, and thousands of other stores will get you cash back on every purchase if you're using Ebates.

My Secret FB Group

I hope this information has helped you. If you'd like more tips and advice please [join my free secret Facebook group](#). It's full of thousands of members and growing each day. Me and my team are always in the group answering questions that people have and giving great advice for free. It's a positive community where you're safe to talk about your goals or ask any questions. We don't allow any negativity and we have an army of administrators who will kick out/block anyone who is negative so [you can feel safe here to ask any questions or to get all the help you need with your goals for free](#).



Hi Big Brandon!



I'm from Angola. It's been an amazing journey since I found u on YouTube... I've changed my mind set and started to change my life. That's the result of your tips and guidance

Thanks a lot. We out!

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