

Dr. Josh Axe:

# Weightloss Webinar



# Weight Loss Webinar



# STATS

- 61% of American adults are overweight
- 27% of Americans (50 million people) are obese
- Overweight children ages 6 to 11 have doubled in the past 20 years
- Adolescent overweight has tripled





# Obesity



Heart Failure



Breast Cancer

# Top 5 Exercise Myths



# Myth #1



“I need  
**HOURS** a  
day to  
workout.”

# Myth #2



“I don’t want to lift weights because I don’t want bulky muscles”



# Myth #3



“If I am working out I need to eat tons of carbs because carbs give me energy.”

# Myth #4



“I have a job  
doing manual  
labor, so that  
counts as  
working out.”



# Myth #5



“Exercise is an annual event from Jan -Feb and I have the rest of the year off.”



# Why Weight Training?



- Raise Human Growth Hormone (anti-aging)
- Signals Fat Burning
- Aids in Muscle Mass Development
- Improve Glucose Tolerance
- Increase Insulin Receptor Sensitivity



# Why Burst Training?

Group 1	Group 2
Alternate 8 seconds of sprints on a bike with 12 seconds of exercising lightly.  20 minutes of total exercise	40 minutes of continuous exercise



After working out 3x a week for 15 weeks, the women in Group 1 lost **3x as much fat** as the other group!



# What is BurstFit?



BurstFit involves exercising at 90%-100% of your maximum effort for 45 seconds in order to burn your body's stored sugar (glycogen), followed by 15 seconds of low impact for recovery.

This causes your body to burn fat for the next 36 hours to replace your body's vital energy (glycogen) stores.



# Pre Workout Fuel



Pre-workout: Good Carbs  
in the form of fruit and  
small amount of protein.





# Post Workout Fuel

Protein: Sprouted Protein, Eggs, or Whey Concentrate

Carbs: Fruit

Fat: Cultured Dairy or Coconut



# During Exercise

You want to consume electrolytes and H<sub>2</sub>O during exercise to stay hydrated!

SueroViv is the perfect workout beverage.



# Supplements

- RAW Protein Powder
- FucoTHIN
- Perfect Weight Multi
- RAW Greens
- Omega-3's





# “Fat Burner” Bundle



- Raw Protein (1 month)
- FucoThin (1 month)
- Perfect Weight Multi (1 month)



# “Cleanse” Bundle



- Raw Cleanse
- FucoThin (3 months)
- Perfect Food Berry Greens



# “Total Weight Loss” Bundle



- Real Food Diet Cookbook
- Burstfit
- Raw Protein (1 month)
- Perfect Weight Multi (3 month)
- FucoThin (3 month)

Go to [www.BurstFit.com](http://www.BurstFit.com)

Promo Code: **WEBINAR** to Save 10%

# The Suero Cleanse

## What To Expect on Your Suero Cleanse

- Increased Weight Loss†
- Increased Energy†
- Improved Digestive Function†
- Improved Appetite Control†
- Healthier Skin, Hair and Nails†

Note - Results were due to a low calorie diet, proper hydration and the consumption of SueroViv



†These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease or condition.

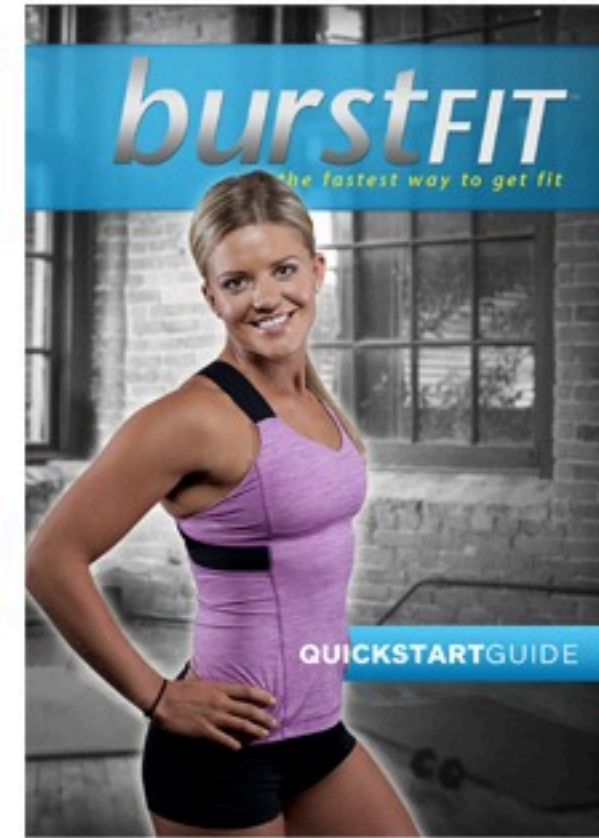
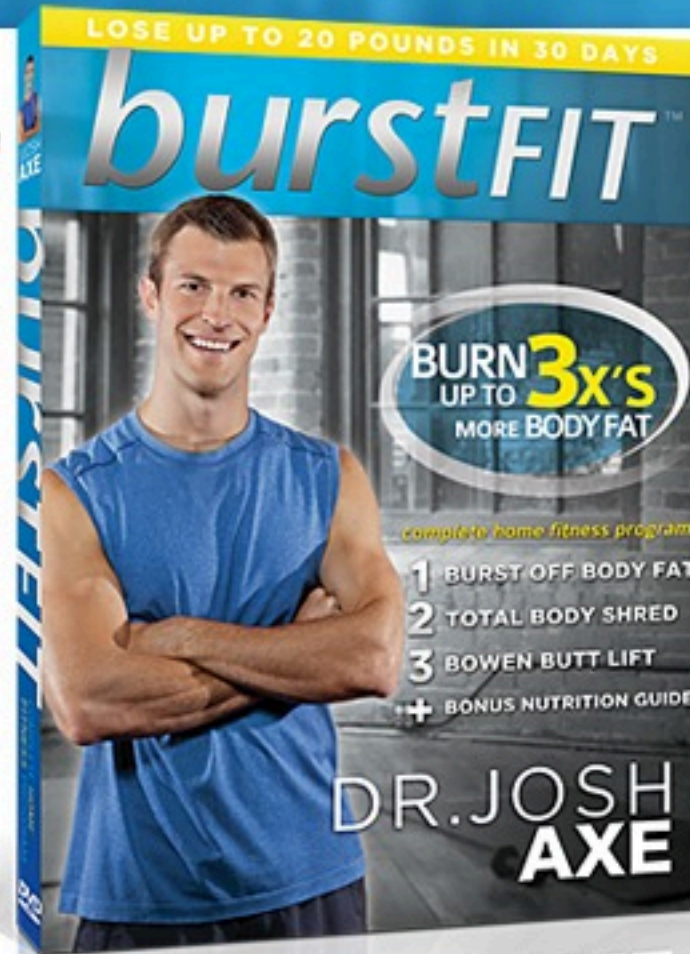
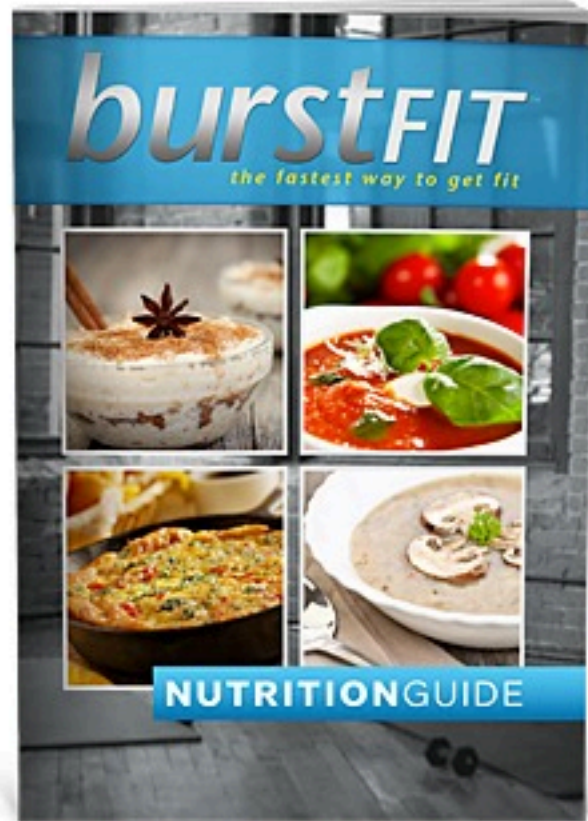


# Weight Loss Eating Plan

8:00 am	Berry Amasai Smoothie
12:00 pm	Spinach Salad w/ Chicken
3:30 pm	SueroViv
7:00 pm	Green-fed Cheddar Burger with sauteed veggies

# burstFIT™

## COMPLETE HOME FITNESS





# BurstFIT Discount



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Q & A