

DIET SUPPLEMENTS REVEALED

Version 4.0.1

Release 14th May, 2006

By

Will Brink

Your complete guide to fat loss supplements, diet, nutrition, and exercise

This is a free version of “Diet Supplements Revealed.”

The full version contains reviews of 40 supplement compounds and recommendations, as well as Will’s personal diet plans and workout guides. Purchase of “Diet Supplements Revealed” includes unlimited access to the DSR “Members’ Zone” for a full 12 months. The Members’ Zone is an online resource with diet planning software and tools, exercise videos, articles, and a forum for posting questions and comments.

Like what you see? You can have the full version on your desktop in a matter of minutes.

Click to buy “Diet Supplements Revealed”:

[Click Here](#)

Published By Internet Publications Group
www.internet-publications.net

Contact Us: [Click Here](#)

This book is optimally viewed in Acrobat Reader v. 5.0 and up. Download the free Acrobat Reader software from Adobe here: [Click Here](#)



Affiliate Program Info

Do you own a website or have a mailing list?

Would you like to make money from promoting the DSR System?

If you feel your readers would benefit from purchasing the DSR system then please do consider joining our affiliate program.

We pay out over 50% of the book cover price directly to you monthly for any sales you create.

You can find full details here: [Click Here](#)



Biography

Will Brink is a columnist, contributing consultant, and writer for numerous health/fitness, medical, and bodybuilding publications. His articles on nutrition, supplements, weight loss, exercise and medicine can be found in magazines and journals such as *Lets Live*, *Muscle Media 2000*, *MuscleMag International*, *Life Extension*, *Muscle & Fitness*, *Inside Karate*, *Exercise for Men Only*, *Oxygen*, the *Townsend Letter For Doctors*, as well as many others.

Will Brink is the author of the book *Priming The Anabolic Environment: A practical and Scientific Guide to the Art and Science of Building Muscle*, as well as various chapters in sports nutrition-related textbooks and the e-books *Diet Supplements Revealed* and *Muscle Building Nutrition*.

Will graduated from Harvard University with a concentration in the natural sciences, and is a consultant to supplement companies.

He has served as an NPC judge and as a Ms. Fitness

USA judge. A well-known trainer, Will has helped many top level bodybuilders through all facets of pre-contest and off-season training. He has also worked with athletes ranging from professional golfers, fitness contestants, and police and military personnel.

His articles and interviews can be found on many Internet web sites such as: www.LEF.org, Testosterone.net, NavySeals.com, ThinkMuscle.com, MuscleMonthly.com, as well as many others including his own site BrinkZone.com.

Will has co-authored several studies relating to sports nutrition and health found in peer-reviewed academic journals.

His monthly column on supplements, "The Intake Update," is one of the most popular sections in *MuscleMag International*.

Will has lectured at trade associations and universities around the United States and has appeared on nu-



merous radio and television programs examining issues of health and fitness.

He can be contacted at:
PO Box 812430
Wellesley MA
02482

See Will's "Brinkzone" website here:

[Click Here](#)

TABLE OF CONTENTS

Cover Page/Acknowledgements
Federal Copyright Law Protection
Affiliate Program
Testimonials and Feedback
Biography
Precautions and Disclaimer

Introduction

Chapter 1 - SUPPLEMENTS

Making Sense of Supplements

Separating Fact from Fiction

Supplement Compounds

Carnitine
Acetyl-L-Carnitine
Cayenne (Capsaicin)
Chitosan
Chromium
Citrus aurantium (Synephrine)
CLA
Co-enzyme Q10
DHEA
7-keto-DHEA
Digestive enzymes
Ephedrine/Caffeine mixtures
Evodiamine (Evodia)
Flax oil
Forskolin
GH releasing supplements
Glucosaminan
GMP
Green Tea Extracts
Guggul
Guggule/phosphate mixtures
HCA
Hoodia gordonii

5-HTP
Insulin Potentiators
Lipotropics
L-tyrosine
Medium Chain Triglycerides
Octopamine
Orlistat
Peptide FM
Phaseolus vulgaris extract
Phosphatidylserine
Piperine (Bioperine™)
Pyruvate
Salvia sclarea (sclareolide)
Tetradecylthioacetic Acid
Thyromimetics
Sesamin
Yohimbine

Weight loss Supplement scoreboard

How To Use The Supplement
Scoreboard

Brand Name Supplements

Chapter 2 - NUTRITION

Nutrition 101

Understanding fat
Good fat sources and fats to limit/
avoid (table)
Understanding protein
Good protein sources/proteins to
avoid
Understanding carbohydrates
Good carb sources and carbs to
avoid
Understanding the Glycemic Index

What are the drawbacks of the GI?
The Effects of GI on Performance
Body fat and the GI
The GI and health
GI Ratings of Different Foods (table)

Increasing the ratio of protein to carbohydrate
Cheat Meals
Refeeds
Carb Cycling

Chapter 3 – GETTING STARTED

A Blueprint for Success

Goal Setting

Setting long and short-term goals
How to Determine Body Fat % (I)

Record Keeping

Before We Begin...

10 Golden Laws of Fat Loss

Chapter 4: THE DSR FAT LOSS DIET

Putting it all together

Macronutrient Requirements
Constructing A Diet Plan
Using the Calorie Planner
Using the Diet Planner
Using the Food Database

Practical Considerations

Shopping
Food Preparation
Portion control/tracking food consumption

Pre-/Post-Workout Nutrition

Advanced Fat Loss

How to Determine Body Fat % (II)
Modifications to the main DSR diet

Chapter 5 - TRAINING

Strength Training

Can the RMR be altered?

Phase 1 - Women and Weights

Phase 2 - Conditioning

Phase 2 Workout (table)

Phase 3 - Getting More Serious

A Sample Three Day Split
The Four Day “Upper/Lower” Routine (table)

Phase 4 - Prioritizing

Conclusion

Exercise Descriptions

Quads/hamstrings
Back
Chest
Shoulders
Biceps
Triceps
Calves
Abdominals

Chapter 6 - AEROBICS

Aerobics

Target heart rate
General guidelines
High intensity interval training (HIIT)

Chapter 7 - BONUS SECTION

Member Bonuses

(Access to Members' Zone, online tools, downloadable forms, membership renewal, contact information)

The Perfect Rep

Saw Palmetto, Wonder herb or wondrous scam?

Recipes

Shakes

Breakfasts

Lunches

Dinners

Muscle Building Nutrition

Conclusion

Index

Important Information

INTRODUCTION

This e-book is the foundation of the DSR Program, which is designed to be a complete, interactive resource for your fat loss and fitness needs. When you purchased this book, you were automatically registered as a member of the DSR Members' Zone: an online private, members-only area which contains many tools and downloads you can use in conjunction with the "Diet Supplements Revealed" e-book. A popular feature of the Members' Zone is a well-run discussion forum: a place for you to interact with me and my great moderators, get feedback from other members, and browse through a wealth of information on nutrition, health, exercise, and supplements. The software tools available to help you plan and implement your fat-loss program include exercise video demonstrations, a food/nutrition database, forms you can download to log your training and diet statistics, and more. In short, DSR is not just an e-book but a fully integrated system like none other on the market.

In this e-book and the Members' Zone, you will find exactly what you have been promised: concise, unbiased, and accurate information on how to achieve your fat loss goals.

What you are about to read is all substance and no fluff. If you want fluff then you should go and buy a novel or another fad diet book sitting on the store shelves. The tools you have in your possession now are designed strictly for action. They tell you what you need to know and give you a plan to do it.

There is no lack of information on weight loss, either on the internet, in magazines, or books, but the number of sources that provide you with complete, unbiased and accurate information on supplements, nutrition, and exercise can be counted on one hand, maybe just a few fingers! I have built my reputation (and fair share of enemies) by telling it like it is.

Take a good look at some of the most popular weight loss books on the market. You will find the vast majority of them contain very little actual information and literally hundreds of pages of photos and other irrelevant material used to inflate the page count. I took a close look at one of the most popular weight loss books that was all the rage a few years ago, and

by my count it had exactly 81 pages of actual text relating to its promise of “new” information on helping people lose weight. The rest of the book – another 168 pages – was dedicated to filler, worthless charts, and trying to sell the reader on buying the author’s line of supplements.

The e-book and Members’ Zone are here to answer your questions about weight loss supplements, what they do, what they don’t do, whether they are worth buying or not: pure and simple. Some of the information is simple, some of it is not, and some of it is deceptively simple, but in fact is based on some very complex ideas that were kept simple for the reader and are based on years of research and experience.

In addition, I give you the exact diet and training information I have given to many, many top-level clients whose careers relied on the best information money could buy, and believe me, I ain’t cheap! If you follow the information in this e-book - not only the supplement advice, but also the fat loss diet and the training chapters - there is absolutely no reason why you can’t reach your fat loss goals. More importantly however, you have the tools to not only reach your goals, but maintain that weight for the rest of your life. The Yo-Yo diet train stops here and never leaves the station.

I’ve placed hyperlinks throughout the text, to allow you to explore the Members’ Zone within the context of the book. The e-book and Members’ Zone are completely integrated with each other, and are maximally effective when used together.

I am on the forum most days, and – along with my staff of expert moderators – will be happy to respond to any questions or concerns you might have. We are there to help you use the program successfully to optimize your body composition and achieve maximum fat loss.

Feel free to visit the Members’ Zone and post an introduction here:

[Click Here](#)

Why not do it now?

Looking forward to seeing you there.



Will Brink



SUPPLEMENTS

Chapter 1

Making Sense of Supplements

Separating Fact from Fiction
Supplement Compounds
Carnitine
Acetyl-L-Carnitine
Cayenne (Capsaicin)
Chitosan
Chromium
Citrus aurantium (Synephrine)
CLA
Co-enzyme Q10
DHEA
7-Keto-DHEA.
Digestive enzymes
Ephedrine/Caffeine mixtures
Evodiamine (Evodia)
Flax oil
Forskolin
GH releasing supplements
Glucomannan
GMP
Green Tea Extracts
Guggul
Guggule/Phosphate mixtures

HCA
Hoodia gordonii
5-HTP
Insulin Potentiators
Lipotropics
L-tyrosine
Medium Chain Triglycerides
Octopamine
Orlistat
Peptide FM
Phaseolus vulgaris extract
Phosphatidylserine
Piperine (Bioperine™)
Pyruvate
Salvia sclarea (sclareolide)
Tetradecylthioacetic Acid
Thyromimetics
Sesamin
Yohimbine

Supplement scoreboard

How To Use The Supplement
Scoreboard

Brand Name Supplements

MAKING SENSE OF SUPPLEMENTS

Let me put this right up front: my goal is to help you cut through supplement marketing hype and competing claims, so you get the best possible value for your waistline AND your wallet. To make sense of supplements, however, you have to do your homework!

There are two ways to go about it, and I've got both of them covered. You can either:

head straight for the Members' Zone

...if you want to know if a particular supplement is a good buy or not, and you don't have the time/energy/inclination for in-depth research.

On the DSR Members' Zone, we already have reviews on over 220 brand name supplements. No need to sort through the threads - the search function can locate the one you're looking for in moments. All it takes are a few mouse clicks.

And if the supplement you're interested in isn't there? Simply post a request, and the mods and I will review it for you. It really is that simple!

[Search through our 220+ supplement reviews/Post a request for a new review here:](#)

[Click Here](#)

You will also find a section purely devoted to feedback on entire brands as opposed to the individual supplements they sell.

[Read about \(or request\) brand feedback here:](#)

[Click Here](#)

or keep reading

...if you're interested in becoming a discriminating consumer, who wants to understand the pros and cons of what you're taking. As the saying goes, "Knowledge is power" And the following pages are designed to give you the power to separate fact from fiction. Using the info in this chapter, you'll be

On the DSR Members' Zone, we already have reviews on over 220 brand name supplements... You'll have your answer within a few minutes. And if the supplement you're interested isn't there? Simply post a request, and my mods and I will review it for you. It really is that simple!

able to pick up any bottle of pills and decide for yourself if it's worthwhile, based on the ingredients and other information on the label.

You can choose one option, or the other...or both, for that matter. You can skip this part now, get your diet and workout plans in order, and come back to it later on.

For those of you who are ready to learn more, the following material is divided into several parts:

- a. a discussion on the often misleading expressions and terms used in supplement advertisements and on product labels. The language used to describe a supplement is often designed to conceal rather than reveal!
- b. individual reviews of the compounds used in over-the-counter (OTC) weight loss supplements. This part of the e-book provides concise, accurate, and unbiased information on the most popular weight loss nutrients currently on the market. More importantly, it also looks at the "real world" results of using these compounds.
- c. a "Supplement Scoreboard" which summarizes the reviews and places each nutrient into one of the following categories: 1) supplements/nutrients worth using; 2) ones that "might be worth a try"; and 3) ones that are probably not worth spending money on (for fat loss).
- d. a section discussing how to use the information in this section to analyze a commercial supplement formula.

If you need more information or advice on supplement use, help is only a few mouse clicks away. If a compound you're curious about isn't reviewed here, it's easy to ask and receive feedback on the Members' Zone.

[Post a request for an supplement compound review here:](#)

[Click Here](#)

If you need more information or advice on supplement use, help is only a few mouse clicks away. If a supplement ingredient you're curious about isn't reviewed here, it's easy to ask and receive feedback on the Members' Zone.

Separating Fact from Fiction

The supplement industry, like all industries, is so full of confusing marketing gimmicks designed to baffle people with BS, people can't make informed decisions as to what to buy or which companies to trust. It's confusing as hell for the average buyer. Never fear, Will Brink is here to explore and or explain some of the most common marketing ploys used in supplement ads and product labels that are designed to part you from your money.

The standard fare of slick marketing terms is all too common in the advertising campaigns of unscrupulous supplement companies, and frankly, they drive me nuts! I start foaming at the mouth when I see these tactics used to sell products to people. I've spent over a decade trying to inform and educate people and I often feel I am getting no closer to my goals of helping them to make educated, informed decisions regarding the supplements they spend their hard-earned money on. What follows is some of the most common marketing terms and what they actually mean to you, the buyer. Hopefully you can see them for what they really are, and make better decisions about what supps you buy in the future.

Commonly used marketing terms:

"Clinically Proven"

Whenever I hear this term I want to call the company up and ask "which clinic and where is it located?" This term means absolutely nothing to the average buyer. What the term is insinuating of course is that the product has been in clinical use for some time and has been found to be effective in a clinical setting, but it's rarely - if ever - true.

"Patented"

This one of the most powerful of the misleading marketing terms used in the industry. People are under the assumption that a patent means the United States Patent and Trademark Office has evaluated a product and found it to be so effective, it's deserving of a patent. That is simply not the case. The granting of a patent (and there are several forms of patents, but that's beyond the scope of this column) means the company has an exclusive right to sell the product for the length of the patent, and they have convinced

the patent office that idea, or formula, etc., is original enough to grant a patent. It does not mean in any way that the product or idea is effective for its intended claim or use, or that it is backed up by legitimate research. One would hope the product was backed up by legitimate research and that's why the patent office granted the patent, but it's often not the case. A patent simply protects a company's legal/financial/intellectual interests. Translated, there are some really silly patents out there for completely useless and ineffective products. A quick perusal of the patent office web page at <http://www.uspto.gov> can be fun.

Patents are important and very useful for the company or individual to protect their concept, or product, or what ever the patent is based on, from a legal standpoint so others can't simply take that concept or product and copy it, but it has little to do with efficacy of the product in question. It may be a great product with a patent or it may be a really crappy product with a patent.

“Doctor recommended”

Like “clinically proven”, I always want to call the company up and ask “which doctor is that and can I have his or her phone number?” Somehow I know they won't have a doctor for me to talk to. And what type of doctor are they talking about? A medical doctor (MD), or a person with a PhD (also a doctor) in a totally unrelated field? Do I care if a person with a PhD in French History recommends the product? Of course not! Also, does this doctor (or doctors) they have listed in their ad have financial interests in recommending the product or is he doing it out of the goodness of his heart? The reality is that most MD's have very little knowledge of nutrition or nutritional supplements anyway. Bottom line, 99% of the time “Doctor recommended” is a worthless term with no bearing on the effectiveness, quality, or safety of a product, so don't fall for it.

“All natural”

I just hate this term! It means nothing at all yet people seem to fall for it virtually every time. Flying is not “natural” to humans, yet we do it all the time. Uranium is natural, do you want to eat the stuff? Of course not! It's an irrelevant ambiguous term. Ignore it.

“Scientifically formulated”

As opposed to what, unscientifically formulated?! Designed by monkeys working on a computer? One would hope the product in question was formulated with some scientific grounding in mind, but this is rarely the case, sad to say. Many products are designed with their marketing power in mind, not their scientific strengths, which leads us to our next term:

“Research proven”

If the company has funded legitimate studies at an independent location and the study was published in a peer-reviewed journal some place, great! I applaud that company and have for many years lamented about the number of companies that refuse to pay for research to support their own products. The sad fact is, very few companies spend money on real research preferring to spend money on marketing. If the company has some real research to back up the claim of “research proven,” they should have no problem supplying that information right? Wrong. My calls to many companies either yielded a mish-mash of junk science or nothing at all. One guy said to me “hey man, it’s a marketing term” and quickly got off the phone. You would not believe what passes for “research” with some companies.

The real harm here is that good companies that do shell out the money for genuine research have to compete with companies that simply pretend to, and that can put the good companies at a real disadvantage, not to mention it fools people into potentially buying a product with no research at all behind it.

“Used for thousands of years”

Another gem of a marketing term! So if the product has only been used for 300 years, is it no good? People have also been eating things like tiger penis for thousands of years, does that mean it works or is safe? The answer is (drum roll).. No!

Of course at one time the earth was considered flat and it was once believed the sun revolved around the earth, but times change. Sure, an herb being used for a few thousand years, such as ephedra (Ma Huang) does lend some legitimacy to its safety and effectiveness, but it’s far from proof the herb in question is either safe or effective. The bottom line here is that people have been using all sorts of things for thousands of years, some

good, some not so good, some safe, some not so safe. The term should not drive anyone to buy a product and assume that because it's been used for a thousand years (and remember we are assuming the company is even telling the truth about that) then it's safe and effective.

“Proprietary blend”

In many cases, this is the most potentially misleading term of them all. While it doesn't always show up in the ads, it appears on the side of the bottle where it's used to reinforce the notion that the supplement ingredients are “scientifically formulated.” It implies that the ingredients and amounts have been fine-tuned to work synergistically, and will produce better results than other brands, even ones using the same - or similar - ingredients.

Proprietary blends are not inherently a negative for the consumer, though they are inherently confusing for the buyer in most cases.

A manufacturer will put the words “proprietary blend” on the label for one of two reasons:

- a) to prevent the competition from knowing exactly what ratios and amounts of each ingredient present in the formula to prevent the competition from copying their formula exactly (commonly referred to as a ‘knock off’) or
- b) to hide the fact the formula contains very little of the active ingredients listed on the bottle in an attempt to fool consumers.

Sadly, the latter use is far more common than the former. They see a long list of seemingly impressive ingredients listed in the “proprietary blend” none of which are there in amounts that will have any effects. This is commonly referred to as “label decoration” by industry insiders. The former use of the term is a legitimate way for a company of a quality formula from having the competition copy or “knock off” their formula and the latter use of the term is to scam people.

So how does the consumer tell the difference?

They can't, or at least they can't without some research and knowledge, which the scam artists know few people have the time and energy to dedicate to finding the answers. Although there are a few tips the consumer can use to decide if a product with a “proprietary blend” is worth trying, no

one, not even me, can figure out exactly how much of each ingredient is in the blend or in what ratio of each is contained within the formula, hence why the honest and not-so-honest companies employ “proprietary blends” so often....

Well there you have it; my down and dirty guide to the world of marketing terms employed by some companies to sell products. Can you think of others you would like explained? Contact me and I will see if it’s yet another BS marketing term worth exposing. As I alluded to above, these marketing tactics harm the legitimate companies out there trying to sell you a quality product by confusing the buyer who buys into the outlandish claims.

As always, the Latin expression “caveat emptor!” or “let the buyer beware” always applies.

SUPPLEMENT COMPOUNDS

In the following pages, I've reviewed the claims and evidence for 40 of the most common compounds used in OTC diet supplements. Each review is broken into precise, easy to read sections, and I've made all attempts not to put you to sleep with overly technical jargon. The sections are:

- What is it?
- What is it supposed to do?
- What does the research have to say?
- What does the real world have to say?
- Recommendations.

"What is it?" will explain briefly what the compound is made of, where it comes from, and other pertinent information.

"What is it supposed to do?" will cover what a nutrient supposedly does and how it achieves the effect, assuming it has an effect.

"What does the research have to say?" will briefly look at the studies and sum up the research on a particular nutrient or formula where applicable.

"What does the real world have to say?" will sum up what people have said about their experience with each product. This section is a combination of the feedback I have received over the years and my own first hand experience with the many people I have worked with. Of course, there's no particular formula or hard science behind this section but many readers may find it the most useful part of the e-book.

"Recommendations" will summarize the potential pros and cons of all the sections and give no B.S. advice on whether a product is worth using.

At the end of this section, I've also provided a "**Weight Loss Supplements Scoreboard**" that summarizes the compounds that my research and experience have demonstrated are the most effective for fat loss. Many of the compounds that I rate as "not worth the money" actually have positive effects on health - but if they don't help peel off the pounds, they don't make the cut on the Scoreboard. The Scoreboard is followed by "**How to Use the Weight Loss Supplement Scoreboard**" to analyze a commercial supp.

Flax Oil

What is it?

To understand flax oil you have to understand what essential fatty acids (EFAs) are and what they do. The definition of an essential nutrient is anything the body cannot synthesize itself and therefore must be obtained from the diet. We need to eat an assortment of vitamins, minerals, approximately nine to eleven amino acids, and two fatty acids to stay alive and healthy (there is no such thing as an essential carbohydrate, but we'll discuss that at another time and place).

The two essential fatty acids we need in our diets are linoleic acid (LA) which is an omega-6 fatty acid and alpha-linolenic acid (LNA) which is an omega-3 fatty acid. The highest known source of the omega-3 fatty acid LNA is flax oil which also contains a small amount of LA (flax oil has 4:1 ratio of LNA to LA). Minimum requirements for essential fatty acids are 3 - 6% of daily calories for LA and 0.5 - 1% of daily calories for LNA.

What is it supposed to do?

As with most vitamins and minerals, it is virtually impossible to get optimal amounts of unprocessed essential fatty acids (especially the omega-3 fatty acids) from our heavily processed food supply.

The term "omega-3 fatty acid" should ring a bell for you.

Fish oils are well-publicized omega-3 fatty acids that have been shown to have many benefits. Although early research told us we need a bit more LA than LNA, in practice we find that a diet higher in LNA gets the best results for a reduction in body fat levels.

Americans tend to get their fats from saturated fats, rancid fats, and highly processed fats (which contain byproducts such as trans-fatty acids), thus giving fats a bad name.

EFAs are not to be avoided as a "bad fat" because all fats are not created equal. From a general health standpoint, EFAs are involved in literally thousands of bodily processes essential to our health and general well-being:



immunity, aging, hormone production and hormone signaling... well, you get the point.

As one would expect, EFAs have been found to have many health uses including cholesterol reduction, cancer treatment and prevention and treating inflammatory conditions.

In particular, the omega-3 fatty acids are anti-lipogenic (they block fat storage), anti-catabolic, anti-inflammatory, and they increase beta-oxidation (fat burning!), improve insulin sensitivity, increase thermogenesis, and have a whole lot more positive effects on fat loss that we don't have the space, time, or need, to cover in this little review.

Recent research has found that EFAs, in particular the omega-3 lipids, control gene transcription. For the more technically adept: omega-3 lipids play essential roles in the maintenance of energy balance and function as fuel partitioners in that they direct glucose toward glycogen storage, and direct fatty acids away from triglyceride synthesis and assimilation and toward fatty acid oxidation.

Omega-3 lipids appear to have a unique ability to enhance thermogenesis and thereby reduce the efficiency of body fat deposition. EFAs exert their effects on lipid metabolism and thermogenesis by up-regulating the transcription of the mitochondrial uncoupling protein-3 (UCP3), and inducing genes encoding proteins involved in fatty acid oxidation (e.g. carnitine palmitoyltransferase and acyl-CoA oxidase) while simultaneously down-regulating the transcription of genes encoding proteins involved in lipid synthesis (e.g. fatty acid synthase).

A lack of EFAs - in particular the omega-3 EFAs - appears to be one of the dietary factors leading to the development of obesity and insulin resistance seen in Syndrome X (see section on Chromium for more information on Syndrome X).

Of particular interest, the body makes something called prostaglandins (as well as other highly unsaturated compounds) from both of the essential fatty acids. Prostaglandins are highly active, short-lived, hormone-like substances that regulate cellular activity on a moment-to-moment basis. Prostaglandins are directly involved with regulating blood pressure, inflammatory responses, insulin sensitivity, immune responses, anabolic/catabolic processes, and hundreds of other functions known and yet unknown.

The long and the short of all this, without going into a long and boring biochemical explanation: omega-3 fatty acids are responsible for forming the anti-inflammatory prostaglandins, and omega-6 derived prostaglandins are responsible for making many of the pro-inflammatory prostaglandins (in addition to other products derived from EFAs - of which there are many).

Obviously, it's a lot more complicated than that, but hey, I only have so much space to write...

It is probably easy to see from just reading this section that the metabolism of EFAs is quite complicated. If you are interested in a solid, easy to read primer on the many functions of EFAs and uses of flax oil, read my book *Priming the Anabolic Environment* which has a chapter on the topic. For even more details on the many benefits of flax oil, as well as many other oils, read *Fats that Heal Fats that Kill* by my good friend Dr. Udo Erasmus.

What does the research have to say?

The research that directly examines fat loss using flax oil is varied, compelling, and interesting, but not nearly as conclusive or extensive in humans as one would expect.

Research has shown omega-3 fatty acids added to the diets of animals such as rats, mice, and pigs, results in fat loss. Many in-vitro (test tube) studies also have been very clear as to the effects of flax oil (and other oils high in omega-3 fatty acids) on fat loss and other health related issues. There have been human studies that suggest flax oil can help with weight loss but there are no "smoking gun" type studies to convince the hardcore skeptic.

I wish I could show people the huge pile of research I have gathered over the years that demonstrate just how interesting and effective flax oil – and other oils high in omega-3 fatty acids – can be for weight loss, health, and overall well being. Not all the research agrees (and it never does) but the vast majority of studies strongly suggest the omega-3 fatty acids from flax seed oil, fish oil, etc., are very effective for weight loss.

We need more human research to confirm this weight loss effect to the satisfaction of most scientists.

Most of the research over the years has in fact been done on the fish oils, and many people are already aware of such research. Flax oil and other

high LNA oils have been more recently studied. The human body can, in fact, make the DHA and EPA preformed in fish oil from the LNA found in flax oil (via desaturase enzymes), but some controversy still exists as to how efficiently it's converted which is why some still recommend fish oils over flax.

Some studies suggest the conversion of LNA (found in flax) to EPA and DHA (the "fish oils") is more efficient than commonly believed. One study called "Dietary substitution with an alpha-linolenic acid rich vegetable oil increases eicosapentaenoic acid (EPA) concentrations in tissues" (Am J Clin Nutri.;59 [6]: 1304-9, 1994) examined this issue.

This study took thirty healthy volunteers and separated them into two groups. Group one ate a high LNA and low LA diet. The other group ate a high LA and low LNA diet, which is more typical of the average American's diet. The study ran for eight weeks, which is a relatively short time. At the end of four weeks the group receiving a high LNA and low LA diet had significantly higher levels of EPA in their plasma lipid fractions than the group receiving a high LA/low LNA diet.

For another four weeks both groups were given fish oil supplements. The group that got the flax oil and fish oil supplements had far higher levels of EPA than the group getting fish oil without the flax oil leading researchers to conclude:

"...the results indicate that alpha-linolenic acid rich vegetable oils can be used in a domestic setting (in conjunction with a background diet low in LA) to elevate EPA in tissues to concentrations comparable with those associated with fish oil supplementation."

This is only one of several studies that found ingesting flax oil does raise EPA in tissues reliably and predictably. This does not however mean pre-formed EPA and DHA don't have their uses, and one study that fed people 6 grams of fish oil per day found significant weight loss.

In my experience, flax oil is quite effective for fat loss and providing other health benefits. In my view, there may be reasons not to use the fish oils as the sole source of omega-3 fats. They are far more susceptible to oxidation and rancidity. The production of fish oils for use as a supplement is not as well controlled as for flax seed oil and fish oils can contain toxins such as PCBs and other compounds. Fish oils do have their therapeutic uses how-

"...the results indicate that alpha-linolenic acid rich vegetable oils can be used in a domestic setting (in conjunction with a background diet low in LA) to elevate EPA in tissues to concentrations comparable with those associated with fish oil supplementation."

ever.

What does the real world have to say?

In the vast majority of people who have added flax oil to their diet (or other oils high in omega-3 fatty acids), improved fat loss has been the result. How much fat loss seems to be fairly individual and depends on many factors and physiological variables such as diet, exercise, initial fatty acid status, and body fat levels. Fish oil supplements also get high marks for fat loss with most people.

Recommendations

Flax oil has been a particular interest of mine for years. As some people may already know, I was the first person to popularize the use of flax oil with bodybuilders and other athletes for fat loss.

As I hope you can appreciate, I have attempted to distill a great deal of complicated information regarding the essential fatty acids and their effects on fat loss in this section, and I have of course left out a considerable amount of information in order to get to the point and offer a simple recommendation. However, you should certainly get the gist of it.

I generally tell people to take 1 - 3 tablespoons of flax oil per day mixed in a protein drink, put over a salad with some vinegar, or taken straight from the bottle. Don't bother with the capsules as it takes 12 - 14 capsules to equal one tablespoon, which becomes expensive and inconvenient.

However, most people don't like vague advice and request a specific figure. So, I recommend one tablespoon of flax oil for every 75 lbs. of bodyweight, though more can be used if desired. In fact, many "large and in charge" high level bodybuilders take up to seven tablespoons of flax oil a day before a contest and were still losing body fat on that much oil! People do not get fat on flax oil, period.

Ill-informed nutritionists who tell you "all fats will make you fat and should be avoided" are simply incorrect and have not done their homework.

There are however a few points to consider regarding flax oil. First of all, flax oil - like all polyunsaturated oils - is very sensitive to heat, light, and oxygen. It should never be heated or cooked with and should be kept in the

fridge after opening the bottle.

Secondly, when a person increases their intake of such oils, they should also increase their intake of antioxidants such as vitamin C, E, selenium, and others. A good antioxidant complex is recommended.

Finally, there is a drawback to taking large amounts of flax for long periods of time, and that is the possibility that one could end up with a deficiency in the omega-6 EFAs.

What to do?

Several companies have developed oil products to address the issue of potential imbalances from long-term flax oil intake. For example, Dr. Erasmus (the fat guru) has a product aptly named *Udo's Choice Oil Blend*. (Note: long before the bodybuilding community became aware of the importance of EFA's for fat loss – thanks in large part to yours truly – Dr. Erasmus was extolling the virtues of the essential fatty acids for health, fat loss, and performance.)

As previously mentioned flax oil is particularly rich in omega-3 essential fatty acids (LNA) but is actually a poor source of the omega-6 fatty acid, LA. This makes flax oil “omega-3 rich” and “omega-6 poor” for long term use.

Many writers on nutrition have made the mistake of telling people that flax oil is a good source of the essential fatty acids, which is not true. It is a good source of the omega-3 essential fatty acids but lacks adequate omega-6 EFAs for long term use.

There are two schools of thought on how to look at this problem. One says that most people already eat far too much omega-6 oils (which they do) and far too little omega-3 oils (also correct), and taking flax oil will bring you into balance. The other believes flax oil is too rich in omega-3 essential fatty acids and taking it exclusively will lead to an omega-6 deficiency.

Where do I stand on this issue? I think both assumptions are correct depending on the population (or individual) you are looking at. What various companies have done is alter the ratio of omega-3 to omega-6 by mixing different oils together to get something closer to a 2:1 ratio of omega-3 to omega-6, as opposed to the 4:1 ratio of flax oil. What this does is bring the ratio closer to what is optimal (and avoids any imbalances) while keeping

it an omega-3 rich product that we find gets the best results. In addition, several companies have added other important and useful ingredients for health and fatty acid metabolism such as: lecithin, vitamin E, GLA, etc.

As you can see from the above discussion, not only do we need to get adequate amounts of both the essential fatty acids (LNA and LA), but we need to take them in the proper ratios with respect to one another. I have recently seen some of the companies that make these types of products, producing oils in a 1:1 ratio of LNA to LA, but I definitely prefer a product with more emphasis on the Omega-3 essential fatty acids. I have seen much better results in health, fat loss, and muscle gains, from an omega-3 rich product.

Perhaps the best way of getting maximum fat loss benefits from such products is to use them most of the time, throwing in a bottle of flax once in a while. The person can then switch over to flax oil exclusively during specific times when losing fat is the immediate goal.

I have found using this strategy with bodybuilders before contests is an optimal solution, and I consider this strategy the best of all possible worlds. I have gotten some pretty impressive results with it. A person can, of course, make their own oil blend with various LNA and LA ratios by mixing LA rich oils with the flax oil, but products such as *Udo's Choice* just makes life easier, and many such products contain other useful ingredients.

As far as bang for your buck, flax oil and other oil blends are about the best weight loss health/improving product around in my humble opinion. As for fish oils, my advice is to eat at least two - three servings per week of fish known to be high in healthy fish oils, such as salmon and others.

To discuss Flax Oil further, you can post in the Members' Zone.

[Click Here](#)

Hoodia gordonii

What is it?

Hoodia gordonii is a plant in the succulent family that grows in the Kalahari Desert and other parts of Africa. As the story goes, for thousands of years Kalahari Bushmen have been eating this plant to stave off hunger during their long hunting trips.

What is it supposed to do?

As implied above, Hoodia is supposed to have anorectic (appetite suppressing) effects, leading to less food eaten - which means fewer calories ingested. The compound in Hoodia that supposedly has this effect is a steroidal glycoside with the name P57AS3 or simply P57. Supposedly, the main effect of P57 is to affect nerve cells in the hypothalamus that monitor ATP and perhaps blood glucose. The result is that the brain is “tricked” into thinking there is enough energy (ATP) in the system and shuts down hunger signals. Direct injections into the brains of rats (poor rats!) using the purified P57 demonstrated that the compound likely has a central (CNS) mechanism of action via the hypothalamus. That’s the basic hypothesis anyway.

What does the research have to say?

Research with Hoodia is limited but moderately compelling. For example, a study entitled “Increased ATP content/production in the hypothalamus may be a signal for energy-sensing of satiety: studies of the anorectic mechanism of a plant steroidal glycoside” (Brain Res. 2004 Sep 10;1020(1-2):1-11.) found P57 to be an effective appetite suppressant in rats. This study found P57 increased the ATP content by up to 150% in hypothalamic neurons of the rats’ brains with a reduced 24-h food intake by 40 - 60%. The researchers concluded:

“With growing evidence of metabolic or nutrient-sensing by the hypothalamus, ATP may be a common currency of energy sensing, which in turn may trigger the appropriate neural, endocrine and appetitive responses...”

This was done in rats, not humans, and that is an important distinction, as we are not rats.



“With growing evidence of metabolic or nutrient-sensing by the hypothalamus, ATP may be a common currency of energy sensing, which in turn may trigger the appropriate neural, endocrine and appetitive responses...”

You might ask: do any human studies exist?

According to one company that claims a patent on Hoodia (see additional comments below) a human study has been done. They claim: "In 2001 Phytopharm completed a double-blind, placebo-controlled clinical study in overweight, but otherwise healthy volunteers using an extract of Hoodia gordonii. The large doses of extract caused a statistically significant reduction in the average daily calorie intake. In addition, a statistically significant reduction in body fat content was also observed compared to the placebo group after two weeks."

Problem is, the study does not appear to have been published in any peer reviewed journals, nor is any journal listed on their web site. Taking the manufacturer's word for a study being done and having positive effects (one has to assume at this point it was an 'in-house' study) is essentially worthless for our purposes of examining the research in this section of the e-book. No other human studies exist to date.

What does the real world have to say?

Feedback has been limited since Hoodia products are new to the market. Some authors who claim to have used the real stuff claim it had appetite suppressive effects for them.

Recommendations

There are no published long-term studies on the safety of Hoodia, nor even adequate animal studies to make any conclusive recommendations about it. The fact that Bushmen have used it for thousands of years in Africa is not exactly legit safety data by any stretch.

Another issue with Hoodia as it relates to supplements is the issue of quality control; is there even any active p57 in any of the products currently being sold? A company called Phytopharm supposedly holds the exclusive patents for extracting p57 and some reports suggest there is essentially no p57 in most commercial products. To add to that, there are no published studies in humans to suggest what a therapeutic dose might be for this compound, although anecdotal reports indicate as much as 1 g, 3 times/day might be needed. Needless to state, this is a much larger amount than is used in most supplements.

"In 2001 Phytopharm completed a double-blind, placebo-controlled clinical study in overweight, but otherwise healthy volunteers using an extract of Hoodia gordonii. The large doses of extract caused a statistically significant reduction in the average daily calorie intake. In addition, a statistically significant reduction in body fat content was also observed compared to the placebo group after two weeks."

The bottom line here is that although the initial research is compelling, there is far too little known about Hoodia to recommend its use until additional information and research exists. Though I think Hoodia is probably not worth spending money on at this time, I will place it in the “might be worth a try” category, but it just barely makes it into that category!

To discuss Hoodia further, you can post in the Members' Zone.

[Click Here](#)

Octopamine

What is it?

Octopamine is chemically related to synephrine, and is found in Citrus aurantium extracts (see synephrine section for more info on Citrus aurantium). In insects, it functions as a neurotransmitter similar to norepinephrine (noradrenaline) in mammals, but it's unclear if it plays a role in human or other mammals.

What is it supposed to do?

Like synephrine, octopamine is a beta-3 agonist (Comp Biochem Physiol C Toxicol Pharmacol. 2000.). Binding to the receptor increases lipolysis (i.e., breakdown of fats) and thermogenesis by stimulating the production of cyclic AMP by adenylate cyclase (see Forskolin section for additional info on cyclic AMP).

What does the research say?

There isn't any research on humans that demonstrates weight or fat loss that we can go on; and very little research on animals. A single study, "Moderate weight lowering effect of octopamine treatment in obese Zucker rats" demonstrated a 19% reduction in body weight gain (not weight loss) after being given injections of octopamine (J Physiol Biochem. 2003 Sep;59(3):175-82.).

A word about the way the octopamine was given to the rats: needless to state, a compound that's injected may not have the same effects as one that's taken orally – and vice versa. Limited digestion, absorption or degradation by the liver can limit how much of an oral dose actually reaches the bloodstream and target cells/tissues. So you can't assume that the effects you get when you swallow a compound will be identical to the effects seen when you inject it. No surprise there...

This could be the case with octopamine. According to a small study in humans conducted in 1975, a considerable amount of octopamine taken orally is broken down during "first pass" metabolism by enzymes in the gut (Eur J Clin Pharmacol. 1975;8(1):33-9.).



Even if that wasn't the case, it's unclear if octopamine could cause significant fat loss in humans. In an in-vitro (test tube) study of octopamine applied to human fat cells, two different actions were seen. On the one hand, weak lipolysis (fat breakdown) was observed; on the other, insulin-like glucose uptake was also seen, due to oxidation by monoamine oxidase (MAO): an enzyme found in fat tissues. These two effects could conceivably cancel each other out, but there's no way to know without the relevant research.

What does the real world have to say about octopamine?

Octopamine is included with a variety of other compounds in OTC diet supplements, so it hasn't been possible to make any kind of independent judgement about it.

Recommendations

I am sure the reader (you reading this e-book right now) is getting tired of me using sentences like "there's no way to know without the relevant research" with so many of the supplements covered here. That's the reality with octopamine, as well as many others throughout the e-book, however. If it weren't true I wouldn't say it! Anyhow, since it's readily metabolized in the gut, as well as easily broken down by MAO, it seems to me that – for octopamine to be effective at all – then larger doses than those currently contained in diet supps would be needed. Until more research is performed, in my opinion, there are other, better compounds available.

To discuss Octopamine further, post in the Members' Zone.

[Click Here](#)

BRAND NAME SUPPLEMENTS

You can find a number of web sites that claim to review diet supplements, but in reality, they're thinly disguised sales pitches. Honest reviews are few and far between. And I have yet to come across a website, magazine, or book, that reviews very many of the hundreds of supplements available on the market today.

We have over 220 reviews of brand name supplements in the DSR Members' Zone.

Search through our 220+ supplement reviews here: [Click Here](#)

That's an amazing number that's unmatched by any other source of information that I've uncovered to date. And even more will be added as time goes by. And the best part about it, is that if you don't see a review for a supplement that you're considering, all you need to do is post a request - my moderators and I will review it for you.

Where else can you get that?

That's the reason I chose to create an interactive e-book, rather than a hard copy book that you can get in a bookstore.

There are literally thousands of fat-loss supplements on the market from manufacturers and distributors around the world. When I first decided to write "Diet Supplements Revealed," I knew it would be impossible for me to review specific, brand name supplements for this book. Any reviews I wrote would be rendered useless by changes in ingredients or recommended doses. And with new supplements constantly appearing on the market, this book would be obsolete within months.

That's why I focused on ingredients rather than brand name supplements for this book. The vast majority of OTC supps are formulated from the same, relatively short list of nutrients. By knowing the science behind the claims made for each compound, you can accurately predict whether a supplement containing those compounds will work. I've yet to see a brand name supplement composed of questionable or underdosed ingredients that truly helped anyone lose surplus fat.

We have over 220 reviews of brand name supplements in the DSR Members' Zone...And the best part about it, is that if you don't see a review for a supplement that you're considering, all you need to do is post a request - my moderators and I will review it for you.

The information presented in the previous section gives you the power to pick up any bottle of pills and decide for yourself, whether a particular brand name supplement is worth spending your hard-earned money on.

But with this integrated approach, all the bases are covered: reviews of specific brand name supplements AND weight loss nutrients, using a format that can be constantly updated as new information comes in.

The “Supplement Scoreboard” is a great summary of the information you need to evaluate a product. But if that’s not enough, there’s backup help on the Members’ Zone, where my moderators and I can offer additional information and responses to your questions.

Between the e-book and the Members’ Zone, you have all the information you need on fat loss supplements. These resources are designed to help you get thinner – instead of your wallet!

Search for a review/post a request for a new review here: [Click Here](#)

NUTRITION

Chapter 2

Nutrition 101

Understanding fat

Good fat sources and fats to avoid (table)

Understanding protein

Good protein sources/proteins to avoid

Understanding carbohydrates

Good carb sources and carbs to avoid

Understanding the Glycemic Index

What are the drawbacks of the GI

The Effects of GI on Performance

Body fat and the GI

The GI and health

GI Ratings of Different Foods (table)



GI Ratings of Different Foods

Pasta	GI Score	Legumes	GI Score
brown rice pasta	92	lentils	28
linguine, durum	50	soybeans	18
macaroni	46	baked beans (canned)	48
macaroni & cheese	64	baby lima	
spaghetti	40	chickpeas	32
spag.(protein-enriched)	28	kidney	33
vermicelli	58	navy	27
vermicelli, rice		pinto	38
		split peas	42
		soy	32
			18
Fruits	GI Score	Grains	GI Score
apple	38	barley	22
apricot, canned	64	brown rice	59
apricot, dried	30	buckwheat	54
apricot jam	55	bulgar	47
banana	62	cornmeal	68
banana, unripe	30	couscous	65
cantaloupe	65	millet	75
cherries	22	rice, instant	91
dates, dried	103	rice, parboiled	47
fruit cocktail	55	rye	34
grapefruit	25	sweet corn	55
grapes	43	white rice	88
kiwi	52		
mango	55	Dairy Foods	GI Score
orange	43	milk, full fat	27
papaya	58	milk, skim	32
peach	42	ice cream, full fat	61
pear	36	yogurt, low fat, fruit	33
pineapple	66		
plum	24		
raisins	64		
strawberries	32		
strawberry jam	51		
watermelon	72		

Breads	GI Score
white bread	70
wholemeal bread	69
pumpernickel	41
dark rye	76
sourdough	57
heavy mixed grain	30
	- 45

Please note, the most comprehensive list of foods rated by GI can be found online.

[Click Here](#)

To discuss the glycemic index further, you can post in the Members' Zone.

Breakfast Cereals	GI Score
All Bran Soy' n Fibre	33
Raisin Bran	61
Froot Loops	69
Special K	69
Grape nuts	75
Corn Pops	80
Cornflakes	84
Rice Krispies	82
Cheerios	83
Puffed Wheat	80
All Bran	42
porridge	46

[Click Here](#)

To discuss carbohydrates further, you can post in the Members' Zone.

[Click Here](#)

Snack Foods	GI Score
Mars Bar	65
jelly beans	80
chocolate bar	49



GETTING STARTED

Chapter 3

A Blueprint for Success

Goal Setting

Setting long and short-term goals
How To Determine Body Fat % (I)

Record Keeping

Before We Begin...

10 Golden Laws of Fat Loss

A BLUEPRINT FOR SUCCESS



After: 182 lbs. @ 9.5% body fat

My goals were simple:

1. Drop my body fat down below 10%.
2. Maintain my lean body mass.
3. Do it all in 12 weeks.

I always knew I could do it. I just wasn't sure I ever would. We've all been told that we can accomplish anything we set our minds to. I just never really thought that the dream would meet reality. You never really know just how close our dreams really are.

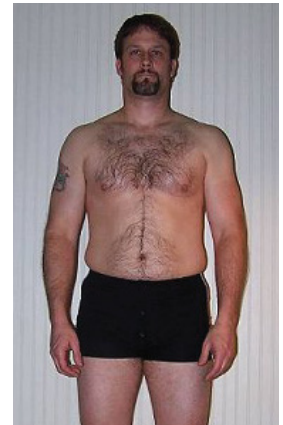
When I finally decided to meet the challenge I wanted a nutrition plan that could be customized for me. The DSR diet and Will (Brink) did a great job of teaching me what I needed to know, and outlining a nutrition plan that even I could follow. I needed simplicity if I was going to succeed.

My training plan also needed simplicity. I chose Max-OT because the workouts were brief and intense, without complicated schedules to have to remember. Of course I kept a workout journal just to make sure I was progressing.

I did say things were simple, right? Yeah, but simple doesn't mean easy. I did run into problems, and when I did the DSR forum Moderators and even the man himself Will Brink were there to answer questions and give moral support.

After 12 weeks the score board was like this:
Starting Weight: 202lbs @ 21.9% Body Fat
Finishing weight: 182 Lbs @ 9.5% Body fat

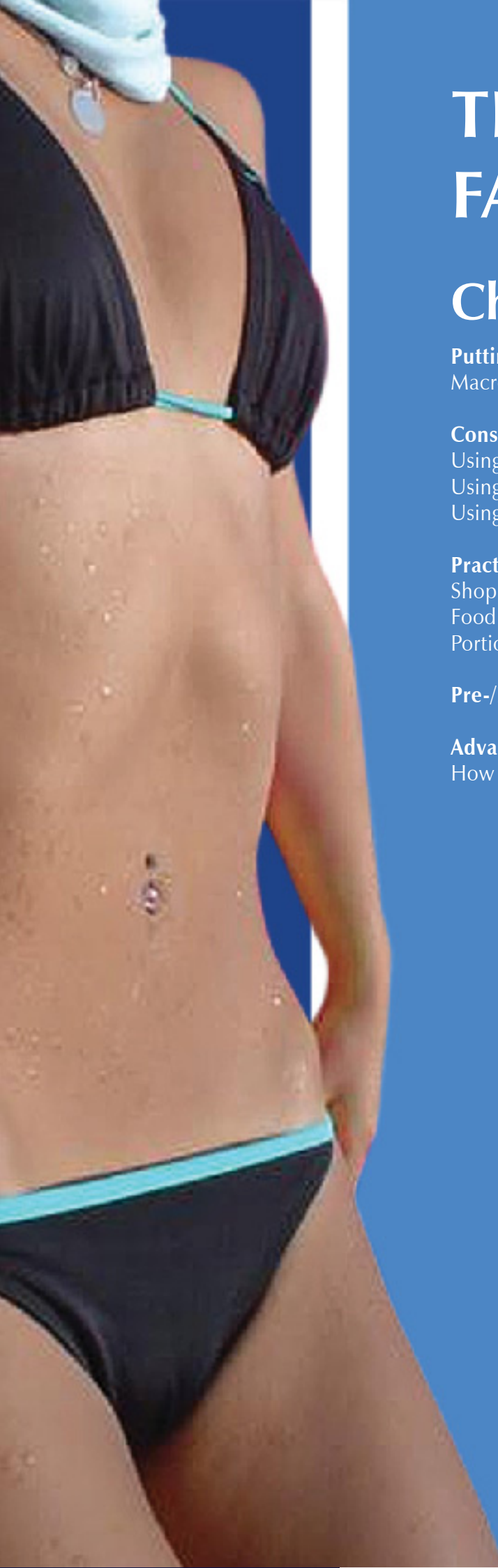
I even gained a few pounds in lean body mass. Imagine that!



Before: 202 lbs. @ 21.9% body fat.

*DSR Member
Dave Higby
("gooddog65")*

We've all been told that we can accomplish anything we set our minds to. I just never really thought the dream would meet reality. You never really know just how close our dreams really are.



THE DSR FAT LOSS DIET

Chapter 4

Putting it all together

Macronutrient Requirements

Constructing A Diet Plan

Using the Calorie Planner

Using the Diet Planner

Using the Food Database

Practical Considerations

Shopping

Food Preparation

Portion control/tracking food consumption

Pre-/Post-Workout Nutrition

Advanced Fat Loss

How to Determine Body Fat % (II)

Using the Calorie Planner

The Calorie Planner is available on the Member's Zone. The Calorie Planner goes through the exact same steps we did in the last section, but makes life easier because it does all the work!

Go to the Calorie Planner here: [Click Here](#)

Instead of crunching numbers with a calculator, we just need to enter some information to figure out what our 200 lbs. person needs:

- Total bodyweight (in lbs., kg, or stones)
- The number days/week the person works out with weights (3 or 4)
- The number of days/week the person performs cardio/aerobic exercise (3 – 5)
- The number of meals eaten per day (5 or 6)
- Age
- Sex
- First name

After the form is submitted, the Planner performs the calculations and reports all the details as follows:

Hi, [First Name]

You currently weigh 200 lbs (90.9 kg). Based on that information, here is your daily calorie guide and meal plan.

Calories:

You will start your diet at 1990 calories per day.

Your 1990 calories should be spread over 6 meals. Your breakdown is below:

Protein:

You will need to eat 200.0 grams of protein per day, spread over 5 meals. This equates to 800 calories per day from protein.

This equates to 33.3 grams of protein in each of your 5 meals.

Approximately 40% of your total calories are from protein.

Carbohydrates:

You will need to eat 160.0 grams of carbs per day, spread over 5 meals.

This equates to 640 calories per day from carbs.

This equates to 26.7 grams of carbs in each of your 5 meals.

Approximately 32% of your total calories are from carbohydrates.

Fat:

As per your e-book you will note that your fat calories are split between two different sources.

Source 1 - Flax seed oil

This is calculated at 14 grams of flax seed oil per 75 lbs of total body-weight.

As your total bodyweight is 200 lbs, you will need to consume 37.0 g of Flax seed oil per day. Two or three servings per day is fine vs. 5 or 6 (i.e. with each meal).

Source 2 - Naturally occurring fats from your recommended protein and carbohydrate sources

Your projected calories are 1990.0 calories per day. This total reflects the fact that there will be some naturally occurring fats in the lean protein and low-fat carbohydrate sources you'll be eating. The calculator adds 15% to the total calories from proteins + carbohydrates to account for this. You will be consuming 24.0 g/day of naturally occurring fats, spread out over your 6 meals. This comes to 4.0 g/meal – as noted in the 'FAT' column of the table.

Including the flax oil, approximately 28% of your total calories are from fat.

Just like we saw earlier, the report provides a table with the calorie and macronutrient targets laid out for each meal.

Using the Diet Planner

The first thing we see when we open the Diet Planner is a page with a link to the FAQ's. The FAQ's provide detailed instructions on how to use the Planner to create and store meals.

Open the Diet Planner here: [Click Here](#)

To create a diet, we need to click the "Create New Diet" button. On the set up a new diet, we need to:

- Enter a name (title) for the diet
- Choose whether to make the diet "Public" (visible to other members) or "Private" (visible only to the user)
- Select how each day will be ordered. Each day can be simply given a date, or a title (i.e., "Day 1," "Day2," etc.)
- Enter a daily calorie goal. In this case it's 1990 (don't bother with the decimal place. Calorie counting doesn't need to be that precise).
- Enter a "Macronutrient Split Goal." Macronutrient splits are the percentages of the total calories from protein, carbs, and fat. In our example, those numbers are: Protein: 40%, Carbs: 32%, and Fat: 28%
- Enter current bodyweight

The Diet Planner also provides a space for notes or other details about the diet. Clicking on "Save Diet" completes the process. Now it's ready to use for meal planning and tracking.

The Diet Planner contains a drop down list of foods. When you choose a food from the list, the number of calories and grams of protein, carbs, and fats are automatically logged. The basic list of foods is limited, but users can customize the list by adding their personal favorites.

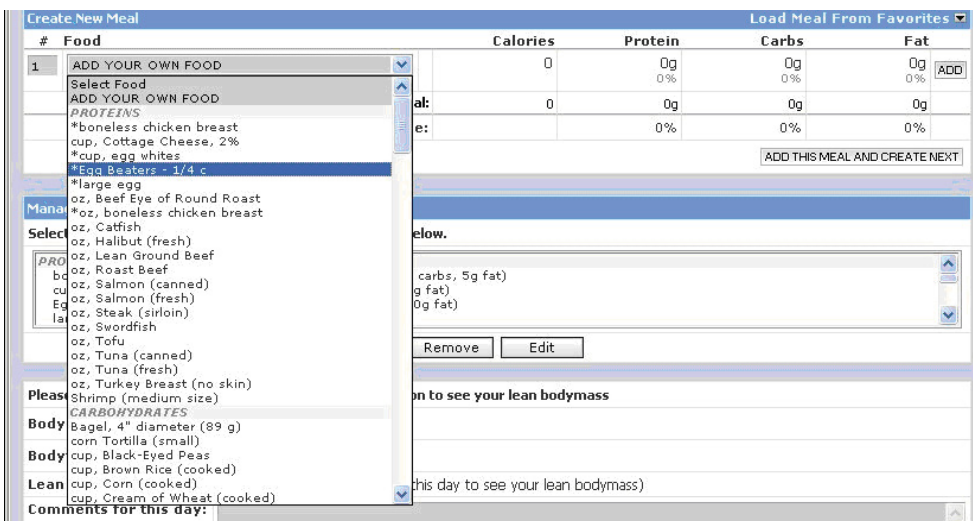
The simplest way to build a meal is to start with the protein source. Choose a protein food and enter a portion size that gives a value a bit less than

the final amount you want for the meal, since other foods will add small amounts of protein as well. Next, add carbohydrate sources. Vegetables should be considered first. Fruit, dairy products, starchy vegetables, and grain foods are used in moderation to complete the quota. Fats should be added last.

To continue with the example: our 200 lbs. person has decided to have an omelet for the first meal of the day. An omelet is a good way to combine some lean protein (egg whites) and fibrous vegetables. So let's walk through what this looks like in the Diet Planner.

1) Choose a protein source.

“Egg Beaters” or a commercial egg substitute is a convenient source of low fat protein – it’s virtually pure egg white, with some thickeners and seasonings added.



2) Add it to the meal

#	Food	Calories	Protein	Carbs	Fat
4	*Egg Beaters - 1/4 c <small>PROTEINS</small>	112	24g 85.71%	4g 14.29%	0g 0%
1	Select Food	0	0g 0%	0g 0%	0g 0%
Total:		112	24g	4g	0g
Actual Nutrition Intake:			85.71%	14.29%	0%

Food Preparation

Food preparation is vital to the long-term success of a fat-loss program. Even the best plans will fail if the meals are too time-consuming or difficult to prepare. Advance planning will save both time and energy when preparing individual meals, and help prevent impulse eating. Appropriate meals and snacks can be quickly and easily assembled simply by following a few basic rules.

1) Cook in bulk.

Cooking foods in larger amounts is invaluable for meal planning. In the time it takes to cook one chicken breast, you can cook 6 - 8, and have the leftover meat available for eating as is, or ready to use in recipes. Many lean protein sources can be pre-cooked and stored for later use: chicken and turkey breasts, pork tenderloin, lean roast beef, seafood, etc. Recipes can also be made in larger volumes, and the leftovers refrigerated or frozen in single-serving containers. Soups, chili, stews, casseroles, meatloaf, etc. are ideal for bulk cooking and storage. It shouldn't be necessary to purchase commercial canned soups or frozen entrees to accommodate a single appetite.

If your calorie/carb allowance permits it, starchy carbohydrate foods like brown rice, other whole grains, and legumes can also be pre-cooked, and added in small amounts to your meals.

You can also make ahead and freeze homemade protein bars, pancakes, and quick breads for snacks/meals. The recipe section on the "Diet Supplements Revealed" Members' Zone has a number of approved (and tasty) recipes for high-protein, low carb items.

2) Make use of precut, ready-to-eat, and frozen vegetables/fruits.

Larger vegetables such as broccoli or cauliflower can be precut and stored in resealable plastic bags for eating raw, or adding to recipes and salads. Ready-to-eat vegetables such as peeled baby carrots and grape/cherry tomatoes are also handy. Frozen vegetables are an excellent alternative, and are often fresher and less expensive than out-of-season, stored "fresh" vegetables shipped in from miles away.

While there may not be a lot of room on the DSR diet for the calories and carbs from standard fruits (e.g. apples, bananas, raisins), some extremely nutrient-dense and smaller fruits can and should be included in small amounts. Frozen berries (particularly blueberries) are relatively low in carbs/calories and rich in antioxidants and fiber - ideal for adding to smoothies or yogurt.

3) Make your diet portable.

Invest in an array of single-serving, reusable containers, a wide-mouth thermos, blue ice packs, resealable storage bags (various sizes), shaker bottles, and a soft-sided insulated cooler or large lunch bag. Having these items on hand means you can take your diet with you to your job - you don't need to rely on kitchen facilities, or the office refrigerator/microwave. Best of all, no need to risk temptation by eating out!

4) Make use of convenience products.

Keep single serving packs of cottage cheese, low-carb or light yogurt, reduced fat string cheese, pre-seasoned tuna, and MRP packets around for fast, portion-controlled snacks and/or office meals. Cartons of liquid egg whites make it simple to extend and increase the protein in an omelet or portion of scrambled eggs while adding very few extra calories.

Discuss more food preparation tips for the DSR diet on the Members' Zone here: [Click Here](#)

ADVANCED FAT LOSS

I wrote the main DSR diet for people who want to lose fat in order to improve their health and appearance. It's an ideal solution for someone who'd like to get their body fat levels down into the mid (female) to low (male) teens. Some may even be able to use it to dip into the single digits. That's really all that anyone needs to look great, and reap all the benefits of having a lean and muscular body.

But what about those who are looking to take the next step? I know many people who've been so inspired by their changes that they decide to try a competition. Or sometimes they simply want to experience what being "shredded" is all about.

This section is for you: the already lean who'd like to get to the next level:

- If you're a man, you're 12% body fat – or less. If you're a woman, your body fat percent should be no higher than 15 – 16%. If you're unsure about your body fat percentage, see the next section: "**More Precise Ways to Determine Body Fat %**".
- You're seriously training with weights a minimum of 3 times a week at the level described in the "Phase 3/4" portion of the e-book (see Training section: "Phase 3: Getting more serious").
- You're performing aerobics 4 – 5 times a week.
- You have solid diet discipline and are comfortable with the concepts and practices discussed in the main "Diet" section of the e-book.

Modifications to the main DSR diet

Since you're already lean, and have your diet and workout under control, losing additional fat should be a snap! You already know what to do and how to do it, right?

Wrong. The funny thing is that the techniques that got you to where you are now may not work as well when it comes to getting shredded. Losing fat - past a certain point - isn't a simple matter of reducing calories and

increasing activity any more. At the level you're at, conventional dieting is less productive, and could even result in the loss of lean body mass – which is about the last thing you want.

Unfortunately, your body composition is working against you. Studies on overfeeding and underfeeding have demonstrated that body composition plays a major role in how your body responds to changing energy intake. People who are lean will add more lean body mass than fat in a calorie surplus; while fatter people add more fat than lbm. The opposite is also true: when calories are reduced below maintenance, fat people tend to lose more fat, while lean people lose more lean mass (Ann. N.Y. Acad. Sci. 2000 May;904:359-65)!

In other words, the leaner you are, the harder it is to lose additional fat, without losing some of your hard-earned muscle mass along with it.

To continue leaning out, we need to indulge in a bit of metabolic trickery. There are certain physiological mechanisms we can utilize to improve your chances of losing additional body fat, while retaining lean body mass.

The first thing we need to do is make some alterations in how we determine macronutrient requirements. In this phase we need to focus on lean body mass: it's important to optimize nutrient intake to feed and maintain muscle, not the additional fat. We also need to make some adjustments in the amount of protein consumed per pound of lbm, vs. the amount of carbohydrate consumed.

Increasing the ratio of protein to carbohydrate

**Continued in the full version.
Click the link to purchase:**

[Click Here](#)

TRAINING

Chapter 5

Strength Training

Can the RMR be altered?

Phase 1 - Women and Weights

Phase 2 – Conditioning

Phase 3 - Getting More Serious

A sample three-day split (table)

The four-day “upper/lower” routine (table)

Phase 4 – Prioritizing

Conclusion

Exercise Descriptions

Quads/hamstrings

Back

Chest

Shoulders

Biceps

Triceps

Calves

Abdominals



PHASE 1: WOMEN AND WEIGHTS

Strength training is just as important for women as it is for men. Women start out with less lean body mass to start with, so lbm losses that occur throughout their adult lives can have a disproportionately greater impact on their health and well-being. Weight-bearing exercise also has a positive impact on bone density, and can help prevent osteoporosis: a debilitating disease that afflicts women more commonly than men.

Yet many women avoid training with weights. Why? I wish I knew! Fears of getting “big and bulky” are unfounded. And as a man, I can tell you that there is nothing sexier than a woman with a lean, muscular body: the kind of body that aerobics will never create. The women I know who train with free weights describe it as one of the most rewarding experiences they’ve had. Developing your potential for strength is empowering. I hope that every woman who reads this will be inspired to “go against the flow” and discover her own capacity for strength and physical development.

But I realize that the training program outlined in *Diet Supplements Revealed* may be too advanced for some women who have never picked up a weight before. For everything, there is a first time! So my staff at DSR has helped me put together a short beginner routine that can be done at home, in order to develop some skill and confidence to transition into a more comprehensive gym program. The exercises outlined in this report cover most of the major muscle groups, and require no more equipment than a pair of dumbbells, some floor space and a chair or bench.

This is intended to be a starter program, and is necessarily incomplete. But it’s my hope that the people using this guide will experience success, and use it as a springboard for further growth and development.

For increasing weights in smaller increments than 5 lbs. (standard for dumbbells), you can buy small magnetized weights to add smaller amounts of resistance. There are several manufacturers and products: Platemates, for example, come in 1 1/4 – 2 1/2 lbs. increments, and are sold in many sporting goods stores.

Good luck with your training and see you (eventually) in the gym!

And as a man, I can tell you that there is nothing sexier than a woman with a lean, muscular body: the kind of body that aerobics will never create. The women I know who train with free weights describe it as one of the most rewarding experiences they’ve had.

Dumbbell Shoulder Press



Hold dumbbells out away from your body, bending your arms at the elbow at approximately a 90 degree angle.

Press dumbbells upward over your head until your arms are extended overhead. Lower dumbbells slowly and repeat.

Perform 12 – 15 repetitions.

Work up to two sets.

Dumbbell Squat



Stand upright, holding dumbbells at sides with feet at shoulder width and knees slightly flexed.

Slowly descend towards the floor by pushing the hips backwards, then bending at the knees.

Keep your head upright and back straight.

Your feet should be flat on the floor throughout the movement, with an equal distribution of weight on both feet.

Try to get to a position where your thighs are parallel to the floor.

Perform 12 – 15 repetitions.

Work up to two sets.

Lunges



Stand upright, holding dumbbells at sides.

Lunge forward with the right leg. Keeping the right foot flat on the floor, lower body by flexing the right knee and hip until the left knee nearly touches the ground.

Return to the starting position by extending the right knee and hip.

Repeat with left leg.

Repeat 12 – 15 times each leg.

Work up to two sets.

Dumbbell Curls



Stand upright, holding dumbbells at sides with feet at shoulder width and knees slightly flexed.

Raise the dumbbells by bending at the elbow. Rotate the forearm until the forearm and palm are facing upwards. Bring the dumbbells up towards your chest.

Reverse the movement, bringing the dumbbells back down to the starting position in a slow, controlled manner.

Repeat 12 – 15 times.

Work up to two sets.

Note: both arms can be worked simultaneously or alternately.

AEROBICS

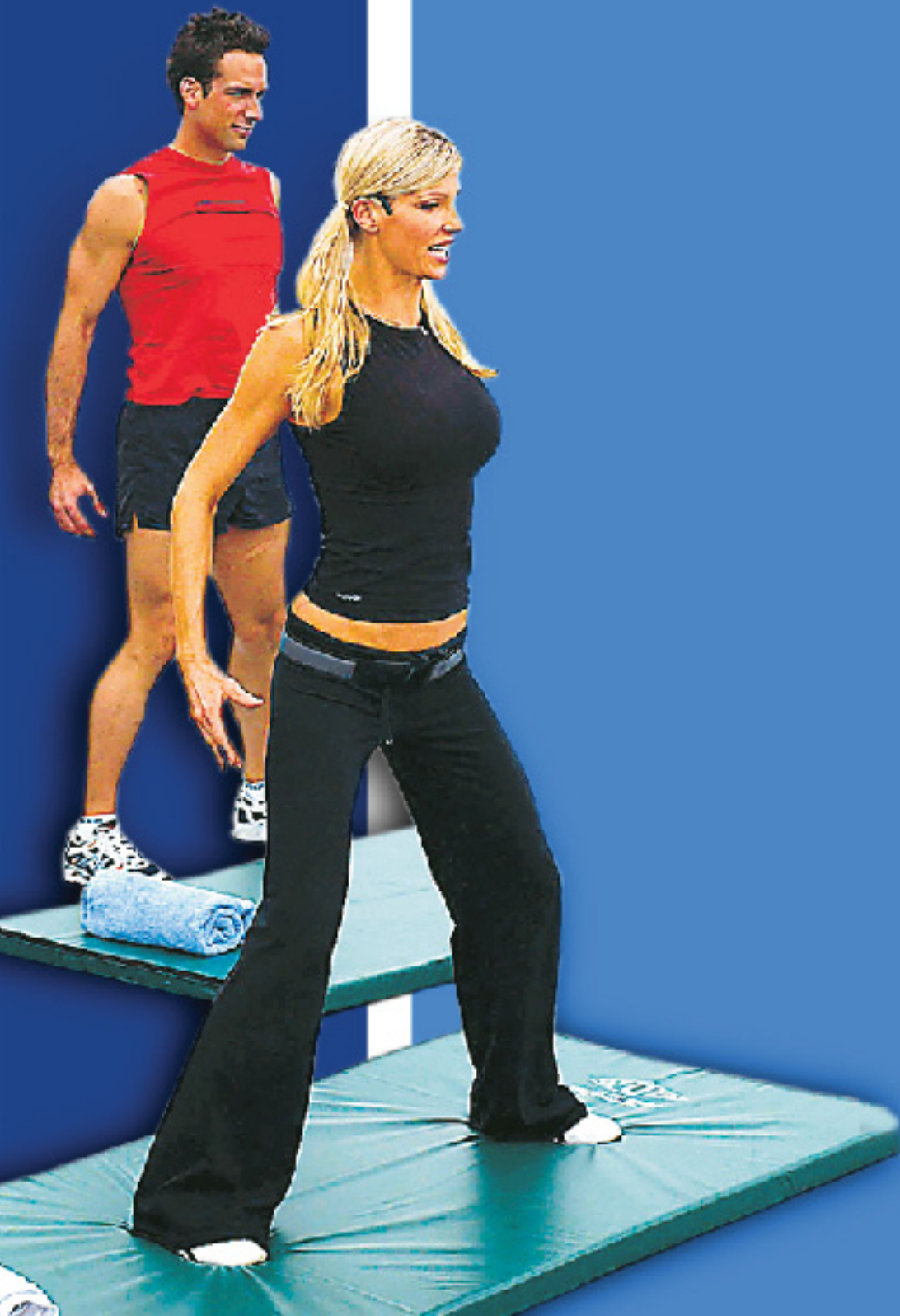
Chapter 6

Aerobics

Target heart rate

General guidelines

High intensity interval training (HIIT)



BONUS SECTION

BONUS SECTION

Chapter 7

Member Bonuses

(Access to Members' Zone, online tools, downloadable forms, membership renewal, contact information)

The Perfect Rep

What actually causes muscle growth?

So how do I improve the quality of my reps?

Incorporating CTNL reps into a workout

Tips for success using CTNL reps

Saw Palmetto, Wonder herb or wondrous scam?

Recipes

Shakes

Breakfasts

Lunches

Dinners

Muscle Building Nutrition

Conclusion

MEMBER BONUSES

When you purchase Diet Supplements Revealed you immediately receive 12 months free access to the “Diet Supplements Revealed” Members’ Zone.

Visit the Members’ Zone here: [Click Here](#)

The Members’ Zone contains bonus elements which are available to active members. These include:

- Access to the members only discussion forum where you can ask questions to Will Brink or any of the moderators, get diet , nutrition and supplement advice, read book reviews, and over 220 brand name supplement reviews.
- Unlimited use of onsite features, such as the Diet Planner, Meal Planner, exercise videos, and nutrition database.
- Downloadable pre-made Sample Diets for all bodyweights ranging from 125lbs to 300lbs
- Downloadable progress charts, measurement charts and many other useful tools.

If your membership has expired you can renew it here: [Click Here](#)

If you’re unsure if your still a member or have forgotten your password or changed your email address you can contact our helpdesk here:

[Click Here](#)

You can access the Sample Diets Here: [Click Here](#)

You can access the Progress and Measurement charts here: [Click Here](#)

The Members’ Zone is your portal for valuable information and tools you can use to get fit, and stay that way!

RECIPES

Eating 5 - 6 meals a day is easier said than done. I know lots of people – even the ones on gaining diets – who eat the same things, over and over again. It's tough. Most people can't even eat 3 healthy meals a day, let alone 6! So they go for convenience: you come up with a few meals that work for you, and keep recycling them. It's easy to fall into that trap. Then boredom sets in and cravings start...and before you know it, you're back where you started from.



Eating well shouldn't be dull. Who wants to eat canned tuna and celery sticks over several meals every day? I don't know about you, but I'd go insane within a week or two if that's all I could manage.

The DSR staff has helped me put together a collection of sample recipes and meal suggestions to give you some ideas. With a little advance planning, it's not hard to create a variety of easy and delicious meals.



The recipes, together with suggested meals, are designed to fit an approx. 40% protein, 30% carbohydrate, 30% fat macronutrient profile – which is close to what most of you on the DSR plan are using. You'll probably have to adjust the portion sizes to get it exactly right for you, but that's not hard to do. The Diet Planner on the DSR site can help you work it out.



“Nothing would be more tiresome than eating and drinking if God had not made them a pleasure as well as a necessity.”

Voltaire

Breakfasts

Breakfast is the most important meal of the day – period. According to the US National Weight Control Registry, eating breakfast is one of the five behaviors associated with permanent weight loss (the others are: engaging in approx. 1 hour/day of physical activity, self-monitoring weight, maintaining a consistent eating pattern across weekdays and weekends, and eating a lower-calorie, lower-fat diet.).



When you get up in the morning, you're in a catabolic state: the rate of protein (muscle!) breakdown exceeds the rate of protein synthesis. The stress hormone cortisol (which contributes to abdominal fat) is high, and blood sugar is low. You need to get that turned around as soon as possible.

A quick bowl of ready-to-eat cereal just doesn't cut it. Your body needs high-quality protein and other nutrients to function. Some mornings, a shake may be all you can manage, but do your body a favor and eat something more substantial when you can find the time.

Breakfast:

[Spinach-Mushroom Omelet](#)

[Vanilla-Almond Oatmeal](#)

[Oatmeal Pancakes](#)

Spinach-Mushroom Omelet

Bodybuilders see spinach as a superfood, and they're right: calorie-for-calorie, it's one of the most nutrient dense foods available. Spinach is a rich source of antioxidant carotenoid compounds such as beta-carotene, lutein, and neoxanthin. The nutritional picture is rounded out by vitamins A, C, and K, iron, folate, and magnesium.

Ingredients:

1 large egg (omega-3 preferred)
1 c. liquid egg whites or egg substitute
1 tsp. extra-virgin olive oil
1 c. sliced fresh mushrooms
Handful of fresh baby spinach leaves, chopped.
Salt, pepper to taste

Instructions:

Using a non-stick skillet, saute mushrooms. When done, add spinach, stir, and remove from heat immediately.

Preheat a second non-stick skillet over low heat – add olive oil. Beat egg and whites together with seasonings, and gently pour into pan. Allow eggs to set, using a rubber spatula to gently lift cooked egg at the sides and allow the liquid egg to slide underneath while cooking.

When there's only a small amount of uncooked egg on the top, either flip the omelet, or – alternately – hold the pan under a broiler element to set the top. Add spinach-mushroom mixture to the center, fold over, and serve.

Calories: 230, Protein: 29 g (51% of calories), Carbohydrates: 5 g (9% of calories), Fat: 10 g (40% of calories)

Meal suggestion: serve with 1 cup of berries and 1/2 whole wheat "Carb Counter" bagel.
Meal Profile: Calories: 346, Protein: 35.5 g (41% of calories), Carbohydrates: 30 g (9% of calories), Fat: 11 g (29% of calories)

Vanilla-Almond Oatmeal

Rolled oats are a bodybuilding staple, thanks to their high soluble fiber content and moderately low glycemic index carbohydrates. The brown skins of almonds pack an antioxidant punch. In addition to vitamin E, over 20 different antioxidant flavonoids have been identified. Studies have confirmed the “heart healthy” benefits of almonds, which are also a rich source of “good” monounsaturated fats, dietary fiber, and magnesium.

Ingredients:

1/2 c. old-fashioned rolled oats
1 1/4 c. water
Salt to taste
1/2 oz. raw, unblanched almonds
(approx. 12 nuts)
20 g (2/3 scoop) vanilla whey protein
isolate

Instructions:

Bring water to a simmer in a small saucepan, add salt and oats and cook according to package directions. Allow oatmeal to cool slightly.

Grind almonds (a dedicated coffee grinder works well for this) and stir into cooked oats. Stir in whey protein and serve.

Serves 1

Note: ground flax seeds or other nuts can be substituted for almonds.

Calories: 295, Protein: 27.5 g (35% of calories), Carbohydrates: 30 g (38% of calories), Fat: 9.5 g (27% of calories)

Meal suggestion: add 1 tbsp. ground flax seed to oatmeal; add 8 oz. “Carb Countdown” nonfat dairy beverage.

Meal profile: Calories: 420, Protein: 37.5 g (36% of calories), Carbohydrates: 37 g (35% of calories), Fat: 13.5 g (29% of calories)

Oatmeal Pancakes

Make a double batch of these pancakes on a weekend, when you have a few extra minutes. Leftover pancakes freeze well: use waxed paper to separate pancakes in a stack, or freeze individually in small, “sandwich” size plastic bags. Just pop them in the microwave for a quick meal.

Ingredients:

1 1/2 c. Quaker Oats
1/2 tsp. salt
1 tbsp. baking powder
2 tbsp. Splenda
2 large eggs
1 c. egg whites
1/4 c. olive oil
1/4 c. plain yogurt
1 c. lowfat (2%) creamed cottage cheese
2 scoops vanilla whey powder
2 tbsp. whole flaxseeds, ground

Instructions:

Preheat non-stick skillet on low heat.

Add oats to blender and grind to fine powder. Put into a bowl, and mix in salt, baking powder, Splenda, whey powder and ground flax seeds.

Add eggs, whites, yogurt, cottage cheese, and oil to blender: process until smooth. Pour over dry ingredients and mix. Batter will seem thin at first, but will thicken due to flax seeds.

Pour 1/4 c. batter into skillet. Flip when bubbles appear on the surface.

Makes 15 pancakes

Calories: 115, Protein: 8.8 g (30% of calories), Carbohydrates: 7.4 g (25% of calories), Fat: 6 g (45% of calories)

Meal suggestion: 2 pancakes with 2 tbsp. sugar-free syrup; 8 oz. nonfat milk with 1/2 scoop whey protein isolate.

Meal profile: Calories: 386, Protein: 39.1 g (41% of calories), Carbohydrates: 30.3 g (31% of calories), Fat: 12 g (28% of calories)

MUSCLE BUILDING NUTRITION

“Diet Supplements Revealed” is the ultimate guide to fat loss supplements, diet and exercise. Many have used it successfully as a guide to losing their excess fat, and achieving a leaner, healthier physique.

Losing fat, however, may only be the first step towards achieving your ideal body composition. Gaining muscle and strength is the logical next step, for both men and women.

If you’re serious about taking that “next step,” then you need a copy of my other book: “Muscle Building Nutrition.” MBN is focused on the subject of gaining lean body mass, while minimizing fat gains. Just as in “Diet Supplements Revealed”, MBN is a comprehensive, no BS approach to muscle building: It’s all there: nutrition, diet, workouts, and supplements. There’s also an active Members’ Area, filled with articles and tools to help you plan and manage your diet and exercise programs. The forum is loaded with information on nutrition, supplements, and exercises, with more material being added daily. And as always, I am there, along with my expert moderators.

“Muscle Building Nutrition” isn’t just for bodybuilders - it’s for anyone who wants to enhance their lean body mass, health, and appearance.

If you’ve learned the lessons that “Diet Supplements Revealed” has to offer, then you have what it takes to get the most out of “Muscle Building Nutrition.”

Hope to see you in the MBN Members’ Area soon!

See more of what “Muscle Building Nutrition has to offer here:

[Click Here](#)



CONCLUSION

Using the information found in this e-book, you should now be able to make an informed choice as to which of the popular products on the market to try.

You should also be able to construct your own fat loss diet and follow a fat loss training program (both weights and cardio). In short, you now have all the information at your finger tips to construct an effective and safe fat loss program, for long-term fat loss.

After five years and counting of selling this e-book, and the tens of thousands of people using it successfully to lose fat, it's clear it will help you as much as it has them if you follow the components that make up the DSR system.

Some more good news: this e-book is updated as often as required and you will be always be given free access to the new version as long as you're a registered member on the DSR private Members' Zone.

I am on the DSR Members' Zone daily so if you have a new supplement you want reviewed post it in the relevant section so I can add it to my list for whenever edition III of DSR comes out.

Sometimes people ask me why I chose to publish DSR as an e-book. Well, e-books allow people like me to get information out to readers at a rate no printed book could ever match, and that's one of the reasons I decided to go the "e" route rather than a traditional book or magazine.

For a subject that is continually changing, e-Books are definitely the way to go.

I hope most readers realize by now that this e-book is in no way sponsored or connected to a supplement company or manufacturer. No doubt, certain companies and individuals in the weight loss supplement business will be unhappy to see the unbiased truth put down on paper, or as electrons on a computer screen.

Don't be surprised if you are greeted with something less than enthusiasm

after presenting some of this information to people who want to believe whatever the weight loss industry marketing machine promises.

Knowledge is power. I say gain a little knowledge before you try to take off the weight!

The group of people who will be unhappy with this e-book thought I would finally reveal a sole magic pill for weight loss. Sorry I could not supply that information. There is no magic pill.

I do know however that anyone at any level will lose fat and maintain muscle by following the supplement, diet and training information.

With a little luck and hard work, you should be able to gain some muscle as well.

Good luck with all your fat loss endeavors

Yours in health.



Will Brink

DIET SUPPLEMENTS REVEALED

You need the full version of “Diet Supplements Revealed” to read this section.

Click the link to purchase your own copy of “Diet Supplements Revealed”...don’t wait to begin your journey towards a lean and healthy physique!

[Click Here](#)



This is the FREE version of “Diet Supplements Revealed.” If you’d like to purchase the full version, with

- 40 complete reviews of supplement compounds,
- A comprehensive diet program that works - to shed those unwanted pounds and keep them off for good,
- Training advice and sample routines,
- Links to Members’ Zone resources and information,
- Advanced fat loss, recipes, bonus reports, and more,
- Full integration with the “Members’ Zone” - your online gateway for information. The Members’ Zone features over **220** brand-name supplement reviews, articles, book reviews, Q & A, with Will and his team of expert moderators, recipes, workout information, videos, diet tracking tools, photo gallery and more!

...then all you need to do is click the link above. “Diet Supplements Revealed” can be yours within minutes.

In the full version, you’ll discover:

- ✓ **...why resistance training is important for permanent fat loss.** But resistance training is more than just picking up weights and pushing/pulling them around. Find out about how the right kind of training can help you keep, and even increase your lean body mass, while helping you raise your metabolism and shed excess fat.
- ✓ **...which supplements are worth taking - for your health as well as fat loss.** Many supplements sold for fat loss have minimal effects on your waistline, but offer significant benefits to your health and well-being. In the right doses, many help fight free radicals that can cause premature aging, improve cognitive function, reduce stress, and improve blood lipids.
- ✓ **...why aerobics aren't the best kinds of exercises for losing fat.** Aerobic exercise is important for cardiovascular conditioning. Yet people do aerobics for years, yet never really seem to change their body compositions or appearance. Find out why, and how to use aerobics to your advantage.
- ✓ **...how the scale can be deceiving.** Having a lean and fit body isn't about weight loss - it's about FAT loss. Who wants to lose weight if you're left with a sagging, droopy body? If you want to lose the fat, and keep the muscle, you need to stop relying on the scale as a measure of progress. Learn how to measure your body fat %, so you can keep your diet on track.
- ✓ **...which fats will actually help prevent fat storage, and help you burn excess body fat.** And yes - you read that correctly. Not all fats are bad for your waistline...learn which ones are, and which ones aren't - and why.
- ✓ **...how eating extra meals each day will help you lose fat!** One of the first things that people do when they want to lose extra flab is skimp on breakfast, lunch, and dinner - or skip some meals altogether. Find out why this is the wrong approach, and why eating 5 - 6 meals is better.
- ✓ **...why fat and starch blocking supplements aren't the cure-alls they're advertised to be.** Do they work? What else might they be blocking?
- ✓ **...critical adjustments that you need to make to your diet to lose fat permanently.** Find out which kinds of carbohydrates will help you towards your goals, and which ones you should avoid. Find out the right amounts to eat for your goals and activity level. You'll find out about all these things - and more - when you download your own copy of "Diet Supplements Revealed."

We are 100% confident that if you follow the information in this e-book, you will lose excess body fat...just the same as Will's personal training clients have. This is not hit-and-miss information: it's been tested time and time again. We know it works. And all it takes to get started are a few clicks of the mouse.

[Download your copy of "Diet Supplements Revealed" here:](#)

An important message from Will Brink: [Click Here](#)

Thank you for downloading this preview of "Diet Supplements Revealed," my fully-comprehensive program for losing excess fat and optimizing your body composition. I hope you like what you see, and decide to join me and my great moderators in the DSR "Members' Zone." You'll meet others there who share your goals. More importantly, they also share feedback and information. When you purchase this e-book, you receive 12 months of unlimited access to the Members' Zone, where you can ask questions and receive support for your fat loss program.

I am so confident in my program, this book comes with an iron-clad, no-questions-asked, 100% money-back guarantee.

Hope to see you soon in the Members' Zone!



Will Brink

[Download your copy of "Diet Supplements Revealed" here:](#) [Click Here](#)