

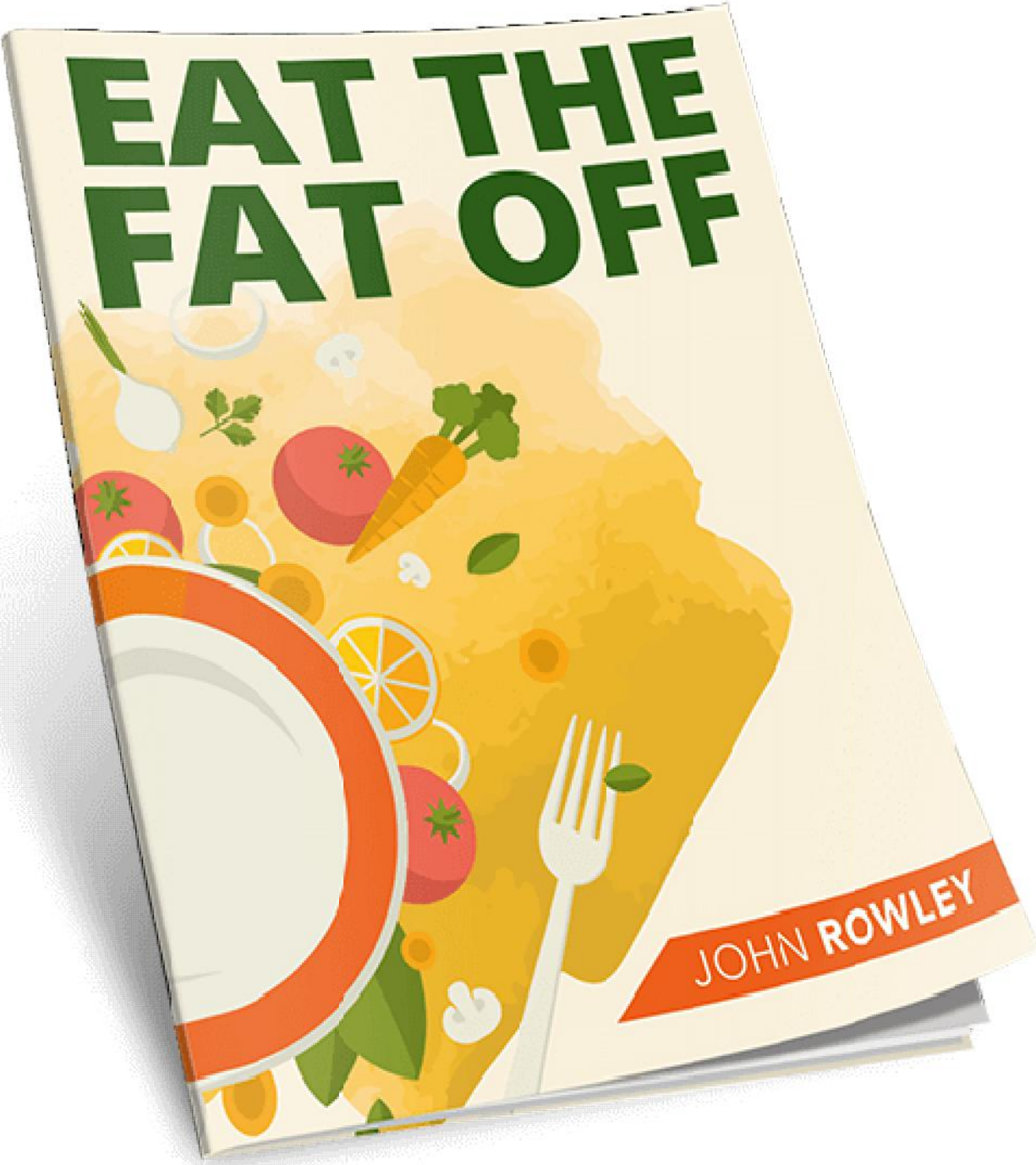
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# Eat The Fat Off™ by John Rowley

## eBook PDF Download

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## **Eat The Fat Off Reviews**

This simple little guidebook will walk you by the hand. You'll discover the fatty foods and enzymatic-boosting foods you should eat (especially at night!) to lose 10, 20, even 50 pounds or more...all while you watch your healthy and vitality soar like never before.

Forget about starving yourself. Say "so-long" to counting grams of fat or worrying about eating out. Never fret about eating late at night ever again—especially right before bedtime.

Eat The Fat Off changes everything when it comes to weight loss and living like you mean it—healthy, vital, full of energy. Like you felt in your prime...

## About Author



My name is John Rowley. Perhaps you've seen me recently on Fox News, CBS, ABC, in The Huffington Post, and other major media outlets.

I've been sharing how this thinning enzyme breakthrough is forcing medical textbooks to be rewritten. How thousands of folks are now losing weight and regaining their health by eating more fatty foods. How traditional diet approaches will never be used again...

But one talking point has me in hot water. I was a bit too honest as to why big bellies mean big business here in the Western world.

## **What is Eat The Fat Off?**

Eat The Fat Off is a 21-day step-by-step plan for losing weight by boosting the body's natural thinning enzyme. According to John Rowley's method, people don't have to deny themselves of food or feel guilty if they consume more macronutrients than recommended when dining out. Those who have been hard on themselves for not eating on time will find that the Eat The Off method is fairly tolerant while still producing results. Our editorial team discovered a brand-new fact about this manual: it was based on a diet that predates the birth of Christ. As stated by John himself.

## **How does Eat The Fat Off work?**

Eat the fat off works with the enzymes in your body to accelerate your weight loss.

The program centered on the efficiency of the 'Lipase-P enzyme,' also called the 'thinning' enzyme. The pancreatic lipase enzymes are responsible for breaking down fats in your body and converting it to useful energy.

These thinning enzymes speed up fat burning. So, eating foods that aid in producing these thinning enzymes will positively impact your weight loss.

Eat the fat off teaches you what foods to focus on, which triggers your body to restart body's natural digestive enzyme 'Lipase-P' production and break down fat much faster.

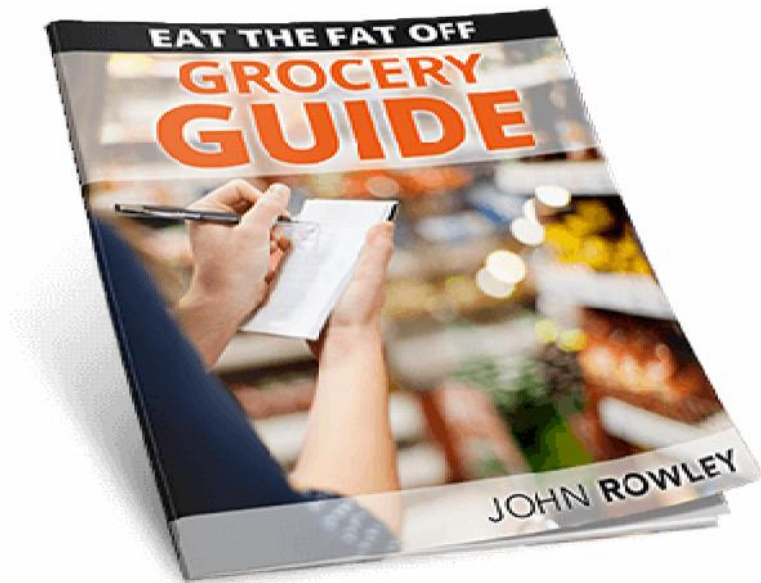
When the fat-burning enzyme activates, it will boost metabolism and, ultimately, weight loss –by breaking down fat three times faster than the traditional diet plans by forcing the body to use the healthy fatty food you eat for fuel instead of storing it as fat.

Once you have consumed the right diet, it would trigger the stimulation of “dopamine, serotonin, and melatonin,” giving the body all the necessary energy during the thinning process. Besides, it also aids you in avoiding health risks related to obesity and can lead to a better lifestyle.

## **What has included in Eat The Fat Off program?**

You can find what is added to the Eat The Fat Off program to stimulate the fat-burning enzyme and lose weight successfully.

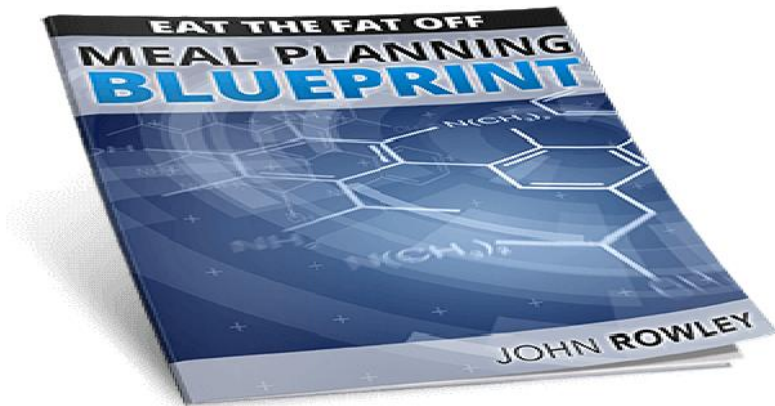
### **1. The Eat The Fat Off Grocery Guide!**



This is your exact list of foods you need to eat for maximum weight loss...Foods that you can get right down the street... Simple foods that taste great... AND foods that trigger The Eat The Fat Off Effect!

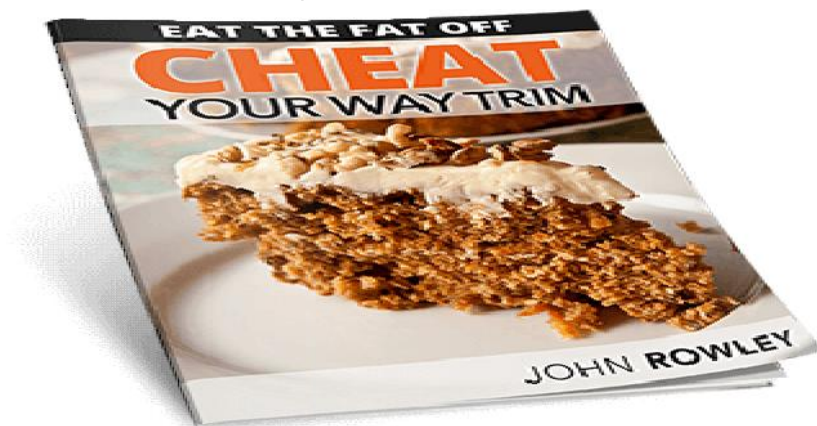


## 2. The Eat The Fat Off Meal-Planning Blueprint!



This removes all the guesswork on what to eat and when to eat it... So you are always triggering The Eat The Fat Off Effect... And let me just tell you: this Blueprint was a lifesaver for me, and for Jeff as well.

## 3. Cheat Your Way Trim!



This is The Eat The Fat Off "Cheat Meals Are Mandatory" Plan that helps you feel free from any guilt the next time you want to splurge... And enjoy your favorite foods... even desserts... And know for a fact you're still right on the plan to lose even more weight!

## **Conclusion**

Eat The Fat Off is a comprehensive weight loss system that aims to provide a practical and simple way to burn off excess fat –without the need to starve yourself or spend hours on a treadmill.

Instead, the system focuses on eating the right types of nutritious food that activate important digestive enzymes. The approaches in the program are 100% natural; it includes a complete diet guide, recipes, sample meal plans, food lists, grocery lists, simple workouts, and much more.

This help accelerate your weight loss; you'll see and feel the difference within a month. Men and women of all ages can use all the methods. Plus, a 60 Day Money Guarantee protects your purchase.

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