



# Faceless Fat Loss: Fed Up Yet?!? "How I Obtain, and Maintain, this Body": Quick Start Guide by Tim Ritter

*Tim Ritter*

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## **Faceless Fat Loss: Fed Up Yet?!? "How I Obtain, and Maintain, this Body": Quick Start Guide by Tim Ritter** Tim Ritter

Since early 2008, Tim Ritter, aka "FacelessFatloss," has been on YouTube demonstrating his on-going low body fat levels, establishing himself as an expert in the online health and fitness world. For the first time ever, his FacelessFatloss \$39.95 program, in its entirety, is being offered for a mere \$4.99 here on Amazon exclusively. The Quick Start Guide is obtained in Kindle format (readable without a Kindle as well), and the balance of the program...his primary Ebook and over two weeks worth of daily sub-chapter and video content delivered via email...is available to you at the end of the Quick Start Guide via a simple sign-up process.

This program is ONLY for people who are FED UP with the condition of their body; Really ready for change, ready and open-minded enough to explore alternatives to the mainstream, and ready to adopt a new lifestyle, just as Tim did to obtain the constant results you have seen since 2008.

Do you have a sneaking suspicion that there is more to fat loss than simply calories-in, calories-out? Tim's stance is that there are a range of almost hidden factors that can contribute to each individual's overweight circumstances. The science is backing him up on this. One such area is in the field of gut flora, a huge focus of the FacelessFatloss approach; it was recently discovered that a thin individual's gut ecology can be much different from that in an overweight person. A substantial focus of Tim's work has always revolved around the health of his GI tract and how that may be contributing to many people's inability to lose weight.

Just one of several unique insights Tim explores.

Because of his unusual angles, many people feel Tim's program is superior to that of any other, considering him tops in this field. He offers several concepts that simply are not covered in any other program out there.

He explains:

-How starting with a detoxifying cleanse, clearing out the gut, can be so helpful.

-How he eats carbs in his "Maintenance Phase,"

-How the exercise he uses is effective yet among the easiest forms of exercise

-And perhaps most importantly, a tremendous amount of information devoted to optimal health, such as that of the gut/GI tract and detoxification organs like the liver and kidneys set his foundation of long-term health and permanent fat loss.

Once health was the focus in Tim's life, the abs finally came through.

Topics also venture down unexpected roads into pathogen management, the vital importance of colon health and detox, unusual "carb and diet cycling" techniques (even a "carb gorging" technique later on in the

program), as well as what some would consider outright weird tricks that he has used to achieve his goals. He's even well-known to incorporate a bit of humor into his teaching methods, with a desire to both inform and entertain his audience.

A special study is included in the Quick Start Guide for women proving "three times the fat burning" capability from a specific form of exercise that blows away any of those crazy, time-consuming, "insane" workouts you've seen advertised on the infomercials.

Tim takes pride in an approach that differs from the most popular (and very expensive) programs out there. Occasionally outspoken and controversial, including having made a few enemies in the fat loss industry, he disagrees strongly with the well-known infomercial method (rhymes with "G-90-ex") method and similar programs, and expands upon this in his exercise section, with not only his body as living proof, but also presenting the science behind it.

A life-long researcher in alternative holistic health, bodybuilding and diet, Tim's program is also constantly updated and revised, so that all of the information provided is the latest and most cutting-edge info out there presenting what Tim is currently doing and what is being proven to work for those sharing his path.

Tim has received countless testimonials, viewable on his site.

Fed

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#### **Sonya Wright:**

This Faceless Fat Loss: Fed Up Yet?!? "How I Obtain, and Maintain, this Body": Quick Start Guide by Tim Ritter usually are reliable for you who want to be described as a successful person, why. The key reason why of this Faceless Fat Loss: Fed Up Yet?!? "How I Obtain, and Maintain, this Body": Quick Start Guide by Tim Ritter can be one of the great books you must have is giving you more than just simple reading through food but feed anyone with information that perhaps will shock your earlier knowledge. This book will be handy, you can bring it just about everywhere and whenever your conditions in the e-book and printed people. Beside that this Faceless Fat Loss: Fed Up Yet?!? "How I Obtain, and Maintain, this Body": Quick Start Guide by Tim Ritter forcing you to have an enormous of experience like rich vocabulary, giving you test of critical thinking that we realize it useful in your day action. So , let's have it and enjoy reading.

#### **Debbie Jones:**

Spent a free time and energy to be fun activity to accomplish! A lot of people spent their down time with their family, or their own friends. Usually they doing activity like watching television, going to beach, or picnic within the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your personal free time/ holiday? Can be reading a book is usually option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to try out look for book, may be the guide untitled Faceless Fat Loss: Fed Up Yet?!? "How I Obtain, and Maintain, this Body": Quick Start Guide by Tim Ritter can be excellent book to read. May be it could be best activity to you.

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