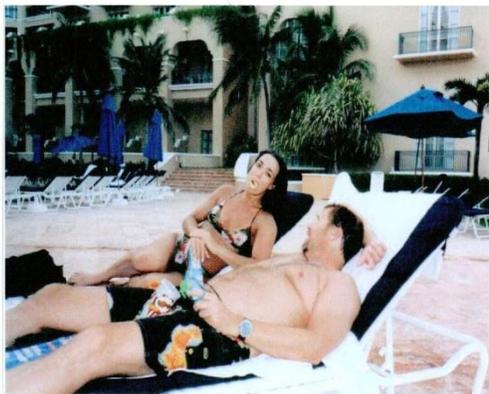


Flatten Your Abs Forever and Extreme Wellness Makeover Is Ingo Loge's Most Powerful Seminar Ever Why? Cause That Was Me To Your Left!



"There are two things I love about these events. The first is the absolute knowledge that people in the audience are about to change their lives. The second thing I love is the incredible interaction . . . meeting "the people" face to face, body to body.

Sure, If you're confused, like most people I speak with, by the fitness gadgets, diets, pre-packaged meal plans, health club offerings, the carbohydrate 'thing', low and high glycemic foods, how much protein, which vitamins, and on and on...you won't be anymore!

You can read or see information in all the new books that are out, on programs on TV, and on radio, but nothing compares to the feeling I get when someone offers a hug, a handshake, or a sincere look me straight in the eye "thank you," and at the end of one of my events, there's almost a rallying cry of gratitude every single time."

This is Not a One Size Fits All Approach,

Nor A Magic Pill To Instantly Fix everything! Each Aspect Of This Program Is Individually Tailored To Fit Your Individual Needs And Concerns As You Will Soon See.

By filling out your own uniquely private pre- event questionnaires We will be able to asses and bring real world clarity to your personal sleep patterns, stress and hormonal tides, digestive health, exercise, relaxation, toxicity around your home and office and how it affects the body. We will get specific on the foods you eat, when you eat them, and your metabolic type finding out your own personal food fingerprint. Finally some real answers to a very talked and written about subject.

Then You'll Bring Your Questionnaires With You To The Seminar An I Will Reveal Your Results And I Guarantee You Will Never Be The Same!

You may be wondering how you will get the questionnaires. Your group will be directed to a specially built website just for your even and they will be give a private password to download all of the materials for the event. It is just that simple...



Whether you've tried and failed or you haven't yet summoned up the courage and willpower to try, let me assure you, you CAN start to change your body virtually any way you want to and in 3 weeks or less.

The reason so many people fail is because they attempt to change by low-calorie dieting, over-exercising, personal trainers, committing to an aerobic program, or by utilizing drugs or supplements purported to burn fat. These are perfect examples of what I call ineffective technologies, and if you try to make ice cubes by boiling water, or try to run east until you see the sunset, you're going to fail. The approach is wrong.



What Will You Learn At These Breakthrough Events?

- The *Real Story* Behind the Latest Fitness and Weight Loss Offerings
- The Difference Between Organic and Non Organic Foods
- How Stress Is Making Your Pants To Tight?
- How Anyone Can Begin a Process of *Ongoing* and *Consistent* Fat Loss
- How You Can *Amplify Fat Loss* With a Commitment Of Only 19 Minutes a Day
- How to *Avoid the Mistakes* Most People Make in Trying to Reshape Their Bodies You'll also discover a common sense individual approach to eating that works with your body so you can actually enjoy eating while optimizing your health
- Why the "carb thing" is so confusing and the *simple truth about carbohydrates*
- What "Really" Happens to Your Body When You Go on *The Most Popular Diets*
- Why Fitness Failure is so Prevalent, and How You can *Achieve Results Immediately*
- The *Realities* Behind the Drugs, the Infomercials, the newest Gurus, and the Health Clubs
- **What Else You Will Learn:**
- Why diets don't work and actually make you more unhealthy!
- Why weight loss does not always equal fat loss!
- How foods labeled "fat-free" get 100% of their calories from Fat! True!
- "Aerobic Exercise" - Why doing too much may diminish your results!
- **Supermarket Secrets Revealed!** Learn how to shop for you and/or your family, read labels for hidden sugars and fats and how the FDA uses these loopholes to trick you. A FREE 25 page will be sent to you after the event!
- **You will also learn how to overcome unwanted symptoms** such as acne, irritable bowel, acid reflux, bloating, headaches, joint pain, and many more by eating the right foods for you and taking care of yourself.
- **Enjoy** a healthier digestive and elimination process by learning just one simple trick!
- The Secrets of how stress is affecting your body and **making your pants to tight!**
- **You'll discover** what correct breathing and mind/body work can do for your health.
- **We'll expose** how water, sea salt, sugar and healthy fat affects your body, how much of each you need, and what is a healthy amount for your individual bio chemistry.
- We also will introduce you to **Dr. Quiet, Dr. Diet, Dr. Movement and Dr. Happiness**. They will give you a personalized program that you can follow when you are not here with us!
- How You Can Virtually *Re-Design Your Body* From the Inside Out
- "Eating Right" - How to figure it all out and actually do it!
- **Battling misinformation!** Clearing up the myths
- **False Beliefs!** Clear your brain from bad information!
- The "three" keys to lasting success!
- How to "Work In" not Work Out...
- **Why most people fail to lose weight and keep it off!**
- How You Can Stop Being a Victim and *Take Control of Your Metabolism*

THIS IS GOING TO BE LIFE CHANGING And YOU WILL BE KISSING ALL YOUR EXCUSES GOODBYE!



Do you long for that elusive attribute that comes only from your morning coffee? Imagine, just imagine, what life would be like if you had *abundant energy*. The energy not only to easily handle the tasks you've become accustomed to, but also to allow you to do all those things you WANT to do! If you're lacking in energy, you simply need the information shared at Breakthroughs!

Have you put miles on the treadmill or worn out your running shoes and are you close to deciding that for some weird reason "exercise doesn't work for you?" It's time for a complete and total mindset adjustment. You'll be shocked, amazed, and most of all empowered by the simplicity of a program that works . . . for other people . . . and yes, for you! Forget excessive aerobic exercise. Forget the 5 mile walks.



You'll learn how you can *burn fat anytime you enter an aerobic physiological state* . . . and you'll be amazed to learn that you can burn fat while you drive, talk on the telephone, and even while you sleep! No, this isn't the same type of hype you hear on infomercials . . . remember . . . this is proven, documented, real-world health and fitness truth!

Is This Only For People Who Want To Lose Weight?



This one-of-a-kind seminar is for *everyone*, and if your goal is to feel better, reverse the aging process, sleep again, wake up refreshed, understand all the supermarket secrets and that stress is making your pants too tight not to mention "working in" before you work out. If you need to tone up, trim down, increase muscle mass, or improve endurance for any level of athletic event, or just plain ole "I need to feel alive and good again" ...I guarantee you'll come to understand the powerful science that leads to fail-proof results! **YOU TO CAN Flatten Your Abs Forever!**

If the tasks that used to be simple are becoming challenges *you must attend this life changing event!* If On a Scale of One To Ten YOU Feel Less Than An Eight You must attend this life changing event....If you are thirty and you feel sixty you must attend this event! I think you get the point..

Yes, yes, yes!

THESE EVENTS are for everyone seeking positive physical change. You'll find professional athletes sitting next to seniors, you'll find competitive bodybuilders sitting next to those considering weight loss surgery, and at the next explosive Breakthroughs event, you'll find 15-1500 other people on a 3-4-hour journey toward becoming elated, energized, and completely empowered.



The Flatten Your Abs Forever And Eat, Move and Be Healthy Breakthrough Seminar Is Unlike Anything You've Ever Experienced.



It rolls forward with an indescribable energy as people from every walk of life sit right on the edge of the most powerful transformation they've ever experienced.

Waiting to reserve date with me may be the biggest blunder you make if you're hoping this year will land you in a lean, toned, fit, healthy body.

What is the magic?

This seminar delivers something better than magic. Magic is an illusion. How to Eat, Move and Be Healthy is real. I've learned to call the information I share "Holistifying Truth." It shatters illusions and most of all, delivers results. Astounding results!

You'll learn to release the power of the 4 Doctors you hold and live within you, the power to take complete and total control of the way your body looks and feels, not for a week, not for a month, but for the rest of your life! There aren't any commercial breaks, there aren't any sponsors attempting to control the content, and there aren't any product marketers with hidden agendas. This is pure and simple truth and here is the guarantee:

- How To Eat, Move and Be Healthy Extreme Wellness Makeover, the power to take control of your body, your metabolism, and your life is going to be unleashed with more intensity, more passion, and more pure excitement than ever in history or Ingo Logé and Fitness Forever will gladly issue a refund for the entire event!



Ingo Logé

The Date: Just Give Me A Call

The Time: You Set The Date

The Place: Hotel Of Your Choice

The Tickets: Well You Will Have To Decide On That!

Okay, below is the "real things you will hear me teach and talk on... so read on....

and a Bonus! A Nice Post Event Gift Bag and Look What's In Side!!!

Just So You Don't Forget Here Is A Small Sampling of What You will Learn and Take Away From Our Event Together, In The Gift Bag Is A The Flatten Your Abs For Ever DVD, A Free 30 Minute Session With ME, A Free Subscription To My Monthly Ezine And The Best Selling Book How To Eat, Move and Be Healthy... It Is My Gift To You...And Is Illustrated Below:

- **Toxicity means** you're bringing in more toxins from the outside than you can release. You can't have a functional detoxification system unless you have a functional digestive system. Anyone who's eating cheap food is likely to have a digestive system that isn't working.
- It takes an average of eight hours of sleep per night for the human immune system to **kill down the bacteria population to a safe level, because every single bacterium in your body is urinating and defecating in your body 24/7**. They produce a toxin called endotoxin LPS. If your body doesn't get enough sleep at night, you will progressively be poisoned by the bacteria in your own intestinal track
- **The longer a food lasts on the shelf, the worse it is for you**. Nothing that you should be eating should last more than about a week. If it lasts a month or a year, then it's going to have a lot of chemicals in it or the food processors have had to kill all the enzymes.
- Over 85% of the American population is on at least one medical drug. That right there is a huge form of toxin. There's no such thing as a medical drug that doesn't toxify your body. **You have to cycle stress and recovery, and not just it terms of training**. Let me give you an example. If you're drinking ten cups of coffee a day, that's the equivalent of working out ten times a day, and you wouldn't do that. If you cut half of that out and every second cup of coffee is replaced with water, now you're cycling stress and recovery.
- **If you don't want to have problems, eat real food**. Stop eating all this cheap crap. I've had multi-millionaires and world-class professional athletes in my office tell me that organic food is too expensive. I walk them to the window and point to their \$140,000 sports car and say, "Eat that car then! Because when you die they aren't going to bury that son of a gun with you!" It's just a matter of getting your priorities right. The more toxic your body is, the lower your quality of life is.
- **Scientific studies show that hands-down**, bar none, not only is there far more nutrition in food raised organically, but there are detrimental effects to the consumption of any commercially raised food. This isn't only because the commercially raised food carries the residues of the toxic chemicals within and on them, but the soil microorganisms that are responsible for generating the nutrition to feed the plant and provide much of the immune system of the plant are rapidly killed by the application of chemical fertilizers, pesticides, and herbicides.
- **One of the things commercial farmers do** is they put so much salt on the ground that the plants have to suck up huge amounts of water to neutralize the salt and survive. This makes for bigger, lovely looking produce, but in reality you get big empty corn cobs and big empty carrots. One research study showed that today, to get the same nutrition from one head of lettuce as you did 50 years ago, you'd have to eat 20 heads of lettuce from the commercial farms.
- **The US Department of Agriculture has approved the feeding of sawdust, plastic chips, industrial waste, sewage, cement dust, and dead animal parts to commercially raised animals**. These are toxins, and the body stores toxins in fat. This causes the animal to **pack on tremendous amounts of fat** because all animal bodies, including humans, use fat to wall toxins off away from the nervous system and the vital organs. When they sell these animals, they don't do body fat checks on them and say that some are too fat. **So what they're essentially doing is selling us huge amounts of toxic fat**. Red meat isn't bad for you, but commercially raised and poisoned meat is.
- **How much protein does an athlete need?** What's the protein source? How was the protein raised? Is it organic protein or commercially raised protein? How bio-available is the protein? How functional is the

athlete's digestive system? **Almost every American older than 35 in this country has a defective digestive system.** They're going to have to eat even more protein to even break it down, because if it's going out your butt, it's not making it to your cells!

- **We have young people come in all the time who are having chronic problems with gas, fatigue, lethargy, short term memory problems,** skin problems, their sweat stinks... These are all indicators that their digestive systems aren't working properly. Therefore, how much protein they need is relative to how healthy they are. I have to use predigested proteins in many cases because their digestive systems are so weak.
- Always go for the highest quality food you can. The highest quality is certified organic. When it comes to meat, always go for free-range and organic grass fed.
- **When you're eating things wrapped in plastic or stored in plastic,** plastic releases estrogenic chemicals and many other types of chemicals. If you want to have a clean diet, the first thing you need to do is buy all glass or Pyrex containers and don't store food in plastic. Throwing a fatty meat into plastic is a bad idea because the fat will suck the toxins right up.
- **If you can't pronounce a word on the label, don't eat it.**
- **Look at the rate of disease.** In the year 1900, between one in thirty and one in fifty people would die of cancer. Today it's one in two and rising fast. In the year 1900, the amount of organic food being consumed was dramatically higher than it is today. In the year 1945 they sprayed 200,000 pounds of pesticides and herbicides on American farming soil. In the year 2002 they sprayed two billion pounds, yet crop losses were double what they were comparatively in 1945. This shows the cure isn't working; it's failing yet they continue to use the same leverage to sell the chemicals. Okay that is enough for now...

"Whether you believe you can or believe you can't you're right"

Henry Ford

I look forward to hearing from you!

fitnessforever@dc.rr.com