

Forum:[Hack Forums](#)

Thread: [Do You Want To Lose Weight As Fast As Possible?](#)

Micralepaul - October 19, 2017, 2:24 pm

The 3 Week Diet System is a fool-proof, science-based diet that is designed to help people lose as many as 23 pounds of body fat in just 21 days.

The system was created by Brian Flatt, a trainer, weight loss coach and nutritionist who grew tired of seeing clients constantly losing the “battle of the bulge.”

The 3 Week Diet works where other weight loss systems fail because it focuses on reducing cellular inflammation, which is the real cause of weight gain, and because it corrects the bad information dieters receive today.

The system has already helped thousands of people lose weight and has proved so effective that Flatt is now able to offer a 60-day, 100% no-nonsense “lose the weight or it’s free” guarantee with his system.

The complete 3 Week Diet System includes:

An Introduction Manual – which discusses the science behind the system and describes exactly what dieters need to do to lose weight and keep it off. In this manual, dieters get a simple, easy to follow crash course in the specific nutrients they need to lose fat, increase metabolism and become much more healthy and energetic.

A Diet Manual – which reveals how dieters can get their own tailored rapid weight loss plan that suits their body type. With this plan, dieters will know exactly what to eat every day, how much to eat and when to eat it. This manual eliminates the guesswork that often accompanies dieting and reveals step by step what to do to lose weight and keep it off over the long run.

A Workout Manual – yes, to lose as much weight as possible as fast as possible you do need to work out ... but you don’t need to spend all day in the gym. With this system’s groundbreaking workouts, dieters learn how to get amazing results exercising 20 minutes a day just three or four days a week.

A Mindset & Motivation Manual – Diet and exercise aren’t the only keys to weight loss. To achieve real weight loss success you also need to develop the right mindset so that you are able to stay motivated and focused on your goals. This manual shows how to develop that winning mindset.

Together these manuals form a full, easy-to-follow system that produces real weight loss and as a result is having a dramatic positive impact on people’s health around the world.

Younis Khan - October 19, 2017, 2:31 pm

i didnt know hacker forum had spammer bot hacker anti hacker?

Soap - October 19, 2017, 5:33 pm

Did you really just copy-paste this chunk of text from a spam site?

SIM-3658605 - October 19, 2017, 5:37 pm

(Oct 19, 2017 05:33 PM)riva09 Wrote: [\[CITE\]](#) Did you really just copy-paste this chunk of text from a spam site?

If you couldn't tell this is a spammer. He has 1 post and just joined ?