

Forum:[Hack Forums](#)

Thread: [???A Guide To Successful Weight Loss – Lose Up To 7 KG/15 LBS In The First Month???](#)

The Rated R Superstar - November 29, 2010, 8:40 am

Have you looked in the mirror and not liked what you saw? Do you want to be able to walk around with confidence? Well this is the eBook for you. With the methods described in this eBook I went from 115 KG/253 Lbs to 80 KG/176 Lbs in just 8 months with no exercise at all and so can you.

Hold the phone, no exercise? That sounds too good to be true. Well in most cases it is too good to be true, but the results speak for themselves. With the methods explained in this eBook you will be able to attain all of your weight loss goals. Whether you're too busy to exercise properly, you have an injury or you just don't feel like it, this eBook will still see you losing the weight with no exercise involved.

Each method and step is described and explained in great detail so there is no chance to misinterpret or misunderstand anything that I have said.

So what have you got to lose, besides KG and Lbs of fat?

Title: A Guide To Successful Weight Loss

Author: The Rated R Superstar

Pages: 13

Description: For the past 8 months I have been on a diet, I've consulted with Dietitians, Doctors and personal trainers and today I bring you the diet that saw me lose 35 KG/77 Lbs with no exercise.

Payment Options: PayPal

Copies Available: Unlimited

Review Copies Available: 2

Resale Rights: None. Anyone caught sharing, copying, leaking or redistributing this eBook will meet harsh consequences.

Price: Normal Members: \$15

L33T Members: \$13

UB3R Members: \$10

Frequently Asked Questions

Q. Does this eBook actually work?

A. It does work, but only if you're willing to follow it to the letter and stick to it.

Q. Will I need to purchase any additional products?

A. You will need to buy a few things. A few of them are common to most diets, like a good multi vitamin. If I had to put a price on it, depending on your Country, it will cost an additional \$30 to get the products that will be needed to do this diet correctly and maintain good health.

Q. Are the products available in my Country?

A. All the products except 1 are guaranteed to be available in your country. If the main product is not available in your Country, please send me a PM and I will help you to get an alternative.

Q. Is there a money back guarantee?

A. No, there isn't. All sales are final and when you get the PM where the payment is to be sent you will see what happens if you charge back any payment.

Q. How much weight can I realistically expect to lose on this diet?

A. Well, I lost 35 KG/77Lbs in 8 months once I dialled in what I had to do. On average, I lost 1KG/2.2Lbs a week. Most time it was closer to 2 KG/4.4 Lbs per week. So you can expect to lose anywhere within that range.

Q. Is this diet safe?

A. It is, I've consulted with Dieticians, Doctors and Personal trainers and I've included all the information and products you will need to do this diet in a healthy way.

Results

Defmenow Wrote:Works pretty good, lost 1,5kg so far - doing it 3 days now.

JEB Wrote:Lost a KG in a week :) Can't wait to be a month or more in :)

Those are just the ones that stuck to the diet and posted back. If you have the will power and motivation you can join me and the others that have lost weight thanks to this eBook.

Official Reviews

Notorious Mental

Review 4.8/5

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Quality of Information: 5/5 In depth details and information on everything mentioned regarding the topic that the reader will surely be wondering as of its means.

Ease of Use: 4.5/5 This is quite relative. Others will find the routine to follow really tough while others may have no problem abiding by it.

Layout: 4.5/5 I can honestly say the only thing that I did not like in the e-book's layout was its background. Other than that, excellent structure (Intorduction, Outro and Paragraphs), nicely applied colors that do not cause the reader a headache and the diagrams made to help the reader further add to everything else mentioned above.

Grammar: 5/5 Great use of grammar. It gives out the feeling that the author really concentrated on this section and double checked for errors.

Originality: 5/5 First e-book written on the specific subject by a Hack Forums member.

Notes: Just an overall great e-book on the subject. The same information and routine a diet doctor could provide you, this e-book does too for an even lower cost. Gives out information beginning from the very basics, goes into the daily routine (With diagrams that really help the reader) and explanations on everything the reader needs to know. Myself, I am very fit, however, I know people who have been provided diets by doctors and the schedule is formatted the same as the e-book's. If you are ready to change your appearance and life for the better, this e-book is for you.

Arrogance

=====

Title: A Guide To Successful Weight Loss
Price: \$15
Pages: 13
Author: The Rated R Superstar
Reviewer: Arrogance

=====

[Official Review]

=====

[img]<http://upit.cc/images/e3e39d71.png>[/img]

Quality of Information: This book is probably one of the most useful ones around the HackForums eBook Bazaar and truly delivers what it claims to do. I'm not going to lie, of the thirteen pages in this book, each and every one of them contains a truly remarkable quality of information.

It provides a great immersion in the subject, the definitions with which we will relate along the eBook and even the author describes his own case. As for the explanation of each term, the author could not have explained it better. While sport is not necessary in this way of thinning, you will obviously need to put something from your part, because the method works, but do not deceive yourselves because like any other, it requires strength of will that the book won't provide you, because obviously this is not magic. Since then, the playfulness of the information and the effort behind the eBook, is in my case appreciated and therefore deserves aforementioned score.

[img]<http://upit.cc/images/a17c1308.png>[/img]

Ease of Use: The procedure is very simple, after explaining what's the method itself and possible requirements. It's pretty easy to put in practice as it provides all sorts of details about the guidelines to follow everyday.

did not want to bring this issue to light, but I feel like I am forced to, in my case, as not being from the same country as the author, I wasn't within reach of one product mentioned in the book. Because of that simple fact, the author helped me find different alternatives to my own case while following the method. Considering the guidelines written in the eBook and the personal help he offer, this couldn't be easier.

[img]<http://upit.cc/images/3fe612b3.png>[/img]

Layout: A somewhat peculiar design appreciating the background of the book, the font size is moderately well. The colors that are applied provide a comfortable and leisurely reading. The information is well structured and articulated with sections in their proper place, of course the book does not lack cohesion or coherence. Anyway, you could have worked on a cover page, where you might have cited the policy of the book and the author of it.

[img]<http://upit.cc/images/ff57a8aa.png>[/img]

Grammar: The grammar is simply amazing, there are no words to describe the huge variety of that great vocabulary and the high English proficiency that has the author. It's always a pleasure to read that kind of eBooks. As rich as this one is, without ceasing to lose meaning, I have not found even a single spelling or even writing mistake but I must also mention that I was looking for a while. As punctuation is concerned, is absolutely perfect and paragraphs were well separated. Is noteworthy that the author has worked on this factor to reach a zero misspellings.

[img]<http://upit.cc/images/f2fa3f83.png>[/img]

Originality: Honestly, I've never seen this kind of eBooks around HackForums. The book is about a sensitive topic, which leaves pretty much to think, if an eBook of that kind provided information incorrectly, could result harmful. The method itself is pretty original, I clearly noticed the author developed it in his own and it worked for him aswell. As I've never heard about that kind of method, I consider it original.

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Notes: As you may have noticed, the review took longer than normal in my case, this is caused by

the exams I'm going through lately. I apologize for any troubles this have may caused regarding your sales.

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- Arrogance

Kate - November 29, 2010, 9:41 am

Seems to be a nice one. Anyways, a picture of yours with comparison would be nice, lol. ?

The Rated R Superstar - November 29, 2010, 9:47 am

(Nov 29, 2010 10:41 AM)Kate Wrote: [\[CITE\]](#) Seems to be a nice one. Anyways a picture of yours with comparison would be nice, lol. ?

I'm sure it would lol. But I don't have any pictures of me when I started. I hated cameras, still do lol. We'll have to wait and see what the reviewers say about it.

Arrogance - November 29, 2010, 10:13 am

How sad, I wasn't as fast as other reviewers to take a review copy and I'm on exams these days.

Wish you best of luck with sales, I would buy it if my PayPal wasn't limited.

Ethereal - November 29, 2010, 10:23 am

Seems good. If it works, you're awesome.

Good luck with your sales!

The Rated R Superstar - November 29, 2010, 10:38 am

Thanks for the support guys. I really hope this goes well lol. I'm going through a bit of a financial crisis and this was the only way I could think of to make a bit of extra cash. I'm already working 2 jobs lol.

Internet - November 29, 2010, 11:14 am

Hopefully you actually done your homework and have good pointers for people who need it most. There's so many dead end "methods" to weight loss on the internet these days for money. G/L.

The Rated R Superstar - November 29, 2010, 11:17 am

(Nov 29, 2010 12:14 PM)J-SHUA Wrote: [\[CITE\]](#) Hopefully you actually done your homework and have good pointers for people who need it most. There's so many dead end "methods" to weight loss on the internet these days for money. G/L.

I do alot of research with things that interest me. When I couldn't lose weight at first I did some then discovered the key to what made my diet successful. It's all contained in the eBook along with why most diets are doomed to fail and weight loss commercials on TV are scams or don't tell the whole truth.

It's a very detailed eBook.

Kr4z1 - November 29, 2010, 3:10 pm

I vouch for TRRS, he definitely knows what he is doing when it comes to diets.

The Rated R Superstar - November 29, 2010, 6:11 pm

(Nov 29, 2010 04:10 PM)Kr4z1 Wrote: [\[CITE\]](#) I vouch for TRRS, he definitely knows what he is doing when it comes to diets.

Thanks for the vouch. I'd say after 8 months of dieting I know what I'm talking about aswell lol.

Arrogance - November 30, 2010, 6:26 am

Pending review by Official Review Team. This post will be updated with full review within 72 hours.

The Rated R Superstar - November 30, 2010, 9:58 am

Looks like it won't be much longer until I get my reviews lol.

Notorious Mental - November 30, 2010, 1:27 pm

Review 4.8/5

==

Quality of Information: 5/5 In depth details and information on everything mentioned regarding the topic that the reader will surely be wondering as of its means.

Ease of Use: 4.5/5 This is quite relative. Others will find the routine to follow really tough while others may have no problem abiding by it.

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Notes: Just an overall great e-book on the subject. The same information and routine a diet doctor could provide you, this e-book does too for an even lower cost. Gives out information beginning from the very basics, goes into the daily routine (With diagrams that really help the reader) and explanations on everything the reader needs to know. Myself, I am very fit, however, I know people who have been provided diets by doctors and the schedule is formatted the same as the e-book's. If you are ready to change your appearance and life for the better, this e-book is for you.

Robbie - November 30, 2010, 6:56 pm

I wish you all the luck with your sales man. I see this as a great things for.. a heap of our members ?

mockingjay - November 30, 2010, 10:46 pm

Could I lose weight being online 65 kg? g

M?ngo - November 30, 2010, 10:47 pm

I would rather do P90X, but this seems good also.

The Rated R Superstar - December 1, 2010, 7:41 am

(Nov 30, 2010 11:46 PM)Lady Rara Wrote: [\[CITE\]](#) Could I lose weight being online 65 kg? g
I don't really understand your question. I think you asked if you could lose 65 KG while only being at the computer. That's essentially what I did, this eBook revolves around losing weight without exercise, although I did include a fairly detailed part on working out.

x-c0n - December 1, 2010, 7:44 am

Just a question.. do the reviewers actually know anything about training? Shouldn't guys that train etc be reviewing?

The Rated R Superstar - December 1, 2010, 7:57 am

(Dec 1, 2010 08:44 AM)x-c0n Wrote: [\[CITE\]](#) Just a question.. do the reviewers actually know anything about training? Shouldn't guys that train etc be reviewing?

It has nothing to do with training. I state it in the eBook. This isn't a guide to workout/training/bulking up. It's purely to lose fat. But if they decide they want to do some workouts, I included a section at the very end.

x-c0n - December 1, 2010, 7:59 am

(Dec 1, 2010 08:57 AM)The Rated R Superstar Wrote: [\[CITE\]](#) It has nothing to do with training. I state it in the eBook. This isn't a guide to workout/training/bulking up. It's purely to lose fat. But if they decide they want to do some workouts, I included a section at the very end.

Ohhh okay, my mistake.. I think there should be a fitness section. Theres a few of us here (hardcore trainers) that know alot about training, from martial arts training to cardio routines all the way to weights.

The Rated R Superstar - December 1, 2010, 12:22 pm

Shouldn't be much longer until I have my reviews lol.

Stringer - December 1, 2010, 12:22 pm

I'm in pretty good shape, but I will refer a few of my out of shape colleagues. Doubt they'll buy it as they're too lazy to do P90X.

Crappie - December 1, 2010, 2:01 pm

Maybe some proof to back the ebook up (:

The Rated R Superstar - December 1, 2010, 2:06 pm

(Dec 1, 2010 01:22 PM)Music Wrote: [\[CITE\]](#) I'm in pretty good shape, but I will refer a few of my out of shape colleagues. Doubt they'll buy it as they're too lazy to do P90X.

This entire eBook revolves around losing weight with no exercise, it's made for lazy people lol.

Quote:Maybe some proof to back the ebook up (:

I'm not posting pictures of myself mainly for privacy reasons. Another reason is that I don't have any before pictures, they're all with my X GF and she won't give them to me.

Notorious Mental - December 1, 2010, 2:41 pm

Updated my post with official review by the Review Team.

Spoiler [\(Click to View\)](#)Vouch for TRRS too.

The Rated R Superstar - December 1, 2010, 3:22 pm

(Nov 30, 2010 02:27 PM)Notorious Mental Wrote: [\[CITE\]](#) Review 4.8/5

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Thanks for the great review. Although the background picture is actually my watermark lol.

antidenim - December 1, 2010, 3:39 pm

Alright, it's time to buy. Pm me please with your paypal info. Thanks.

The Rated R Superstar - December 1, 2010, 3:52 pm

(Dec 1, 2010 04:39 PM)truecrypt32 Wrote: [\[CITE\]](#) Alright, it's time to buy. Pm me please with your paypal info. Thanks.

As the first buyer I am selling this eBook to your for the UB3R price of \$10.

Release The Weasel - December 1, 2010, 5:07 pm

Might refer this to some of my friends lol. The only problem i see with this is if you didn't exercise and reduced your calorie intake wouldn't that eat off your muscles first lol?

The Rated R Superstar - December 1, 2010, 5:08 pm

(Dec 1, 2010 06:07 PM)Release The Weasel Wrote: [\[CITE\]](#) Might refer this to some of my friends lol. The only problem i see with this is if you didn't exercise and reduced your calorie intake wouldn't that eat off your muscles first lol?

Muscle gets used for energy only when there's not enough fat left.

Hacker16 - December 1, 2010, 5:21 pm

Any discount if I purchase now? Maybe?

The Rated R Superstar - December 1, 2010, 5:41 pm

(Dec 1, 2010 06:21 PM)adowning703 Wrote: [\[CITE\]](#) Any discount if I purchase now? Maybe?

As my second customer I can sell it to you for the L33T price of \$13.

PiggyBank - December 1, 2010, 8:42 pm

hey, just wondering if you maybe have a book for gaining weight? :)

KillYou! - December 1, 2010, 9:03 pm

I am not a fat , But good luck with youre sales ;)

mockingjay - December 2, 2010, 1:08 am

Sorry, I posted that post when I was very tired. I meant can I lose weight being only 65KG?

The Rated R Superstar - December 2, 2010, 8:12 am

(Dec 1, 2010 09:42 PM)NzOne Wrote: [\[CITE\]](#) hey, just wondering if you maybe have a book for gaining weight? :)

If you're looking to gain weight it's probably because you have a higher than normal metabolic rate. It's going to be very hard for you to gain any weight, but I'd suggest doing weights. Keep in mind, I have not researched how to put on weight as I didn't need to know how to do that.

Quote:Sorry, I posted that post when I was very tired. I meant can I lose weight being only 65KG?

It depends on your height and shoulder width.

MouseDesign - December 2, 2010, 8:16 am

(Dec 2, 2010 09:12 AM)The Rated R Superstar Wrote: [CITE](#) If you're looking to gain weight it's probably because you have a higher than normal metabolic rate. It's going to be very hard for you to gain any weight, but I'd suggest doing weights. Keep in mind, I have not researched how to put on weight as I didn't need to know how to do that.

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It depends on your height and shoulder width.
You should make an eBook on how to gain wight aswell.

The Rated R Superstar - December 2, 2010, 8:18 am

(Dec 2, 2010 09:16 AM)Volenar Wrote: [CITE](#) It depends on your height and shoulder width.
You should make an eBook on how to gain wight aswell.
[/quote]

I have no interest in making such an eBook as it would involve gaining weight myself to prove it. But if I'm correct, anything I wrote would not help him if his metabolic rate is as high as I suspect it is.

Arrogance - December 3, 2010, 10:28 am

[Information]

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Title: A Guide To Successful Weight Loss

Price: \$15

Pages: 13

Author: The Rated R Superstar

Reviewer: Arrogance

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[Official Review]

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=====

- Arrogance

The Rated R Superstar - December 3, 2010, 11:30 am

Well there you go, 2 fantastic reviews. I only got marked down for the watermark they thought was the background lol.

Thoth - December 3, 2010, 11:31 am

I would buy this but I'm not fat.

Nonetheless vouch for OP.

The Rated R Superstar - December 3, 2010, 9:54 pm

I've sold 2 copies so far. It's an interesting feeling knowing you could be changing people's lives.

Xenochrist - December 3, 2010, 10:30 pm

I started working out 15 weeks ago, and while this guide does not contain weight training apparently, god damn the boost of confidence you get is nice. What a (good) change to see an eBook like this sold here. I may even buy it when I get some \$\$\$\$. GL with sales.

The Rated R Superstar - December 4, 2010, 1:41 am

Thanks, I've now sold 3 copies so far.

GoogleMister - December 4, 2010, 3:59 am

Hi,

Pm your paypal please

cobija - December 4, 2010, 11:11 am

I try to workout daily, so would using this method with working out daily get results faster? ?

bcztp - December 4, 2010, 11:12 am

(Nov 29, 2010 09:40 AM)The Rated R Superstar Wrote: [\[CITE\]](#)
So what have you got to lose, besides KG and Lbs of fat?
\$10 of good cash money. Which I will not use.

The Rated R Superstar - December 4, 2010, 12:36 pm

(Dec 4, 2010 12:11 PM)cobija Wrote: [\[CITE\]](#) I try to workout daily, so would using this method with working out daily get results faster? ?

It is possible, though if you're working out it's probably a better idea to use a different diet to this one.

P?r?more - December 5, 2010, 10:59 am

Vouch for TRRS. Awesome staff member. Good luck with your sales! I'll think if its worth it. Not too overweight, but could use a little thinning.

Star Pker - December 5, 2010, 12:55 pm

Well, basically im not fat at all. But, i need to start working out more for football next year. Does this guide help gain strength, or just fat loss?

The Rated R Superstar - December 5, 2010, 1:19 pm

(Dec 5, 2010 01:55 PM)Pro Reach Wrote: [\[CITE\]](#) Well, basically im not fat at all. But, i need to start working out more for football next year. Does this guide help gain strength, or just fat loss?

The diet part is for fat loss, the workout section is more for toning.

Virtual Reality - December 5, 2010, 1:29 pm

I am interested in buying this. I don't really need it, but it would be a fun read and it's always a good thing to support a fellow Amateur eBook Producer. :) I'll PM you now.

The Rated R Superstar - December 5, 2010, 3:50 pm

(Dec 5, 2010 02:29 PM)Virtual Reality Wrote: [\[CITE\]](#) I am interested in buying this. I don't really need it, but it would be a fun read and it's always a good thing to support a fellow Amateur eBook Producer. :) I'll PM you now.

Thanks bro lol.

The Rated R Superstar - December 5, 2010, 8:50 pm

Sorry, I don't accept trades.

Sobriety - December 6, 2010, 12:06 pm

Alright, I'm really lazy and just gaining weight every month.

Can you give a little sneak peak or something? Maybe tell me how much weight I could loose in 3 months or something?

The Rated R Superstar - December 6, 2010, 2:59 pm

In 3 months you could lose about 10-20 KG.

Truth Hurts - December 6, 2010, 3:33 pm

Have you even sold one copy?

lol sorry..it seems like people like myself are just asking questions.

The Rated R Superstar - December 6, 2010, 3:50 pm

I've sold 3 so far.

Proof - December 6, 2010, 9:57 pm

(Dec 3, 2010 10:54 PM)The Rated R Superstar Wrote: [\[CITE\]](#) I've sold 2 copies so far. It's an interesting feeling knowing you could be changing people's lives.

I think it's about time to give Oprah a call and have you on there, or maybe Dr.Oz...

The Rated R Superstar - December 6, 2010, 10:24 pm

(Dec 6, 2010 10:57 PM)Proof Wrote: [\[CITE\]](#) I think it's about time to give Oprah a call and have you on there, or maybe Dr.Oz...

Sounds like a plan lol.

Luffyz - December 7, 2010, 2:07 am

The Rated R superstar have u even tried this? It would be good from personal experience not basic on books

The Rated R Superstar - December 7, 2010, 2:30 am

Luffyz did you even read the first post? "With the methods described in this eBook I went from 115 KG/253 Lbs to 80 KG/176 Lbs in just 8 months with no exercise at all and so can you." It would be good if you could read the OP in the future, it saves us all a lot of time.

Root - December 7, 2010, 6:37 am

I will hopefully be getting this soon, keep up the support RRSP

The Rated R Superstar - December 7, 2010, 12:48 pm

I've sold 5 copies so far, it's going pretty well lol.

Sobriety - December 7, 2010, 1:56 pm

Is it possible to "do" the guide worldwide? Like, you don't need some product that only can be required in the US?

Proof - December 7, 2010, 3:47 pm

(Dec 7, 2010 03:07 AM)Luffyz Wrote: [\[CITE\]](#) The Rated R superstar have u even tried this? It would be good from personal experience not basic on books

If it wasn't legit do you think Oprah would want him on her show?

OT:

I vouch for this and if you are in need of another review PM a leader and I'll grab it.

The Rated R Superstar - December 7, 2010, 3:50 pm

(Dec 7, 2010 02:56 PM)FishCake Wrote: [\[CITE\]](#) Is it possible to "do" the guide worldwide? Like, you don't need some product that only can be required in the US?

The one thing you need should be available in every Country, just under different brands.

Evan - December 7, 2010, 4:54 pm

I'm sooo excited to buy this, this summer I gained a lot of weight because I broke my leg and couldn't play baseball nor workout. So pretty much all I did this weekend was hangout with friends everyday, smoke pot, and eat.. haha. Starting summer I was 160 and at the end starting school I'm currently 180.. I didn't feel comfortable with my body then and now it's like 100x worse, so I cannot wait until this is reviewed the minute it is and has good reviews I plan to buy straight away. Also, if you work out with this "diet" would it be twice the results? Or does it really not matter whatsoever?

The Rated R Superstar - December 7, 2010, 5:14 pm

It has already been reviewed. HF is fucking up so I can't add the reviews to the OP.

It really doesn't matter if you workout or not.

boogiebear - December 7, 2010, 6:38 pm

does this guide make you eat nasty foods within the diet? or is it mainly portioning and good eating habits?

i'll probably because my fat ass needs to lose some weight.

The Rated R Superstar - December 7, 2010, 7:00 pm

Nothing in the diet tastes bad.

Root - December 8, 2010, 7:04 am

PM'ing you Rated R, sounds great =)

Sobriety - December 8, 2010, 8:27 am

(Dec 7, 2010 04:50 PM)The Rated R Superstar Wrote: [\[CITE\]](#) The one thing you need should be available in every Country, just under different brands.

Would you agree to tell me the 1 product in PM so I can check if my country has it? I would be very sad if I bought the guide and I wouldnt be able to get the required product/s.

Arrogance - December 8, 2010, 10:17 am

(Dec 8, 2010 09:27 AM)FishCake Wrote: [\[CITE\]](#) Would you agree to tell me the 1 product in PM so I can check if my country has it? I would be very sad if I bought the guide and I wouldnt be able to get the required product/s. Read my review, I'm pretty sure it will answer to your questions.

The Rated R Superstar - December 8, 2010, 12:56 pm

(Dec 8, 2010 09:27 AM)FishCake Wrote: [\[CITE\]](#) Would you agree to tell me the 1 product in PM so I can check if my country has it? I would be very sad if I bought the guide and I wouldnt be able to get the required product/s.

Sorry, I'm not willing to give away parts of my eBook.

-----•(• ???g? •)•----- - December 8, 2010, 4:27 pm

I could lose a few kgs but I'm not really fussed about that. What I want to know is this eBook good for finding healthy food recipes that I can make?

Ctrl Alt Defeat - December 9, 2010, 3:06 pm

Looks like a great detailed E-book, although i'm pretty skinny i am attracted to this E-book good luck with future sales.

Cerberus136 - December 10, 2010, 9:53 am

Would this diet work out if said person goes to a University and only eats food from various University provided sources?

Meh I feel like that doesn't make sense; hopefully you know what I mean.

JEB - December 10, 2010, 10:51 am

I would like to buy this, please PM me your msn. Thanks

PonySwag - December 10, 2010, 1:26 pm

I got cash over and i got Weight to loose how do i buy

The Rated R Superstar - December 11, 2010, 4:31 am

I've sold 7 copies so far. Everyone seems satisfied, I think I'm doing well lol.

MouseDesign - December 11, 2010, 10:54 am

Any thoughts on if you're going to make a guide on how to gain weight aswell?

Defmenow - December 11, 2010, 3:09 pm

I'm intrested. Send me PM with information how to buy.

Thanks,
Don't PaniK

The Rated R Superstar - December 11, 2010, 3:44 pm

(Dec 11, 2010 11:54 AM)Volenar Wrote: [\[CITE\]](#) Any thoughts on if you're going to make a guide on how to gain weight aswell?

When I start hitting the gym in a few days to start building muscle I'll think about writing one. I'm not going to write one up if I haven't proven it to work for myself.

Truth Hurts - December 11, 2010, 7:42 pm

I thought you needed money bad? why would you sticky this?

Doesn't sticky cost a lot of money?

just curious lol

The Rated R Superstar - December 11, 2010, 7:43 pm

Stickys don't cost as much as you'd think.

Virtual Reality - December 11, 2010, 9:40 pm

Vouch for this. I purchased it awhile ago and it was a great read. I plan to begin to implement this directly after the holidays.

Dixie Mafia - December 14, 2010, 6:20 pm

LOL sounds like a infomercial i could buy it but im like 120 pounds

high metabolism ftw

Defmenow - December 15, 2010, 7:30 am

Works pretty good, lost 1,5kg so far - doing it 3 days now.

Filo^ - December 15, 2010, 8:24 am

Sounds good to lose some beer belly :P Might buy!

Ne0™ - December 15, 2010, 11:51 am

This is a little off topic but was wondering how many sales you have made so far.

The Rated R Superstar - December 15, 2010, 2:48 pm

(Dec 15, 2010 12:51 PM)Ne0™ Wrote: [\[CITE\]](#) This is a little off topic but was wondering how many sales you have made so far.

Right now, I think it's 10-11.

(Dec 15, 2010 08:30 AM)Dont PaniK Wrote: [\[CITE\]](#) Works pretty good, lost 1,5kg so far - doing it 3 days now.

I was about to say something about it only being "Pretty good" but then I remembered water weight.

But for 3 days that is quite good, the next few weeks will be where you'll see how it really works.

Est Lupus - December 16, 2010, 12:36 pm

Pm me how to buy and I will. Very interested.

King Jamie - December 16, 2010, 1:08 pm

Interesting idea for an ebook

I personally don't believe you can lose weight without exercise, but if you've know something I don't then kudos!

I just hope this doesn't introduce people to Mr Pukey

Est Lupus - December 16, 2010, 6:27 pm

Waiting on PM, still interested.

Rahulsingh2010 - December 17, 2010, 4:03 am

Can I buy one, PM me... .

The Rated R Superstar - December 17, 2010, 12:44 pm

Sold 12 copies so far. I'm thinking this may be a good item to buy to satisfy some people's new year resolutions.

Dykerosoft - December 17, 2010, 1:29 pm

Thanks for the ebook ^.^, it's helped tons with my weekend workouts.

I am fool - December 17, 2010, 1:31 pm

Vouch for my homeskillet TRRS, this is how I got so good looking. ?

NCORE Tech - December 18, 2010, 12:13 am

very interesting xD i will think about buying it :D

Respe?t - December 19, 2010, 11:55 am

I would buy.. but 8 months is far too long. I want results by Summer 2011.

JEB - December 19, 2010, 12:11 pm

I want to loose 10+kg. I've been on this diet for 5 days now and I have already lost a kg :). Recommended ebook!

nattzor - December 19, 2010, 12:14 pm

(Dec 19, 2010 12:55 PM)Respect ? Wrote: [\[CITE\]](#) I would buy.. but 8 months is far too long. I want results by Summer 2011.

You know that you got to be realistic?

If you compare this with programming, you don't get the result (program) in just a few days (codes).

The Rated R Superstar - December 20, 2010, 5:23 am

(Dec 19, 2010 12:55 PM)Respect ? Wrote: [\[CITE\]](#) I would buy.. but 8 months is far too long. I want results by Summer 2011.

It depends on how much you're looking to lose. You can't realistically lose the amount of weight I did in 3 months. You'd get loose skin and it'd be very unhealthy.

nattzor - December 20, 2010, 7:47 am

(Dec 20, 2010 06:23 AM)The Rated R Superstar Wrote: [\[CITE\]](#) It depends on how much you're looking to lose. You can't realistically lose the amount of weight I did in 3 months. You'd get loose skin and it'd be very unhealthy.

Is it OK if I PM you and ask if it is the "method" I'm thinking of? (What this ebook is about)

Est Lupus - December 21, 2010, 4:00 pm

Vouch very good info here, he put a lot of time into it and deserves the cost of it.

x-c0n - December 22, 2010, 3:48 am

Hey buddy,

Is there a chance you could please add me to msn on hardrecoil@hotmail.com

I want to PM you but I can't.

Cheers.

The Rated R Superstar - December 22, 2010, 6:24 am

(Dec 22, 2010 04:48 AM)x-c0n Wrote: [\[CITE\]](#) Hey buddy,

Is there a chance you could please add me to msn on hardrecoil@hotmail.com

I want to PM you but I can't.

Cheers.

Add me on Skype, it's in my sig. No one but Staff get my MSN.

-Liam - December 22, 2010, 7:27 am

Just to make sure before I make any purchases, are the methods in the e-book suitable for diabetics? I don't want to purchase a method which includes loads of products with glucose in, just making sure.

The Rated R Superstar - December 22, 2010, 9:43 pm

(Dec 22, 2010 08:27 AM)-Liam Wrote: [\[CITE\]](#) Just to make sure before I make any purchases, are the methods in the e-book suitable for diabetics? I don't want to purchase a method which includes loads of products with glucose in, just making sure.

Just to be on the safe side I wouldn't recommend this eBook to anyone with health issues.

bananapoison - December 23, 2010, 12:27 am

please PM me payment details :)

Thanks!

Industry - December 23, 2010, 2:03 am

(Dec 22, 2010 10:43 PM)The Rated R Superstar Wrote: [\[CITE\]](#) Just to be on the safe side I wouldn't recommend this eBook to anyone with health issues.

It sounds like what I did when I was going to highschool. I would smoke weed all day and not eat until just before I go to bed so it didn't fully digest. Lol definitely not healthy.

But back on topic I want to buy your eBook but it is nearing 5 a.m here. I will definitely take you up on it tomorrow as the daily pizzas are getting to my stomach ?

JEB - December 23, 2010, 8:34 am

Lost a KG in a week :) Can't wait to be a month or more in :)

-Liam - December 23, 2010, 1:39 pm

(Dec 22, 2010 10:43 PM)The Rated R Superstar Wrote: [\[CITE\]](#) Just to be on the safe side I wouldn't recommend this eBook to anyone with health issues.

Ah well, it was worth asking anyway. Thanks for replying so quickly.

The Rated R Superstar - December 26, 2010, 4:22 am

(Dec 23, 2010 09:34 AM)JEB Wrote: [\[CITE\]](#) Lost a KG in a week :) Can't wait to be a month or more in :)

More testimonials that this eBook works.

The Burrito - December 30, 2010, 5:06 pm

Reading through here, I see great things. I'm not diabetic yet, but I'm damn close, so I plan to buy this as soon as I get my phone, which I'm about 20 bucks away from.

Bonkers - December 30, 2010, 7:38 pm

Guys I know this method. It's called PUT DOWN THE FORK.

Just kidding. Good luck selling OP, I would have bought this a couple weeks ago... except somehow I just lost the extra 15 pounds I had in a couple weeks with some changes I made to my eating habits :P (Who knows, maybe we did the same thing? I don't know!)

Good luck with sales and good luck with life :D

The Rated R Superstar - December 31, 2010, 8:46 am

I found something out yesterday. I went shopping for some new shoes, turns out, that when you lose a lot of weight your shoe size changes. I went from an 11E to a 9E.

Evan - January 2, 2011, 5:40 pm

Bought this amazing eBook, I truly wanna start losing weight and this is finally my motivation to doing it.

You have to be dedicated to want to lose weight, and with this your dedication WILL pay off!

Will be starting this tomorrow after I buy a few things (:

Pittsburgh Steelers - January 5, 2011, 12:11 pm

i did gain 20 pounds cause i kept my eating habits after football without goign to football practiec

The Rated R Superstar - January 19, 2011, 11:40 pm

I've had many of the members that bought my eBook PM me 1-3 weeks after they bought it saying that they lost anywhere from 2-10 KG or 6-20 Lbs. I'm quite happy that it's working for so many people like it did for me.

Robbie - January 22, 2011, 7:13 pm

I love this ebook so much man.

Alva - January 23, 2011, 12:32 am

LOOK'S GOOD,I will buy one

The Rated R Superstar - January 23, 2011, 2:22 am

(Jan 23, 2011 01:32 AM)Alva Wrote: [\[CITE\]](#) LOOK'S GOOD,I will buy one

Feel free to PM me.

h4x0r4life - January 23, 2011, 6:59 am

(Dec 31, 2010 09:46 AM)The Rated R Superstar Wrote: [\[CITE\]](#) I found something out yesterday. I went shopping for some new shoes, turns out, that when you lose a lot of weight your shoe size

changes. I went from an 11E to a 9E.
Never knew that lol.

I will be buying your ebook in the next few days I've read through the whole thread and only read good things about the ebook.

Arachnida - January 23, 2011, 9:10 pm

Anyway I can only pay 6\$? D:
Hope to get a yes answer :3

The Rated R Superstar - January 24, 2011, 5:57 am

(Jan 23, 2011 10:10 PM)Fossil Wrote: [\[CITE\]](#) Anyway I can only pay 6\$? D:

Hope to get a yes answer :3

Sorry, the price isn't negotiable. Feel free to PM me when you have to required money.

Arachnida - January 24, 2011, 3:23 pm

I got the money, do you guarantee I will loose that weight in a month?

The Rated R Superstar - January 24, 2011, 3:36 pm

(Jan 24, 2011 04:23 PM)Fossil Wrote: [\[CITE\]](#) I got the money, do you guarantee I will loose that weight in a month?

If you follow it to the letter like I tell you too, then yes. But don't expect to lose much more than I stated in the thread title or other users comments. There are limits to how much weight a person can lose naturally at one time.

Robbie - January 25, 2011, 4:54 pm

(Jan 24, 2011 06:57 AM)The Rated R Superstar Wrote: [\[CITE\]](#) Sorry, the price isn't negotiable. Feel free to PM me when you have to required money.

He's serious when it comes that.. didn't even give his own brother a break!

The Rated R Superstar - January 26, 2011, 11:43 pm

I've sold 3-5 copies in the past few days. It's good to see so many people that want to change their lives.

The Rated R Superstar - February 5, 2011, 10:34 am

(Jan 29, 2011 01:47 PM)Blacq Hat Wrote: [\[CITE\]](#) Cool thread, but it's funny that you put this on HF.
Lol

I don't belong to any other forum, where else was I going to put it.

Hyperbolic - February 5, 2011, 10:53 am

This eBook sounds good and I could use losing the beer belly lol :P Might buy it once I've got some more cash.

Oh wait, never mind. I don't have PayPal.

The Rated R Superstar - February 8, 2011, 6:19 pm

That's unfortunate. It is a good eBook and could definitely help.

CM Punk - February 8, 2011, 8:04 pm

Hey "The Rated R Superstar" Do I PM you for the e-book?

The Rated R Superstar - February 8, 2011, 9:48 pm

Yes you do. Everyone has to PM me for the details of the purchase. It's so I have an on site

reference.

CM Punk - February 9, 2011, 11:50 am

Vouch for TRRSS, Very nice guide.

Qwazz - February 12, 2011, 12:09 pm

I too lost around 80lbs over one summer, but it was with lots of exercise and work this looks interesting.

Hodgy Beats - February 12, 2011, 8:28 pm

Is there any kind of bingeing, starving, or diet?

The Rated R Superstar - February 12, 2011, 8:31 pm

(Feb 12, 2011 09:28 PM)Memory Lane Wrote: [\[CITE\]](#) Is there any kind of bingeing, starving, or diet? You don't go on binges with this diet, however, as with all effective diets, you will need to increase the amount of calories you use compared to the amount you take in. So you will be eating less than you normally do, hunger is a side effect, but I don't tell you to stop eating or throw up. That's unhealthy.

Hodgy Beats - February 12, 2011, 8:33 pm

(Feb 12, 2011 09:31 PM)The Rated R Superstar Wrote: [\[CITE\]](#) You don't go on binges with this diet, however, as with all effective diets, you will need to increase the amount of calories you use compared to the amount you take in. So you will be eating less than you normally do, hunger is a side effect, but I don't tell you to stop eating or throw up. That's unhealthy. Alright, will I have to buy any specific foods? Thanks for replying so fast.

The Rated R Superstar - February 12, 2011, 8:35 pm

(Feb 12, 2011 09:33 PM)Memory Lane Wrote: [\[CITE\]](#) Alright, will I have to buy any specific foods? Thanks for replying so fast.

Not specific foods. You will need to buy 1 specific product along with multi vitamins and iron supplements. Because when you're on a diet, you tend not to be able to get the vitamins and minerals your body needs. So we fix that with supplements.

Unfortunately, I can't reveal exactly what else you need as that will give away my guide.

iDuL - February 15, 2011, 11:52 pm

I really need this, but I'm broke as fuck.

The Rated R Superstar - February 24, 2011, 4:23 am

(Feb 16, 2011 12:52 AM)iDuL Wrote: [\[CITE\]](#) I really need this, but I'm broke as fuck. Well when you get some cash, come talk to me lol.

gahccbb - February 24, 2011, 4:37 am

You could of told me and the OP that you need too spend more money on products.

The Rated R Superstar - February 24, 2011, 5:19 am

(Feb 24, 2011 05:37 AM)Mc. Donalds Wrote: [\[CITE\]](#) You could of told me and the OP that you need too spend more money on products.

I did, the questions people asked were answered throughout the thread. Should I put an FAQ in the OP?

gahccbb - February 24, 2011, 5:34 am

(Feb 24, 2011 06:19 AM)The Rated R Superstar Wrote: [\[CITE\]](#) I did, the questions people asked

were answered throughout the thread. Should I put an FAQ in the OP?

Yeah that would help.

Not many people read through pages and pages ;)

The Rated R Superstar - February 24, 2011, 5:39 am

(Feb 24, 2011 06:34 AM)Mc. Donalds Wrote: [\[CITE\]](#) Yeah that would help.

Not many people read through pages and pages ;)

No worries, updating the OP now.

BMW. - February 26, 2011, 9:07 pm

I pmed you but i forgot to mention I want to buy after you answer my questions please tell me your Paypal. I'm going to the supermarket tomorrow so I'd like to get soon.

The Rated R Superstar - February 27, 2011, 5:57 am

(Feb 26, 2011 10:07 PM)rich123321 Wrote: [\[CITE\]](#) I pmed you but i forgot to mention I want to buy after you answer my questions please tell me your Paypal. I'm going to the supermarket tomorrow so I'd like to get soon.

No problem, questions answered and details sent.

Scene™ - February 27, 2011, 6:34 am

good hope its legit , vouch for this guy :)

The Rated R Superstar - March 2, 2011, 11:18 am

OP has been updated with a FAQ section. Should help some people.

Statiic - March 15, 2011, 4:39 pm

does this include portion control?

The Rated R Superstar - March 15, 2011, 5:33 pm

(Mar 15, 2011 04:39 PM)Statiic Wrote: [\[CITE\]](#) does this include portion control?

Yes.

Prettykitty - March 15, 2011, 6:39 pm

do u not take LR ? ? ? ?

Impurity - March 15, 2011, 6:44 pm

Not that he needs it, but big time vouch for The Rated R Superstar! Super legit staff member <3

The Rated R Superstar - March 15, 2011, 8:53 pm

(Mar 15, 2011 06:39 PM)Prettykitty Wrote: [\[CITE\]](#) do u not take LR ? ? ? ?

Sorry, no. PP only.

(Mar 15, 2011 06:44 PM)Impurity [Bible 2.0] Wrote: [\[CITE\]](#) Not that he needs it, but big time vouch for The Rated R Superstar! Super legit staff member <3

Thanks brah.

Alpha Geek - March 17, 2011, 7:37 pm

I may actually look into this. Seems easy enough, and I could lose a few pounds.

360 - March 17, 2011, 9:55 pm

Hey, does this include fat loss for athletes or simply weight loss for the overweight?

The Rated R Superstar - March 17, 2011, 10:33 pm

(Mar 17, 2011 09:55 PM)jaydee101 Wrote: [\[CITE\]](#) Hey, does this include fat loss for athletes or

simply weight loss for the overweight?

Losing weight when you don't have much left to lose is far more difficult than if you're losing fat when you're overweight. This eBook is for the overweight people wanting to shed some pounds.

I designed this eBook for the overweight people like my former self. I can't say that it will work for an athlete, and I can't say it won't because I don't know and everyone is different.

360 - March 18, 2011, 1:45 am

(Mar 17, 2011 10:33 PM)The Rated R Superstar Wrote: [\[CITE\]](#) Losing weight when you don't have much left to lose is far more difficult than if you're losing fat when you're overweight. This eBook is for the overweight people wanting to shed some pounds.

I designed this eBook for the overweight people like my former self. I can't say that it will work for an athlete, and I can't say it won't because I don't know and everyone is different.

Ok, completely understandable. Thanks for your reply!

Above. - March 22, 2011, 9:25 pm

Is this eBook based centered on American products?

mania? - March 22, 2011, 10:58 pm

I must say this is one of the nicest layouts for a product I've ever seen, good luck to you.

The Rated R Superstar - March 23, 2011, 4:39 am

(Mar 22, 2011 09:25 PM)Above. Wrote: [\[CITE\]](#) Is this eBook based centered on American products? It's based on Australian products, but it can work anywhere.

Detective RooTz - March 26, 2011, 10:38 am

I would love to have a review copy to test out and give feedback on.

Electrobyte™ - March 26, 2011, 10:43 am

I could definately afford to shed some pounds lol

Makaveli The Don - March 26, 2011, 10:48 am

Hey TRRS, I am skinny Can you write an ebook on how to get fat easily ? :D (no troll)

The Rated R Superstar - April 10, 2011, 12:31 pm

I've had a lot of sales so far, and a few of them checked back with me telling me how much weight they lost in the first few days to a week. It was more than I'd recommend in a week, but the first week is mostly water weight. So 3+ KG in a few days isn't that big of a deal, but it's still a great start.

I'll continue selling this eBook until the day I leave HF. I like to think I'm helping members to change their lives.

PonySwag - April 10, 2011, 12:52 pm

Bought the ebook like 4 months ago, dropt about 15kg then i used it. As i wasent over weightheted i only used it to get rid of my muffin on my belly

Metal Tiger - April 13, 2011, 4:15 am

Can you write a guide on putting on weight ? Lol, cuz I really need to.

The Rated R Superstar - April 13, 2011, 4:22 am

(Apr 13, 2011 04:15 AM)Metal Tiger Wrote: [\[CITE\]](#) Can you write a guide on putting on weight ? Lol,

cuz I really need to.

I think I have enough information to do that now. But we'll see, I have no way of testing it since I was, and I'm not, super skinny with a really fast metabolism.

Metal Tiger - April 13, 2011, 4:45 am

(Apr 13, 2011 04:22 AM)The Rated R Superstar Wrote: [\[CITE\]](#) I think I have enough information to do that now. But we'll see, I have no way of testing it since I was, and I'm not, super skinny with a really fast metabolism.

Is that the reason for being skinny even tho I eat shitloads ? o.0

A really fast metabolism ?

WRAITE THE GAIDE PLOX. Free copy for me.

Dirtyy - April 13, 2011, 4:53 am

(Apr 13, 2011 04:45 AM)Metal Tiger Wrote: [\[CITE\]](#) Is that the reason for being skinny even tho I eat shitloads ? o.0

A really fast metabolism ?

WRAITE THE GAIDE PLOX. Free copy for me.

Yes, a fast metabolism means you burn energy a lot faster than someone with a slow metabolism. You also burn more energy in day to day activities than someone with a slow metabolism.

The Rated R Superstar - April 13, 2011, 5:14 am

Yeah, like, your metabolism might need 6000 calories a day to maintain normal function. It'll be fucking hard to eat that much though, so you don't gain any weight or muscle.

Makaveli The Don - April 13, 2011, 7:01 am

(Apr 13, 2011 05:14 AM)The Rated R Superstar Wrote: [\[CITE\]](#) Yeah, like, your metabolism might need 6000 calories a day to maintain normal function. It'll be fucking hard to eat that much though, so you don't gain any weight or muscle.

Sir, you made a mistake ! A skinny person with fast metabolism can gain muscles but it's hard to gain fat, if you gain that fat and you train this fat will become muscles etc.. I personally is ready to turn from a skinny person to a normal person this next summer, I will try eating good at lunch and sleeping right after for 3 hours atleast and I will eat good at the others times ?

Metal Tiger - April 13, 2011, 7:02 am

(Apr 13, 2011 05:14 AM)The Rated R Superstar Wrote: [\[CITE\]](#) Yeah, like, your metabolism might need 6000 calories a day to maintain normal function. It'll be fucking hard to eat that much though, so you don't gain any weight or muscle.

What are the solutions, according to you ?

The Rated R Superstar - April 13, 2011, 7:03 am

(Apr 13, 2011 07:01 AM)Vito Corleone Wrote: [\[CITE\]](#) Sir, you made a mistake ! A skinny person with fast metabolism can gain muscles but it's hard to gain fat, if you gain that fat and you train this fat will become muscles etc.. I personally is ready to turn from a skinny person to a normal person, I will try eating good at lunch and sleeping right after for 3 hours atleast and I will eat good at the others times ?

You misquoted me. I never said they couldn't gain muscle or fat. I said they couldn't if they don't eat the amount of calories they need.

D4rkNet-X - April 17, 2011, 8:14 am

you got an ebook for bodybuilding too?

Terence McKenna - April 19, 2011, 12:18 pm

I'd buy this if I wasn't underweight. :P
Anyways, I'm sure this a great ebook, vouch!

Sunshine State - April 26, 2011, 5:54 pm

I need to loose like 30 Pounds over the Summer doing football etc..
Do you garentee it if we follow ur thing.?
If not do we get moeny back?

Mezala - April 26, 2011, 7:51 pm

(Apr 26, 2011 05:54 PM)Sunshine State Wrote: [\[CITE\]](#) I need to loose like 30 Pounds over the Summer doing football etc..
Do you garentee it if we follow ur thing.?
If not do we get moeny back?
I mean it says right in the main post 'no refunds once purchased'

The Rated R Superstar - April 26, 2011, 10:51 pm

(Apr 26, 2011 05:54 PM)Sunshine State Wrote: [\[CITE\]](#) I need to loose like 30 Pounds over the Summer doing football etc..
Do you garentee it if we follow ur thing.?
If not do we get moeny back?
It says in the OP, no refunds. As for the guarantee, summer's like 3 months? Took me 8 months to lose 70 something Lbs, you might not lose exactly 30, maybe 20. But if you exercise at the same time I'll have to give you a few instructions.

Momiji - May 6, 2011, 8:04 am

I really wish I a paypal for this. I'm literally 15-25 pounds "overweight". By that I mean I have fat weight instead of muscle weight.

DjSpikie - May 10, 2011, 1:30 pm

I have PM'd you :) Waiting for a reply!

Diabolic - May 11, 2011, 3:10 pm

This looks awesome, Good luck on sales.

Paul Walker - May 21, 2011, 8:49 am

Bump up * Purchased :) Will post results as they happen :D

Hi I'm Arnold - May 21, 2011, 2:26 pm

I'd like this eBook, but i dont have that much money on my paypal :-/

For the next eBook you make, make a miracle cure for Stretch Marks and you'll be rich :-D

CM Punk - May 23, 2011, 9:39 am

Going to l3ump this thread for people. If anyone wants to lose weight I reccomend this E-book.

Makaveli The Don - May 23, 2011, 11:11 am

I also recommend buying this from TRRS, He is a good and helpful sales marketer, and can help you with live and online support !

Root - May 26, 2011, 8:58 pm

I'm purchasing this now, lets hope for a good one =)

pra1ser - May 31, 2011, 11:46 pm

Sounds very interested. Legit seller and trusted too. Good luck with sales.

Username Null - June 1, 2011, 2:22 am

The best weight loss method is a fast metabolism. ^-^

I remember a couple years ago I knew this girl who literally ate like 20 bags of chips a day and so much shit, but she was like bony as fuck.

The Rated R Superstar - June 1, 2011, 3:31 am

It's a curse at the same time. When you get used to eating like that, you still put yourself at risk of type 2 diabetes and heart disease.

NotAk-47 - June 4, 2011, 2:13 pm

(Jun 1, 2011 03:31 AM)The Rated R Superstar Wrote: [\[CITE\]](#) It's a curse at the same time. When you get used to eating like that, you still put yourself at risk of type 2 diabetes and heart disease. So true, but thats down the line and who cares about down the line XD

Free Bump btw :)

xGin - June 8, 2011, 5:54 am

Vouch, Real legit guy with sick grammar :D

Xazpiration - June 9, 2011, 12:49 pm

Vouch Rated R Superstar is an amazing member on this forums

RISING STARS - October 11, 2011, 5:32 pm

Hello The Rated R Superstar!

Hi Dear i'm our weight bcoz of my job & our eating i want to buy your Ebook but there is one problem is that i have only Alertpay account bcoz in my country paypal does not exist so can we make our deal anyway?

Best Regard,

Sam!