

Which bread is best for weight loss?

- Sourdough
- Pumpernickel
- Whole wheat
- White
- Rye

The answer may surprise you. See page 2 to start losing weight today!

What if tiny, almost imperceptible changes in your diet – such as eating cheese tortellini instead of macaroni and cheese – could help you effortlessly shed excess pounds? Permanently.

- What if new scientific evidence suggested that permanent weight loss meant eating more food, not less?
- What if the key to burning fat was not feeling hungry and deprived?
- What if adding the right foods to a meal had the same fat-burning effects as strenuous exercise?
- What if you discovered astounding new evidence that throws popular diet and weight loss plans out the window?

Would you be interested?

(continued inside ➤)



REVEALED INSIDE...

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Which bread is best for weight loss?

SUPRISE! Whole wheat isn't the healthiest bread for weight loss, according to the Glycemic Index. Turns out pumpernickel has the least impact on blood sugar levels, with sourdough a close second.

Here's the breakdown:

Pumpernickel.....41 Sourdough.....52 Rye.....58 White.....70 Whole wheat.....73

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Dear Friend,

For years, scientists have debated whether low-fat or low-carb diets are best for taking off and keeping off unwanted pounds.

The conclusion? Neither one.

A large and growing body of research now reveals that the real issue isn't how much fat or carbohydrate you're eating, but how what you're eating affects your blood sugar.

Here's where the weight loss revolution begins!

Turns out some foods (like white rice and watermelon) break down quickly, causing sharp spikes in blood sugar. These spikes trigger hunger and cravings, prompting you to overeat.

And from there it only gets worse.

You see, since blood sugar is a readily available energy source, your body chooses to burn it as fuel, in place of fat.

That means you're often not burning fat no matter how hard you exercise, no matter how closely you stick to your diet.

But don't despair. There are foods that break down more slowly, helping you

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