



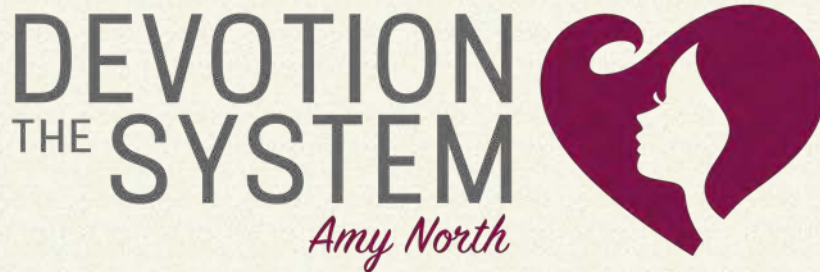
MAKE ANY MAN YOURS FOR LIFE

Sneaky techniques that will
force him to **forget** about
every other woman and **stay**
loyal to *YOU* and *ONLY* you...



MAKE ANY MAN YOURS FOR LIFE

DEVOTION
THE SYSTEM 



This book is a special free report by
Amy North, author of the best-selling women's
program called **The Devotion System**.

www.DevotionSystem.com



About The Author

Amy North is a **world-renowned women's dating coach** with nearly a decade of experience helping women build happy, loving relationships with the man of their dreams.

She is also the **author of the #1 best-selling program** "[The Devotion System](#)," which is widely regarded as the best and most comprehensive guide for women fed up with dating and frustrated by an endless cycle of heartbreak after heartbreak.



Amy North's YouTube channel boasts over **60,000 subscribers** and **millions of views**, and her website features [a full-length free video presentation](#) sharing a number of sneaky psychological tactics to make a man fall in love with you.... and forget about every other woman on earth.

[Click here to watch Amy's free full-length "how-to" video »](#)



When you meet “The One,” you’ll probably be the happiest you’ve ever felt . . . but the idea of losing him to someone else may also be a terrifying thought for you.

The good news is that there’s a way to keep your man happily monogamous. By learning how to “cheat-proof” your relationship, you’ll never have to worry about him leaving you or being unfaithful.

To help you understand what you can do to keep him loyal, I’ve divided this book into four sections.

- **Why Do Men Cheat?**
- **What Makes A Lasting Love?**
- **Signs Your Man Is Cheating**
- **How to Prevent Cheating in Your Relationship**



Why Do Men Cheat?

Cheating and infidelity can happen in any relationship—weak or strong, old or new. Sometimes affairs are for love, and other times, it's just about the sex.

While there's no single reason for why a man may choose to be unfaithful, there are a handful of reasons and excuses that arise again and again.

To Avoid Intimacy

This reason can be confusing, especially if your man is already in an intimate relationship with you. However, psychiatrists have said that often times men cheat to avoid *real* intimacy. In other words, they do it to avoid relying on one person, which, in their eyes, means they can avoid getting hurt. Ironical, right?



To Have Variety

This can be a tough truth to swallow, but some men cheat just because they crave variety. Sure, he may love the bones of you, but since you're just one person it can be tough to fulfill all of his desires, especially if those desires are to be with a variety of women.



To Gain Power

Some men cheat because they feel it empowers them in their relationship; they have the upper hand by being unfaithful, and therefore have less to lose. Now I'm not saying this is right, and as a woman this may seem outrageous, but studies have shown that this is how some guys defend their actions: It makes them feel manly.



To Find Intimacy

On the other end of the spectrum, some men search for intimacy outside of their relationship. Since couples can drift apart over time, some men find it easier to fulfil their sexual and intimacy needs by finding them elsewhere rather than talking with their partner about the decline in their shared intimacy. This is a prime example of why communication is so important!

To Spice Things Up

In the beginning of a relationship, couples can't seem to get enough of each other. However, as time passes, and partners become more comfortable with one another, it's not uncommon for sex to get less exciting, too. This is why some men cheat: because they crave that newness and excitement again, and since they can't get it from their partner, they go looking elsewhere. That said, there are ways to prevent this from happening and to keep your relationship fresh and exciting, which I've explained in more depth in [the free video on my website](#).



To Please Others

Men aren't always as in control as you think. A common reason why many men cheat is simply because they lack the willpower to say no. So, if a beautiful woman comes onto them, they're weak, and go along with it. Instead of staying faithful to their partner, they give into a sexual affair simply because the opportunity arose and they weren't strong enough to turn her down.

To Relive the Rush

Not every cheater is a repeat offender, but chances are if your man has cheated—and got away with it—then he'll likely think he can do it again. In order to break this habit, it's crucial that he figures out what drove him to cheat in the first place. Who knows, he could be cheating because he only cares about himself, or because your relationship lacks something important to him.



What Makes a Lasting Love?

When it comes to a healthy, loving relationship, there are certain mental and physical components that need to be in place for it to go the distance.

To help cheat-proof your relationship, make sure that these components are an everyday part of your lives together. It's when these key elements start to dissipate that trouble arises.





Kiss Every Day

As Charles Dickens once said, “Never close your lips to those whom you have already opened your heart.” In other words, keep kissing the man you love.

To keep your man faithful, it’s important that you keep the spark alive between you. So often couples make it past the honeymoon stage and slowly stop kissing each other. To keep the relationship fresh, make a point to kiss your partner daily.

Create a Loving Mindset

It’s been proven that when you see your partner as the handsomest, smartest or funniest person in the room, your relationship will last longer, and be more emotionally satisfying. To do this, make a point to remind yourself how wonderful your man is, and let him know how you feel about him. When you do it’ll work wonders on cheat-proofing your relationship.



Grow Together

This one is a big one. When relationships get stagnant it's common for couples to break up, cheat, or at least consider the possibility of another partner.

To keep your relationship on track it's important that you and your man are always growing together. Picking up new interests, exploring new places, and trying new things together will help you grow both as individuals and as a couple.

Be Positive

So many people let the little annoyances in life bring them down, and without realizing it that negative energy creeps into their love life. To keep your relationship on the right track, focus on the positives and to find a way to fall in love with your life every day. By finding your passions and practicing them often, they'll not only reflect positively in your relationship, but they'll also make it stronger.



Keep Your Independence

Early in a relationship it can be easy to get swept up in wanting to spend all your time with your man. However, as tempting as it may be to monopolize one another's time, it's important that you give each other space and keep your personal interests and hobbies alive. Spending every waking moment together may sound nice, but over time it will result in someone getting bored. What's worse is that when boredom breeds, trouble arises. To avoid this from happening encourage your man to take on his own personal pursuits.

Be Romantic

Keeping the spark alive between you and your man is crucial for cheat-proofing your relationship. Since romance and intimacy are two of the most important components of a loving relationship, you should always be looking to for new ways to keep your flame burning. It can be tough and requires an open mind, but it's totally worth it.



If you notice the signs of a relationship that's starting to become stale, TAKE ACTION! [Start by visiting my website and watching the free video](#) that I've posted on the homepage.

Create Shared Interests

Since couples that build a history together have something to lose, it makes cheating less likely to happen in their relationship. This is why creating shared experiences and interests can help cheat-proof your relationship.

To get started, pick an activity and do it together. Whether it's a cooking class or co-ed Frisbee league, trying new things with your man is one of the best ways to keep your relationship exciting and full of love.



Signs Your Man Is Cheating

When you suspect that your man may be cheating on you, it's not uncommon to feel crushingly devastated. As you scramble to make sense of your emotions and theories, you may even consider sharing your concerns with him. If you do go this route and he brushes off your worries, it may be hard to believe him. In these instances it's important that you trust your gut, and keep an eye out for these signs.

He's Moody

If your man is cheating on you, then he may be feeling guilty or ashamed of his actions. If this is the case, then he'll probably look for somewhere to unload those feelings. So then, if you notice that your man has been moody or is picking fights with you, then it could be his way to distress. Instead of riding out his emotions, get to the root of the problem by asking why he's being so argumentative.



Also take note if communication between the two of you starts to fade. If your man is the kind of person who always has something to say and yet he's become quiet or distant, then it may be because he's scared of slipping up. This happens often when someone has had an affair or has made a shameful mistake.

He's Distant, Panicked or Distraught

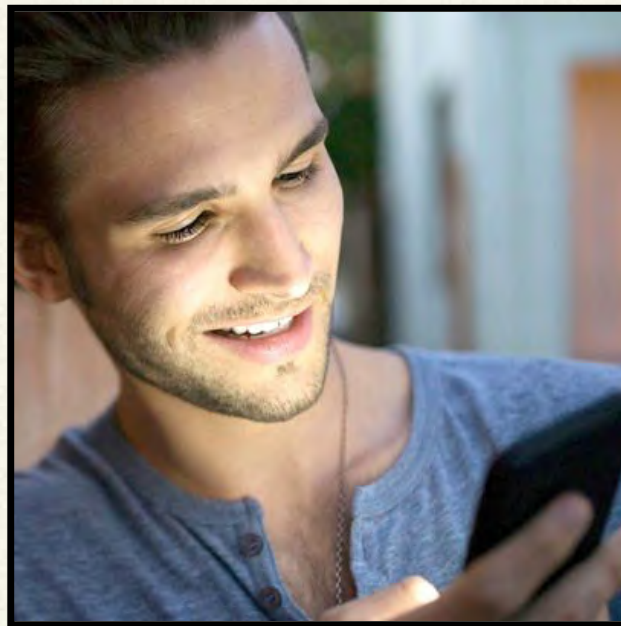
Handling an affair is a balancing act, which means that if your man is cheating, he's going to have to be extra careful when it comes to keeping his stories straight. So, if you notice that his schedule is changing, or he scrambles for words anytime you ask him a question, then alarm bells should be ringing. That said, sometimes change is inevitable, so don't jump to assumptions too quickly.

Also note his body language. If your man is worried about you finding out what he's been up to, then you may catch him looking distant or fearful.



He Smells Different

This one sounds cliché, but clichés exist for a reason. If your partner is coming home smelling like a perfume or lotion you don't wear, then he's probably been close with someone who is wearing it.



You've Discovered Evidence

If you've noticed random hairs, lipstick smudges, or other unknown belongings kicking around his house, car or office then you should be asking questions. That said, it's important not to get wrapped up in playing detective; if you're mistaken then starting something out of nothing can be destructive to your relationship.



He Adopts New Lingo

Have you ever noticed that when you spend enough time around someone you start to speak like them, or pick up their interests? Well, it's true!

If you notice that your man has become interested in things he hated or ignored before, or starts using new words or phrases, it could be because he is absorbing someone else's interests. While this doesn't *prove* that he's having an affair, it is an important sign to watch out for.

He Wants to Fly Solo

If you and your man used to enjoy running errands together or attended events side by side, and now, he wants to do "his own thing," then it could be because he's up to no good.

If it feels like your man is worried about being seen with you then it could be because he's afraid of who else may see. Now this sounds ridiculous,



after all, *you're* his woman!... But then again, if he's cheating on you then who knows what he's told whoever else is involved.

His Sex Drive Increases

When it comes to committed relationships, it's normal for a couples' sex life to have its share of highs and lows. However, if your partner simmered down in the bedroom then suddenly has an insane sex drive, it's possible that his libido has been reawakened by someone else. Keep an eye out for any new sex moves or dirty talk that he may have picked up.

His Finances Are Unexplainable

Though it may not be your place to comment on how or where he spends his money, pay attention to any suspicious or unexplained paper trails he leaves behind. For example, if you find receipts to nice restaurants or hotel bills laying around, then you may want to ask him about where he's been spending his money. If he brushes off your questions or becomes



defensive, then you know something is up.

His Friends Are on Edge

If you were close with his friends, but lately they've been acting nervous or uncomfortable around you, then it could be because they know something you don't. How your man's friends treat you speaks volumes. If they've flipped from hot to cold on you, then don't take this sign lightly.

He's Talking About Breaking Up

If your man starts asking questions like, *"What would you do if we broke up?"* or makes statements like *"You'd be fine without me,"* then he may be hinting that he is considering ending things between you. Don't let these slight remarks go unnoticed. Instead, keep track each time he makes a comment like this and see if a pattern emerges. With the right puzzle pieces, you may be able to catch your partner red handed.



He's Secretive

Does he hide his phone from you, delete messages, or tuck it quickly out of sight the moment you enter the room? If so, then your cheating-radar should be going off!

Pay attention to the calls he takes behind closed doors and who he says has called or texted. His body language and defensive tone will tell you if something is going on.

He Justifies Affairs

Your best friend's boyfriend is cheating and you share the news with your man. To your surprise, he becomes defensive and says things *like* “*Well he wasn’t happy anyways,*” or “*People have affairs all the time.*” Take heed, this could be a warning sign of what’s going on behind your back, too. After all, condemning others for cheating would mean condemning himself as well!



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If your man brushes off the subject of cheating like it's no big deal or gets awkward any time the topic comes up, then you may have the answers you're looking for.





Stopping Him From Cheating

As mentioned earlier, there's no one single reason why people cheat. The good news though, is that there are a handful of proven ways to prevent it from happening to you.

Before reading ahead, keep in mind that the best self-defense against cheating is a great relationship. In other words, if you want to cheat-proof your relationship then you need to do the work.

Agree On What Constitutes as “Cheating”

To prevent cheating in your relationship it's crucial that you and your man are on the same page when it comes to what qualifies as cheating. To ensure this, talk about your beliefs and come a clear agreement on what is and isn't acceptable in your relationship.

Initially partners may not have the same feelings and opinions on the subject, which is why it's so crucial to come to an agreement together.



It's also important to discuss and agree on how you will each handle advances from others, and how quickly you will tell one another about romantic or flirty experiences. Doing so can help prevent emotional affairs, and will keep partners feeling open with one another.

Openly Communicate

To prevent cheating in your relationship, you and your man must talk to one another. Having open and honest conversations about how you're feeling, what you expect from one another, and what is and isn't working between you will keep you feeling close and connected.

To have effective conversations with your partner it's important to let him know that he can share his feelings, thoughts and desires with you, free of judgement. When you do so, you'll be giving him something he doesn't have with just anyone: a safe outlet. Being the person he can rant to and explore his dreams with makes you a valuable part of his life and that is a great defense against cheating. To keep your love burning, keep the communication lines clear and open.



Appreciate Your Partner

Take the time to appreciate your man every day, even for the little things. In fact, it's usually those little things that mean the most, which is why appreciation goes such a long way when it comes to commitment.

Since no one wants to be with someone who makes them feel poorly on a regular basis, expressing appreciation to your man is an effective way to prevent cheating. As humans, we want to feel loved and valued—especially by those we've chosen to share our life with. Make sure you tell your guy how much he means to you, even when you're not in the most romantic of moods.

Keep the Spark Alive

The key to protecting any romantic relationship is keeping your spark alive. This means being intimate, having sex regularly, kissing often, touching as much as possible, and talking comfortably about sex.



By being open to new ideas and experimentation, not only will it keep your sex life fresh and exciting, but your man will appreciate your willingness to try new things, and in turn, be less likely to cheat. While you're at it, ask him about his fantasies and find out what gets him going. Sure, these things may not sound like your cup of tea, but give them a shot, and who knows, you just might like them, too. Knowing what he likes will give you a leg up when it comes to keeping him feeling fulfilled.

Grow Together

Since change is a constant, it's important to roll with what comes your way, take on new challenges, and try new things together. Keeping your relationship feeling fresh and alive is a powerful way to prevent cheating. If you ignore the inevitable toll of time and expect what worked in the first month of your relationship to still work years later, your relationship could very well be doomed.

A big part of growing with your partner is finding new things to do together. Be a part of the things your man enjoys doing in his free time,



bond over and create shared interests, and spend quality time together. Keeping things interesting will lessen his likeliness to cheat.

Avoid Jealousy

In most relationships, there will come a time when you question your man's feelings or behavior towards someone else. As tough as it may be, it's important not to become angry or critical towards him or the person he gives attention to.

Since acting jealous towards someone your man shows interest in won't win back his attention — instead, you'll look immature and foolish — it's important to shift his attention back to you by wooing him with your talents and capabilities.

Give him a reason to love and value you by stepping up your game rather than threatening to leave or becoming critical.



Emphasize Commitment

Although you and your partner are already in a committed relationship, it's still important to remind each other of the benefits of being a couple. You both have someone who knows you better than anyone else; someone you have a shared history and life memories with; someone you can rely on; someone to grow old with.

Reminding your man of the many reasons you both decided to commit to one another can revive nostalgic feelings and happy memories. Many times, simply recognizing how lucky you are to have such a loving partner is enough to prevent infidelity long before it becomes an issue.

Be Romantic

It only takes a small gesture to be romantic and show your man how much you care about him, but these small gestures go far when it comes to keeping him committed. From surprise dinners to passionate back rubs, loving actions will show him how much you appreciate him, which in turn can help to cheat-proof your relationship.



Complimenting his looks, praising his successes, and recognizing his potential will also do wonders for his confidence and happiness. These are important because when a man feels good about himself and his relationship, the likelihood of him looking for romance elsewhere is slim to none.

Be a Good Girlfriend!

As you probably know, when your man's needs are physically and emotionally met, he won't be as interested in looking elsewhere. To ensure that he is satisfied in your relationship, take a look at how well you are meeting his wants and needs, and step up in the areas that are lacking. Since it's human nature to pursue one's needs, if you're not giving him what he needs then he may go looking elsewhere.

To be a good partner and successfully cheat-proof your relationship, think of your role (as his woman) as a job that you are applying for every day.



Ask yourself why your man should keep you around and not fire you, and if there's anything you should be doing that you're not.

Not many women realize it, but **being your man's dream woman is WAY easier than you might think...** if you know a few sneaky techniques to make sure he sees you as "The One". [Click here to view a video I've made to explain some of these covert tactics...](#) watch it ASAP, so that you can begin using my techniques TODAY to make sure he stays into you (and loyal to you).

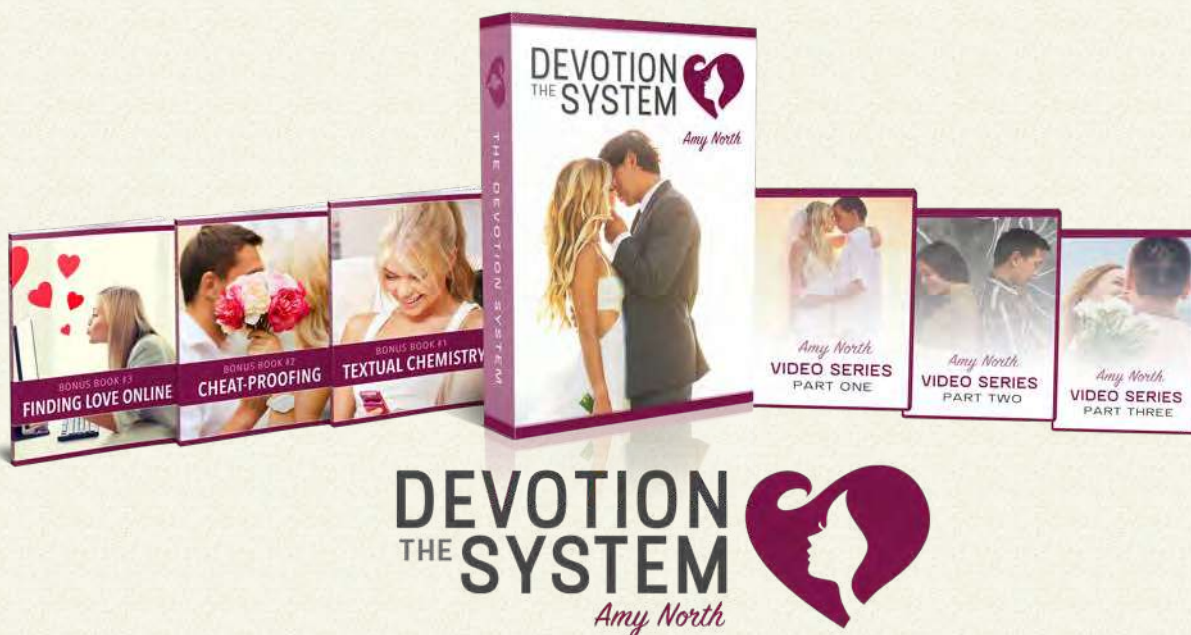


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Amy North's #1 best-selling guide to making any man obsess and lust over you (and fight to keep you by his side).



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BIKINI BODY

TOP
FIVE

*Fitness
Myths*



MYTH 1:

Doing Cardio is the Best Way to Get a Bikini Body

Everyone knows from traditional fitness advice that jogging, or hopping on the elliptical will get you the body you want. Just spend 30-60 minutes in that “Fat Burning Zone” and watch those extra pounds melt off to reveal a toned, sexy, sleek physique, right?

Wrong.

In reality, this traditional approach to cardio sucks. It’s miserable, it’s boring, it’s not sustainable, and it’s counterproductive to looking and feeling fantastic.

Consistently subjecting yourself to these long, moderate intensity aerobic sessions chronically raises your stress hormones, namely, cortisol, and this causes a cascade of changes in your body that keep you from losing fat. When cortisol is chronically elevated, your body prioritizes the storage of fat, your energy tanks, and you feel run down.

Not only that, but chronically elevated cortisol is fundamentally unhealthy. Since we want to be fit AND healthy, this prescription for endless amounts of cardio has got to go.

You are probably asking yourself, “Well, what should I do instead?”

The first thing you need to understand is that your diet will take care of 90% of your fat loss goals. Dialing in your nutrition with a healthy, sustainable plan that still lets you enjoy your favorite foods whenever you want (like in the Bikini Body Nutrition Plan) is the first step you should take in transforming your body.

After that, the next 10% comes from a little bit of extra, high-intensity conditioning. We’re not talking about that boring cardio mumbo-jumbo. The best approach is a short, hard, fat-blasting metabolic workout like hill sprints or the other routines found in Bikini Body Workouts.

WRONG



Get off that treadmill, go have some fun with short, intense conditioning sessions!

Most people will not need more than three or four of these sessions each week. Since each one only lasts around 10-15 minutes, that's less than one hour of cardio each week. That's right, 30-60 minutes MAX for the week, that's all.

Do your body a favor, get off that treadmill, go have some fun with short, intense conditioning sessions, and enjoy how much better you will look and feel.



MYTH 2:

You Should Lift Light Weights and Never Go Heavy

W When you walk into most commercial gyms, you see women all over the place pumping away with those pink, 2.5 pound dumbbells, and avoiding the heavier weights because those will make them too big and muscular.

They are all making a big mistake because this notion that heavy weight equals bulky bodies could not be further from the truth.

You see, this misconception comes from female body builders who have built very muscular physiques with the help of some extra supplementation in the form of dangerous steroids, to give them higher testosterone levels. For those that don't know, testosterone is one of the most important hormones for building muscle. Men typically have much more testosterone than women, so men tend to build more muscle than women.

The truth is that women do not have the natural testosterone levels that will make them big and bulky, no matter how heavy of weights they lift. So let's get rid of that fear right now.

Gone? Good.

Heavy weights will never make you big and bulky.

In fact, heavy lifting has a ton of benefits that will help you move towards getting a sexy, toned body. From helping to develop your muscles, to facilitating beneficial hormonal responses, to building self-confidence, heavy lifting is a positive to addition to any female's exercise program.

Like we discussed, women don't have the natural testosterone levels that lead to large muscular growth. When they lift heavy weights, the muscle gets more developed without growing in size, and this combination creates that lean, defined physique that looks amazing with or without clothes on

*Heavy weights will
never make you
big and bulky.*



Furthermore, heavy lifting creates a metabolic effect during and after training that light weights simply cannot replicate. By using heavier weights than the traditional recommendations for women, you will get a surge of hormones that torch body fat, and create a metabolic boost that lasts long after the training session ends. Just like with cardio, hard, intense bursts of exercise trump longer sessions of lower intensity.

That means more results in less time.

Finally, beyond the effects that heavy lifting has on your external appearance, it'll give you confidence, boost your self-esteem, and make you feel amazing. We all want to transform our bodies not only to look better, but also to feel better.

Plain and simple, lifting heavy weights feels phenomenal.

Getting stronger is a great accomplishment, and when you lift heavy weights, you will be able to accomplish things you've never imagined. This inner satisfaction will shine through and you will be more confident and feel more proud in this fantastic body you're building.

Get out there and start moving some heavy weights. Your mind and body will thank you for it.



MYTH 3:

You Should Only Do Circuit Training



ircuit training is all the buzz in the fitness world these days. Switching from movement to movement with low rest periods is supposedly the pinnacle of all things exercise.

Unfortunately, that's just not the case. Like we discussed, heavy lifting will be a powerful tool in your body transformation, and heavy lifting does not go hand in hand with circuit training.



Stop limiting yourself to circuits, and use the proven methods at your disposal to shape an athletic, functional, physique.

Sure, circuit training is a great way to get a lot of work done in a short period of time, and it helps to keep your heart rate up and build some conditioning. But, the most effective exercise programs will always include a mix of heavy weights, gymnastics work, explosive movements, and maybe some circuit training.

To limit yourself to only circuit style workouts is to limit the potential results you can achieve.

When you combine the benefits of heavy lifting, bodyweight work, mobility, and metabolic conditioning, you utilize a broad range of tools that lets you develop an athletic physique. We've all seen Olympic athletes and how amazing their bodies look, and these women train using all the methods we've discussed.

Branch out with your training, stop limiting yourself to circuits, and use the proven methods at your disposal to shape an athletic, functional, physique.

MYTH 4:

You Have to Starve Yourself



Let's go ahead and continue to destroy the common knowledge around exercise and nutrition and tackle the silly advice that a low-calorie diet is the best way to lose fat.

Our bodies are incredibly adaptable machines. When you starve yourself, your body senses this caloric restriction and responds with a host of changes that make it easier to store fat and harder to get rid of it. Your metabolism slows down to the point where it does not want to let go of body fat. No matter how little you eat, you won't lose that fat you're working so hard to burn.

"What's a gal to do?!"

Rather than driving yourself crazy with calorie counting, we are going to focus on eating as much nutrient-dense foods as we want so that we nourish our bodies with the materials we need to develop a strong, fit, and feminine body.

Remember from before, our bodies are great at adapting to the way we treat them. When you switch to this high-quality way of eating, focusing on fresh fruits and vegetables, organic, free-range, or grass-fed meats, wild fish, and

healthy fats, your body responds by revving up its metabolism. This will allow you to burn more fat while eating more food than ever. Yup, you read that right. People who use this nutritional approach can eat as much as they want, go to sleep full and satisfied, and wake up looking better than they did the day before.

Beyond the physical toll that low-calorie diets take on your body, it's a big mental burden to deprive yourself of your favorite, delicious meals because they aren't "in your diet", whatever that means.

Getting the Bikini Body you want does not have to be so restrictive, rip your hair out of your head commitment. We want this to be a lifestyle, and for a lifestyle program to work, it can't be restrictive. Our approach to nutrition allows you to enjoy big dinners every night. You can really eat whatever you want, as long as you are smart about it, and dive into some ice cream or pizza without suffering the detrimental affects to your physique.

So, stop with the calorie restriction, nourish your body with wholesome foods and enjoy the stress-free, healthy way to looking and feeling the way you've always wanted.

MYTH 5:

You Have to Lose Weight to Look Better

"Lose 10lbs in 10 days!"

"I lost 20lbs with this plan!"

"Lose weight, get healthy!"

These are the headlines that riddle the fitness industry and try to hook you into their plan. This relentless focus on weight loss as your ticket to a healthy, attractive body has got to go.

I am going to come right out and say it. Ditch the scale. It's completely useless.

I wholeheartedly believe that every woman out there should take her scale and throw it out the window. Do it. That thing will only drive you crazy.

The fact is, scale weight is meaningless. What does matter is your body composition, and you can make profound changes to your appearance without losing or gaining an ounce of scale weight.

When you first start to lift heavy weights, do some high-intensity cardio, and eat wholesome, nutritious, unprocessed foods, your body becomes a fat burning furnace primed to develop some beautiful muscle. By following our exercise and nutrition principles you will be burning fat and building muscle on your way to an athletic bikini body.

The scale fails you in that it only shows a number. It does not show you that you have lost inches around waist, chiseled your midsection,



and toned your arms. Furthermore, your weight can fluctuate quite a bit due to all kinds of factors. From sodium, to carbohydrate intake, to monthly hormonal variations, multiple aspects of our everyday lives can send these day-to-day weight measurements haywire.

Focusing solely on this number can prevent you from realizing all the progress you have made and you will drive yourself crazy trying to push this number down. A much more sustainable approach comes from shifting your focus away from losing weight and towards changing your appearance.

Focus on how you feel walking around, the way your clothes fit, the improvements you're making in your body, and the confidence you are building through taking control of your exercise, nutrition, and lifestyle.

Do yourself a favor, put that scale where it belongs, in the garbage. You're worth more than a number, so it's time to start defining yourself by something more important than a number: the way you look, and the way you feel.



Now that you know what mistakes to avoid you need a step-by-step action plan that will help you get that lean, sexy body you've always dreamed of having.

Bikini Body Workouts is the proven system that will get you there so that you'll be turning heads wherever you go.



Yes!
I want my
Bikini Body

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BIKINI BODY

Success Stories



I am so incredibly grateful for having had the opportunity to work with Jen and Jay! Over the three months that I was able to work with these two I feel that great attention was paid to my overall health and well-being. I always felt like I would have to go on a program where the meals were already prepared in order to lose fat and get the figure I wanted. I was finally able to learn how to take control of my nutrition and really create big changes in my physique with my own cooking and meal prep via Jen and Jay's guidance. They were able to empower and teach me to make the changes I had always wanted to see and I have continued to see enormous progress because of the principles I was taught. I am really grateful for all the effort and knowledge that was given to me and I am continuing on the road to success! :]

Brittany Adams-Hoffman



Having worked in corporate gyms for over 6 years & my partner being a personal trainer I thought I knew enough about how my body works & what gets it in shape. All this time up until I took a plunge & started with Jen & her bikini body workouts, I was amazed with my results given such a short period! I will never forget the moment I could see abdominal definition on the 12th day of the workouts & eating plan. My digestive health & well-being improved in as little as 2 weeks. Recovery time improved & I had better nights sleep, not to mention the sex life improved dramatically as well. I can't thank Jen & her husband Jason Ferruggia for the continuous knowledge & support through this journey of my life. Its been an absolute pleasure working with them & allowing me to change my outlook on fitness & health forever.

Bianca Joubert



I am a 32 year old mother of three who was starting to settle for the body I had. The problem is that I was in the worst shape of my life, and just felt horrible about myself every day. Getting ready for work each day was emotionally draining, and I was too ashamed with the way I looked to even take my kids to to pool. Once I started working with Jen and Jason, my life was changed forever! I had no idea what to expect when I started the program, but now I am in the best shape I have been in my life, I am aware of the food I am eating and plan ahead to make sure I have supportive foods all the time. I now look forward to working out, and can't wait for the next workout day. After only 8 weeks on the program I lost a total of 8.8 pounds, 3" on my chest, 6.5" on my waist, 3.5" on my belly, 3.25" on my hips, 1.5" on my thigh and .25" on my arm. Total overall I lost 18 inches! Plus, I am more muscular than I think I have been in my life. There are no words to express my gratefulness to Jen and Jason for all of their help, and coaching through this program.

Thank you again, and if you need anything for the book, or anything else you are working on, just let me know. You guys are awesome :)

Alison Liddic



Before I began the Bikini Body Workouts coaching program I was in the best shape of my life. I did this on my own through hard work, consistency and educating myself. I was lean and had a nice muscle base, but I was not ripped--and I wanted to be ripped. That's where the Bikini Body Workouts coaching program came in. I absolutely loved the training Jason and Jen put us through--it still allowed me to lift heavy, which is my favorite way to train, but it also introduced me to variations in my training that I didn't realize I would also love just as much, ie. changing my rest periods, set and rep ranges, metabolic training and even adding some cardio. In the beginning I was unsure I would be able to adhere to the diet guidelines because my variety of food choices decreased somewhat but as I went along I was shocked at how easy it was for me to comply to it (even with my erratic schedule). The Bikini Body Workouts coaching program changed my body in ways I wasn't sure I would ever be able to change--I lost stubborn fat in my most troublesome areas and I had a six pack without even flexing which were two goals I have always wanted to achieve.

Tanis Parenteau



Yes! I want my
Bikini Body



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DREW SGOUTAS, CHC, AADP

Certified Health Coach & Nutrition Expert

The Smoothie DIET

Lose Weight And Feel Amazing!

With The Deceptively Simple And
Incredibly Effective Smoothie Diet.



The Smoothie
DIET



5-DAY

Green Smoothie

CHALLENGE



5-DAY *Green Smoothie* CHALLENGE

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*** Important Health Disclaimers**

Please note that while I am a nutrition expert, I am not a doctor. This information is not intended to diagnose, treat, cure or prevent any disease and is not intended to be a substitute or replacement for any medical treatment. If you have ANY pre-existing health conditions, please seek the advice of a healthcare professional before starting this program.

Also, the recipes in this program contain many different ingredients including nuts and seeds. If you have any food allergies, please carefully read each recipe so you know what you can and cannot have.

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Ready To **Lose Weight And Get Healthy?**

This 5-Day Green Smoothie Challenge is a small “taste” of what you can expect inside the full **Smoothie Diet 21-Day Weight Loss Program**

If you love these recipes and are ready to take your health to the next level and **lose up to 18 lbs in 21 days**, then you'll love the complete Smoothie Diet Program!



[Click here](#) to get the complete program
(or see the last page of this document for more info)

“Yuck!”

I was recently home visiting my parents and that's the response I got from my dad as he looked in disgust at the green mixture I was pouring from the blender into a tall glass.

“That looks like swamp water!” He said.

It was hard to argue with him, as I shoved a straw into it. The site of a green smoothie is usually what turns most people off; the people that say “I'd never drink something like that!” The people that miss out on so many great foods because they refuse to try something new in fear that they might not like it.

Now, I'll be the first to admit that green smoothies will never win any awards for appearance. I don't care how many beautifully taken rustic mason jar photos you see on-line. I assume it goes back to our ancestors, where drinking something green would probably mean a very certain death.

I shoved the glass in front of my dad...you'd think it was toxic waste the way he edged back from the table.

“Just try it!” I said.

After a few minutes of intense stare down between my dad and the smoothie and some last prayers...he took a sip.

...And then he took another sip.

“This is actually pretty good!” He said as a smile spread across his face.

I was all too used to this response from people that try a green smoothie for the first time. The shock that something this healthy could taste GOOD!

“Aren’t they complicated to make though?” He asked. “I probably couldn’t make them taste this good”.

I explained to him how easy they actually are to make and that’s one of the main reasons why they’re so amazing.

What I realized is that if he just knew the basics, he could make these for himself whenever he wanted.

So I set out to make some super simple tasty recipes to show him (or anyone else) how easy it can be to boost your health by adding this simple green drink to your daily routine.

In this short guide you’ll find 5 days of smoothie recipes, including a shopping list to get everything you need to make all of them.

You can make these smoothies whenever you want. You can replace a meal with them or simply add them to your day as a healthy nutrient packed “boost”. I just wanted to give you a little sample of how amazing these little green drinks can taste :)

When you are ready to take it to the next level, lose a *crazy* amount of weight and transform your life, you’ll want to use my special meal-replacement smoothies, only available in my [21-Day Smoothie Diet Program](#). One of my recent customers **lost 8 lbs. in her very first week!**



Drew Sgoutas, CHC, AADP

Certified Health Coach & Nutrition Expert
Member Of The American Association Of Drugless Practitioners
Creator of The Smoothie Diet Weight Loss Program

Shopping List*

Veggies

- ☐ Spinach (3 cups)
- ☐ Kale (2 cups)
- ☐ Parsley (1 small bunch)
- ☐ Mint (1 small bunch)
- ☐ Frozen Cauliflower (1/2 cup)

Boosters

- ☐ Fresh Ginger (1 small piece)
- ☐ Vanilla Extract (2 tsp)
- ☐ Unsweetened Cocoa Powder
- ☐ Unsweetened Coconut Flakes

Fruits

- ☐ Bananas (3 medium)
- ☐ Pear (2)
- ☐ Green Apple (1)
- ☐ Orange (1)
- ☐ Frozen Pineapple (1 cup)
- ☐ Frozen Raspberries (1 cup)

Liquid

- ☐ Almond Milk (4 cups)

** All smoothie recipes are for 1 serving. If making for 2, simply double the ingredients. 1 bunch kale, parsley, mint, and 1 bag of spinach should be enough for 2 people.*

Can't Find It? Use This Instead:

BANANAS: Avocados will give you the same creamy texture

KALE: Spinach, Swiss chard, collard greens, beet greens, romaine

SPINACH: Kale, Swiss chard, collard greens, beet greens, romaine

ORANGES: Clementines, tangerines, mangoes, papaya

PINEAPPLE: Oranges, mangoes, peaches

PEAR: Peaches, Apples, Plums



The Power of Prep!

Good prep is the key to super simple smoothie making. Having all your ingredients ready to throw in the blender makes this a breeze.

Wash, Cut, and Store Greens

You need two large zip lock bags with a paper-towel in each to absorb moisture. Excess moisture is the #1 reason greens go bad fast. Remove the kale leaves from the stems, chop, wash and spin dry in a salad spinner. Spinach usually comes pre-washed in bags and doesn't require any chopping. Remove the spinach from the bag it came in and transfer it to the ziploc. Do the same with the kale into the other bag. Store these in the fridge. When it comes time to make the smoothie you will just grab a small handful from the bag which is about 1 cup.

Fresh Vs Frozen

Frozen fruit can actually be a better bargain than fresh depending on the time of year. Also, if the fruit is flash frozen it may actually be fresher than the "fresh" fruit. The general smoothie recipe rule I follow is fresh greens plus 1 fresh fruit plus 1 frozen. If not using anything frozen I add a half cup of ice. *I don't recommend freezing everything before, this will turn your smoothie to ice cream and make it impossible to blend without adding more liquid which will water it down.*

Chop And Portion Fruit If Needed

Most of these recipes use 1 fresh fruit and 1 frozen portion. If using fresh fruit you can portion into small bags but honestly it's not hard to peel a fresh banana. Core an apple or pear the day you make the smoothie. If you buy a whole pineapple though you may want to pre-cut it so you have it ready in the fridge.



DAY 1

Blueberry Vanilla

Blueberries and vanilla make an amazing combination. Banana help thicken this smoothie up nicely, for a creamy, irresistible treat. Did you say this was green!? Serves 1

Ingredients

- 1 Cup Spinach
- 1 Banana
- 1 Cup Frozen Blueberries*
- 1 tsp Vanilla Extract
- 1 Cup Almond Milk

Directions

1. Add liquid, banana, spinach, vanilla extract and blend until smooth.
2. Add frozen blueberries and blend again until smooth.

** If using fresh, add 1/2 cup ice*

Did You Know?

Blueberries contain a type of flavonoid known as anthocyanins, which are responsible for the blue color. Blueberries may help protect vision, lower blood sugar levels and keep the mind sharp by improving memory and cognition.



DAY 2

Pineapple Coconut

You may think that herbs are only a flavor enhancer when cooking, and while that is true, they are also an excellent source of nutrients. This creamy mango smoothie is a delicious example of that. Serves 1

Ingredients

1/2 Cup Almond Milk
1 Cup Kale, stems removed
1 Orange, Peeled & Seeds Removed
1 Cup Frozen Pineapple*
5-7 Fresh Mint Leaves
2 tbsp Coconut Flakes

Directions

1. Add liquid, kale, orange, mint and coconut and blend until smooth.
2. Add frozen pineapple and blend again until smooth.

** If using fresh, add 1/2 cup ice. Add more liquid if needed.*

Did You Know?

Pineapple is an antioxidant powerhouse that helps fight aging and keeps your cells healthy. It also contains an enzyme called bromelain that not only helps improve your body's digestive process but also helps fight inflammation.



DAY 3

Ginger Raspberry

Ginger is great for detoxing — it will help soothe any upset stomachs you get from adjusting your diet. When paired with raspberries and banana, it's delicious. Serves 1

Ingredients

- 1 Cup Almond Milk
- 1 Cup Spinach
- 1 Cup Frozen Raspberries*
- 1 Banana
- 1 tsp Grated Ginger

Directions

1. Add liquid, banana, spinach, and ginger and blend until smooth.
2. Add frozen raspberries and blend again until smooth.

** If using fresh, add 1/2 cup ice*

Did You Know?

The natural chemical responsible for raspberries' mouthwatering aroma is similar to capsaicin, the substance that puts the heat in hot peppers and has been shown to fire up metabolism.



DAY 4

Chocolate Chip

Frozen cauliflower offers creaminess and nutrients without adding unpleasant flavor. Unsweetened Cocoa powder give this smoothie a chocolate flavor without adding sugar. Serves 1

Ingredients

1 Cup Almond Milk
1 Cup Kale, Stems Removed
1/2 Cup Frozen Cauliflower*
1 Pear, core removed
1 tbsp Cocoa Powder
1 tsp Vanilla Extract

** If using fresh, add 1/2 cup ice*

Directions

1. Add liquid, cocoa powder, kale, vanilla extract, pear and blend until smooth.
2. Add frozen cauliflower and blend again until smooth.

Did You Know?

Cocoa contains the substance phenethylamine, which is a neurotransmitter found in the brain that acts as a mood elevator and natural antidepressant. It's also one of the highest polyphenol-containing foods which are powerful antioxidants.



DAY 5

Apple Pear

Apple and Pear add a crisp refreshing taste to this amazing green smoothie. Parsley is a great herb for detoxing the body as well. Serves 1

Ingredients

1/2 Cup Almond Milk*
1 Cup Spinach
1 Banana
1 Green Apple
1/2 Pear
1/4 Cup Parsley Leaves
1/2 Cup Ice

** Add more liquid if needed.*

Directions

1. Add liquid, spinach, apple, pear, and parsley and blend until smooth.
2. Add 1/2 cup ice and blend again until smooth.

Did You Know?

Apples and pears are a rich source of a powerful kind of fiber called pectin. It's what's used as a gelling agent to make jams and jellies, and in our stomach it can delay stomach emptying through a similar mechanism keeping you full longer.

Ready To Lose Weight Fast... *and Keep It Off Forever?*



People all over the world are losing **MORE** weight
in **LESS** time following the deliciously simple
Smoothie Diet 21-Day Weight Loss Program

Watch this short presentation below to see how you can use
smoothies to **Lose Up to 18 lbs In 21 days...and keep it off!**



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