

***Established Doctor Develops Such An Easy Method of Losing Weight, He May Have To Put It Under Lock And Key Indefinitely...***

## **“Look Great In Just 14 Days, Unlocking The Secrets Of Healthy, Habitual Eating Tactics — So Potent You’ll Swear You’re An Energy Breeding Machine!”**

From the Desk of Dr. Kareem F. Samhouri:

Dear Friend,

- Are you sick and tired of having your belly hang over the front of your bathing suit?
- **Do you feel wore out, tired and out of breath, as if a vampire sucked all of the energy from your body?**
- Are feelings of futility flooding your mind whenever you look at your flabby body in the mirror?
- **Do you ache for someone to show you a safe way to lose weight quickly, without starving yourself to death?**

**Keep reading, friend, this could be the most defining moment of your life.**

Hello, my name is Dr. Dr. Kareem F. Samhouri, and I am a Doctor of Physical Therapy & Kinesiology, living in Langhorne, Pennsylvania. Over the years, I’ve developed a system of losing fat, and gaining a sleek looking torso in just 2 weeks! As a matter of fact, in almost no time at all, you can have a fit, lean torso that any bodybuilder would drool over.

Because of the nature of my practice, I’ve had the privilege of working with a large network of doctors, trainers and nutritionists. As a matter of fact, I’ve had the honor and distinction of working with clients from all over the planet. And while I can’t give you an exact number, ***my methods are being followed by legions.***

The reason for my popularity? My system really works!

*Unfortunately, due to the viral success of my methods, I may have to lock my system in a vault for a while, and quite possibly, indefinitely.*

## **How Suffering Horrible Pain Accidentally Led Me To Discover a 14 Day Fat Loss Plan— Anyone Can Use!**

Before I give you just one of the secrets in my system, I want to tell you how The 14 Day Body Transformation came about.

I was always a fairly healthy person; I lived a happy and active life, never worried about health issues that seemed to plague most people. Then about a decade ago, all hell broke loose.

Over several months' time, I began to be wracked by surges of pain throughout parts of my body. What I was experiencing may have been the onset of reactive and rheumatoid arthritis, which is an inflammation of joints and surrounding tissues as well as urethra, and eyes.

The anguish you experience under such a syndrome is horrible. Not only was I experiencing severe soreness in my joints, but I had tingling in my hands, and shortness of breath.

Even though my symptoms had all of the earmarks of an autoimmune disease, my illness was never actually confirmed. However, the pain continued to torment me, and I had to find a way to stop it.

*It's amazing how a desperate need creates the motivation to find a cure.*

### **A Key From a Dream Team of Doctors**

Since I was practicing in the fields of Physical Therapy & Kinesiology, I began to collaborate with other doctors that I worked with. Because we weren't sure what was causing my problems, my fellow doctors were giving me all kinds of data and advice you normally wouldn't hear in the medical community.

I was fine with listening to their ideas, but I had one rule set in stone with these practitioners: *under no circumstance was I going to take drugs or undergo any type of surgery.* So, we focused on the only options we had left in our medical arsenal — diet and logical exercise.

### **The Easy 14 Day Solution!**

Through trial and error what emerged from the collaboration of our medical "think tank" was a potent routine of eating and exercising that got results fast.

I started my sequence on March 13<sup>th</sup> and by the 22<sup>nd</sup> ***I had not only lost 2 inches around my waistline, but 7 to 10 pounds!*** However, the real benefit in my case wasn't the weight loss, (because you can still lose weight and be sick) but now, almost miraculously, ***I felt great and was more active than I had been in years!***

Since I had such significant results with these methods, I began to share my collaborated ideas with friends and patients. What I found out was that these little used strategies worked on people in all walks of life. *It doesn't matter if you are young or old, or too busy to go to a gym, this approach simply works!*

### **Energy – The Hidden Benefit**

Almost overnight, I had swarms of patients and friends that began confirming my 14 day plan worked. I was shocked to receive confirmations from them that they had tried my techniques and had gotten the same results. They became leaner, lost weight, and were more active.

Suddenly, I realized I'd been overlooking a major benefit — ***we'd all experienced a surge of energy and vitality missing in our lives since childhood!***

My phone started ringing off the hook and emails came flooding in. Many times, people I didn't even know had heard about my system and wanted details. I had to put these ideas on paper, into a sequence anyone could follow. However, because my popularity skyrocketed so quickly, some of the doctors I had collaborated with became a bit jealous.

Let me state for the record: I can't claim that this is a miracle cure for any disease, but it turns out that *this is an effective way to change the way you look and feel.*

### **More Energy = More Active = More Muscle**

Even though it is almost impossible to determine why this new way of eating works, I have a theory. I believe this new method of combining of food manages your body's resources in a more efficient way; it takes your body's fat and converts it into raw, useable energy.

Another benefit I overlooked about this eating regimen was the fact that because I had so much energy and newly found strength, I could easily perform exercises that were more dynamic and effective. ***In fact, this system was so effective, my body was becoming leaner and more powerful over night!***

## Enter The Fitness Experts

I suddenly realized I had a formula for safely and quickly losing fat, while generating raw, unbridled energy that could be used for exercise. It was a golden opportunity to create a combined system of weight loss and exercise that would be world-class.

Once again, I assembled a team of specialists, but this time I contacted fitness experts. Based on the results of my dieting plan, these fitness gurus gave me a method of building lean, attractive muscle.

## Using Your Brain And Muscle For Faster Results

What we put together was a new program of exercise wherein ***you actually think about each muscle you're about to use***. With this method, you'll not only be using your muscles, but also your brain.

Just before you perform any action in our exercise regimen, we'll teach you to think and concentrate on the muscle you're exercising. You'll be making precise movements, and your body will use 30% more muscle contraction.

***That means that every single rep you make will be far more effective, and therefore your muscles will shape and define much quicker!***

I finally had the winning combination, and my former collaborators were more jealous of my guru status than ever before. Several times, they threatened to take me to court, claiming these ideas were solely theirs.

*However, for now, my lawyers have been able to keep them at bay...I just don't know for how long!*

## A Diet And Exercise Secret Everyone Seems To Miss

Earlier, I told you that I'd reveal secret of exercise and diet you can use immediately. Here it is:

I deal with a lot of younger patients and students of my methods that want to lose weight quickly. Many of them are trying to lose weight for a wedding or a sports event of some sort. Whatever the reason, they want to slim down fast and maintain muscle.

However, the human body will fight fat and weight loss if you put the wrong type of stress on it. This is why people that skip eating, and then take on an exercise program feel so weak, and eventually give up. ***Their bodies move into a survival mode that refuses to shed fat and pounds!***

Our bodies were created for survival, and when you put stress on them they will try to conserve energy any way possible; this also means stored energy – commonly called fat cells.

***This is why my 14 Day Fat Loss Plan includes eating! Your physique will lose weight and shed fat much quicker eating a healthy amount of the proper foods!***

### **A Fast Fat Loss Plan You Can Start Today**

Friend, I know that if you've read this far, you're probably a man or woman that needs to shed pounds, and lose weight fast while still being able to eat good, nutritious food.

If you decide to try my 14 Day Fat Loss Plan you'll get:

- ✓ **A diet and weight loss program designed by a doctor – you won't feel like you are chasing empty headed ideas, but a system developed by a real practitioner**
- ✓ An easy to follow plan – *My regimen is so easy to follow and execute you can just about memorize the whole routine in 45 minutes*
- ✓ **Our three pronged approach of ripping off fat and putting on lean muscle – You'll get a blueprint that balances exercise, nutrition and mental focus to get results rapidly**
- ✓ A body sculpting technique to get eye-catching definition – *you'll be able to obtain the coveted six-pack you've always wanted in record time*
- ✓ **A rapid weight loss plan – lose from 7 to 10 pounds in just 2 weeks**
- ✓ A new sleek appearance – *You'll be able to fit into the bathing suits and clothes you haven't worn for years*
- ✓ **A built in "Cheat Day" – A deliberate break from the program so that you won't feel totally deprived or left out of social functions**

- ✓ Our toxic reduction plan – *You'll have a program of eating foods designed in combinations that will remove lethal chemicals from your body*
- ✓ **Our energy breeding system – *this system will have your body feasting on food so nutrient dense, it will seem like your body has become a power plant***

If what I've told you hasn't blown your mind so far, then read the testimonies from people just like you that are using my 14 Day Fat Loss Plan:

***"I'm 60 years old, in the best shape of my life!" – Marty Millner***

***"Dr. K, this program is phenomenal, The Ab Strength Guide is truly a stand out!" – Caroline Fitzgerald***

***"His enthusiasm is second to none, his energy level is through the roof and his knowledge is amazing." –Justin Petersmeyer***

***"Stronger, Better Knowledge of Body, All Around Better" –Juliane Maurach***

***"Kareem has the magic touch. His attention to detail and fun spirit really helped turn my workout regimen around. I've seen great results in my strength and flexibility while nurturing a shoulder injury." – Lee Bockus***

***"In the past, with coaches and trainers, it's been their way or nothing. With you, it's been the best way and the results show it. You have my unqualified endorsement." – Kevin Vericker***

***I am very thankful for this experience and strongly recommend it to anyone looking to physically rehabilitate or just plain get in shape. Thanks Kareem!!!! – Maria Navarro***

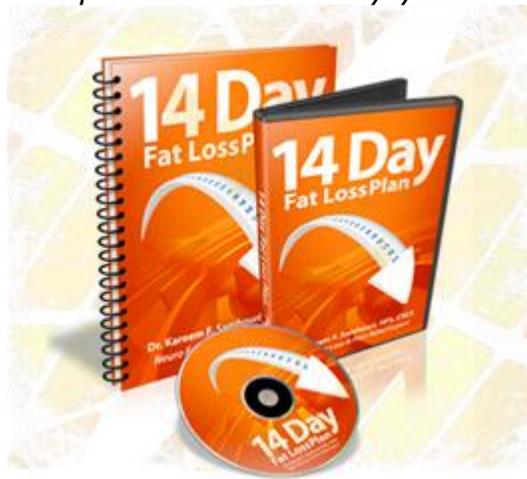
### **Do Yourself A Favor And Take Action**

As I mentioned before, this program is so powerful and effective there are others who would love to claim it for their own. ***If one of these people decide to make a legal issue of ownership, this 14 Day Fat Loss Plan could be off the market indefinitely.***

**So, the time for you to take action and change your body is right now, before it's too late.**

Please follow the simple instructions below to get started:

*Yes, Kareem, I can't wait to lose 7 to 10 pounds in the next two weeks. I know that your dynamic plan includes a trim, slender body, and a power-surge of energy that I have not experienced since my youth.*



**\$21**

**Click Below to Get Started Now!**

**Add to Cart**

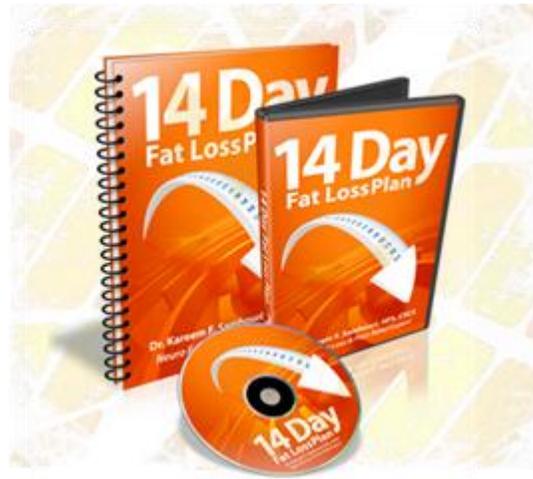
To your health and success,

Dr. Kareem F. Samhouri, CSCS, HFS

**P.S.** In addition to our 14 Day Fat Loss Plan, I have an entire **Support Package** to help keep you on track and maintain the beautiful, powerful body you'll get using my system. This bundle of tools include: a handy **Implementation Chart** — that'll help you stay on track and see your progress through my program. My **14 Day Fat Loss Videos and Audios** — these videos will show you how to do circuit training, and get your heart rate up so you'll see fast results. There are also informative audio files that show you how to realize your goals included in this package. Not only that, I also have a **Nutritional Mindset** audio file as well. This recording highlights the foods that will give your body the nutrients to unleash spikes of power you won't believe!

**P.S.S.** Not only will you get all of these incredible bonuses I have listed above, and my entire **14 Day Fat Loss Plan**, but I'm willing to include two extra bonuses! **My Strategic Exercise Report** is a special publication that insures your success by teaching you how to overcome any dietary mistakes. It'll also help you decide on which exercises to use, and how to push your way through any obstacles you may encounter. If this weren't enough, **I have another bonus to insure your fat – blasting success!** On top of all of these amazing extras, I'm going to give you access to my **8% in 23 Days Teleseminar**. This is a recorded call I've saved specially for my clients, and it comes from my VIP network. It has vital information for anyone who wants to achieve higher training goals than they thought were possible!

*Wow, Kareem count me in! If I wasn't excited before, I'm dying to get started now! Not only will I lose 7 to 10 pounds in the next two weeks using your amazing system, but I'll have all the tools that I need to stay fit and trim. I can't wait to get started, so I can experience surges of power throughout my body and trim off fat! I know I'll look and feel amazing!*



**\$21**

**Click Below to Get Started  
Now!**

**Add to Cart**