

TOP SECRET

3 "HOT ZONE"  
HORMONE SECRETS

EXPOSED!

DAWN SYLVESTER

## **Disclaimer:**

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this ebook is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this ebook, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including any exercises in Final Fat Meltdown. If you experience any light headedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years of age.

Please discuss all nutritional changes with your physician or a registered dietician.

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# 3 HOT ZONE HORMONE SECRETS EXPOSED!

Fad diets and trends come and go, but some things about how our bodies work, remain the same. The methods that you are about to discover are the ones that will unlock your fat burning hormones, and turn **off** the fat storing hormones that keep you from shedding unsightly pounds.

If you have followed diets and extreme calorie restrictive methods in the past, you most likely lost weight temporarily and then gained it back. Maybe now, you can't even seem to drop 10 pounds. Sound familiar? You have broken your metabolic rate, altered your hormones in a way that works against you, and lost muscle. By doing that it would be impossible to lose even five pounds unless you were to keep on restricting calories over and over, getting weaker and maybe even ill. Here are the three "hormone altering" secrets that will not only have you dropping weight in a week, but will make sure you keep the weight off forever.

This plan will reset your hormonal balance and have your body burning through calories all day long, even while at rest. You will feel energized and put on lean muscle tissue. Your metabolic rate will stay high. Your urges to binge on sugary useless carbohydrates will be

gone. The weight will come off, and stay off. Your hormones will repair and regain their youthful balance. YOU are in control of how your body burns calories! These are the keys to keeping a lean, firm and tight body, at any age.

**Here are the 3 HOT ZONE HORMONE Secrets of Diet and Exercise that will help you lose the weight, and keep it off so that you regain that sexy youthful body and never follow a new trend or fad again!**

# HOT ZONE HORMONE Secret #1

## Eat protein with every meal.

Protein is the mainstay of any athlete or person that has a lean, tight, strong and sexy body. When we don't eat enough protein, our muscles will deteriorate, even if we are working out. In order to raise your resting metabolic rate, you need to add muscle to your frame, and feed it protein in intervals throughout the day. I recommend eating 3 meals and 2 snacks daily containing protein. The minimum is one gram of protein per lean pound of bodyweight.



It has been proven that women that eat enough protein spread out throughout the day, have smaller waistlines, less belly fat, and are less apt to overeat foods that contribute to that trouble spot are that makes us look and feel older.

# **HOT ZONE HORMONE Secret #2**

## **Get blood flowing and anti-aging” hormones back to youthful levels.**

By engaging in exercise and eating foods that support youthful hormone production (healthy fats girls!) you will keep skin glowing, and human growth hormone at levels that is was in your youth.



As we age, our bodies produce less of the hormones that kept our skin glowing and resilient. The good news is that by eating healthy fats, and using our biggest muscles in short burst exercise, you can raise these levels while looking and feeling many years younger!

Doing cardiovascular exercise as in running, cycling, and swimming, burns through and creates unnecessary trauma to skin, tissue and muscle. Pulling everything DOWN towards gravity. The exact opposite of what we want.

The key to add muscle to your body at any age so that your growth (or anti-aging) hormones are working for you, is to do either bodyweight

exercises that target the entire body, or, to use added resistance. Kettlebells, dumbbells, barbells, and tools that challenge the muscles are the proven way to add more muscle, thus raising your resting metabolic rate, and the hormones that are responsible for your body and skin looking and feeling like it did when you were young! Vibrant, glowing, firm and sexy!!

# HOT ZONE HORMONE Secret #3

**Raise your resting metabolic rate so that you can burn calories even when you are not working out!**

The best thing you can do to keep weight off while raising your metabolic rate is to add muscle to your frame. This is done by doing exercises that build muscle (not cardio!) and by eating the right foods.

Certain foods promote a raised metabolic rate. These foods create a “thermogenic response” in our internal system. Useless calories, trans fats, diet foods, and simple carbohydrates all slow down our energy levels and our metabolic rates. They also lead to obesity related diseases later on. Fill up on healthy fats and complex carbohydrates to feel energized, satiated, and never store them as fat. **Eat for what you will be doing next.** Get rid of all sugary and starchy carbs in the last two meals of the day for rapid weight loss.

For the complete plan, please read [Final Fat Meltdown.](#)

