



# Fat Bum Secrets

- Chapter 1: Fat-shedding Diet Secret
  - 1) Identify Your Current Diet
  - 2) Design A New Diet
  - 3) Play Of Substitution

- Fat Bum Mantra
  - 1) Fixed Mindset
  - 2) Growth-oriented mindset

## Chapter 2: Fat Bum Mantra & How To Eat Like A Celebrity (And Not Get Fat)

- How To Eat Like A Celebrity (And Not Get Fat)
  - 1) The 5-Factor Diet
  - 2) The Zone Diet
  - 3) Pressed Juicing

- Chapter 3: Easy Fat Killer Technique
  - 1) Low-Intensity
  - 2) Moderate-Intensity
  - 3) High-Intensity

- Chapter 4: Yo-Yo Effect
  - 1) Too Difficult Diets
  - 2) Over- exertive Exercises
  - 3) Unbalanced Diet
  - 4) Extreme Dieting

## Chapter 5: Easy Yoga Practice

- 1) Side Effects And Risk
- 2) Things To Consider When You Decided To Practice Yoga
- 3) Training, Licensing and Certification

## Chapter 6: List Of Fat-Pumping Food To Avoid

- 1) Trans Fat
- 2) High Fructose Corn Syrup (HFCS)
- 3) Monosodium Glutamate (MSG)
- 4) Artificial Sweetener
- 5) Sodium
- 6) Calories
- 7) Carbohydrates

## Chapter 7: Fat Bum Supplements & Detox Plan

- 1) Effectiveness
- 2) Safety And Risk
- 3) Quality

## Chapter 8: How To Get Rid Of 'Love Handles'

- 1) Workout For Women
- 2) Workout For Men