

5 DAY FAT LOSS RESET

BY NICK DEACON

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ARE YOU READY TO LOSE WEIGHT AND KEEP IT OFF, ONCE AND FOR ALL?

It's not about restriction.

It's about improving how well the body transforms nutrients into energy.

Over the next five days you will:

- ✓ Reset your metabolism
- ✓ Improve your digestion and nutrient absorption
- ✓ Replenish essential nutrients
- ✓ Increase your body's ability to burn fat
- ✓ Restore your lost energy

Best of all, you'll be well on your way to taking control and becoming the person you always wanted to be.

I'm Nick Deacon, a fitness and nutrition coach who has helped hundreds of clients lose thousands of pounds over the last ten years. Now you too will learn the steps to get healthy, renew your sense of confidence, and restore the playful energy you had as a child.

My client Christina says:

"I was really afraid of food and constantly struggling for everyday energy. But Nick is passionate about laying a strong base."

"It's a mindset change. It's a paradigm shift. Yes, I'm healthier. Yes, I'm more fit. I'm also more joyful."





PERFORM A 12-HOUR FAST

DAY ONE

Fasting is a simple way to pause and let your body make use of everything it has stored before adding more. Like a traffic jam, nutrients can get clogged in your body. This can deplete your energy, making you feel sluggish and heavy.

So instead of putting more food on the traffic jam, what if you allowed the roads to clear?

Clear the excess to make space for what's essential.

A healthy digestive system extracts all the best stuff from our food while discarding the junk. By giving your digestive system space, you give it a chance to rest and repair. Only then can it process nutrients effectively.

ACTION: Plan to finish your last meal 12 hours before you intend to wake up tomorrow. Consume only water (if desired) until breakfast the next morning, 12 hours later.

TIP: If you're prone to cravings at night, just remember it's only one night. Think of a time in your life you demonstrated great strength. What would you do if you didn't have food? Stay strong, trooper.

REACH: If you're feeling ambitious, plan your fast for 18 or 24 hours. Still have your final meal 12 hours before you will wake up. But instead of having breakfast in the morning, stick to water / unsweetened tea / black coffee throughout the day until your final meal at the same time the next day.

DRINK 20 OUNCES OF WATER WITHIN 20 MINUTES OF WAKING UP

DAY TWO

How did you sleep? Better? Worse?

What you experienced before and after bedtime can tell us a lot about what your body needs right now to utilize its fat stores more effectively.

Did you crave sugar? Salt or fat? Or did you not feel hungry?

Did you get a headache? Or were you thinking more clearly?

Did you feel more energized? Or more relaxed?

The body is always communicating its needs in some way, but the messages can be difficult to decode, especially when life gets busy!

That's why it's best to take a proactive approach to address your digestion.

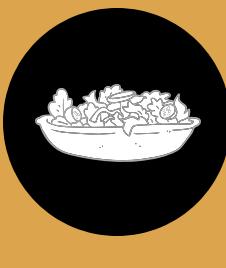
The solution to pollution is dilution.

Your body should be roughly 75% water. Dehydration can leave your thinking slow, your muscles stiff, and your digestion sluggish. If fasting can unclog digestive clutter, water can speed up the clearance of waste and improve the delivery of nutrients.

ACTION: When you wake up, drink 20oz of water. This will stimulate your digestive system and begin to rehydrate every cell in your body.

TIP: To make this easier, fill a bottle the night before and place it next to your bed or in the bathroom for easy access.

REACH: Accelerate the hydration process. Drink 20 ounces of water after every meal you eat today.



EAT A HUGE SALAD TODAY

DAY THREE

It can be difficult to appreciate the wisdom of your parents and grandparents as a child, but when it comes to eating your veggies, they were spot on.

Colorful veggies like deep purple cabbage, rich green spinach, and brilliant orange carrots provide countless micronutrients that stimulate energy production. They also provide plenty of fiber which further stimulates our digestive system, even feeding the healthy bacteria in our gut. This improves your chances of absorbing the nutrients you eat instead of letting them pass through to the other side.



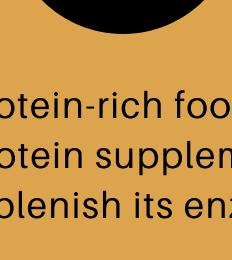
ACTION: Eat a huge salad today with at least 2 different rich colors of veggies.



TIP: Eat as much as you want for this one! Veggies have a tendency to energize us, making it less likely to store fat.



REACH: Eat colorful veggies at every meal, including breakfast.



EAT 30 GRAMS OF PROTEIN AT BREAKFAST

DAY FOUR

Protein-rich foods like lean meats, eggs, egg whites, Greek yogurt, and even protein supplements provide the essential amino acids your body needs to replenish its enzymes, neurotransmitters, and tissues (like muscle).

Each of these components is essential for energy production, and the more energy you can produce, the more you can extract from your existing fat stores and the food that you eat.



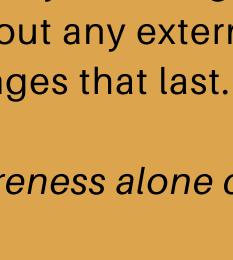
ACTION: Eat at least 30 grams of protein at breakfast.



TIP: Make sure it's enough! Your 30 grams of protein can come from 5oz of meat, or 5 whole eggs (or 10 egg whites), or even 1 scoop of a high-quality protein powder.



REACH: Too easy? Give your metabolism a serious boost. Eat 30 grams of protein at every meal, not just breakfast.



BEGIN A FOOD JOURNAL

DAY FIVE

Before you change anything else, you must observe what you do naturally, without any external influence. This is the biggest step towards making changes that last.

Awareness alone creates change.

Pretend you're an observer, a small child who will eventually grow up to be a curious scientist. Without altering the experiment, sit back and observe your behavior in its most natural form, detached from emotion or judgment.

As you record, you might notice things you feel bad about and want to change. That's okay - don't. Write them down, save them and set them aside. You'll get a chance to offer yourself grandfatherly advice later.

Remember to go easy on yourself. Set reasonable expectations. You're not a grandmaster yet. Forgive yourself for occasional slip-ups. It's all part of the journey.



ACTION: Write down everything you eat and drink over the next 24 hours.



TIP: Keep a small notebook handy and write what you eat as you go. If you wait until the end of the day, you'll be more likely to forget.



REACH: Do this for 7 days in a row.



TAKEAWAY

Follow this plan for five days and you will achieve something truly remarkable.

You will break the cycle that was leading you to a place you didn't want to end up.

You will take action towards making your dreams a reality.

You will create a new framework for your body and routine.

You will perform some of the basic habits that lead to real and permanent change.

Did you know that 90% of people don't make it that far?

This is just the first step, but now you're heading in the right direction.

Find out more at
NickDeaconFitness.com