

The Amazing Diet Secret Of A Desperate Housewife Who Was Scared Of Losing Her Husband!

By BETTY ADAMS

My name is Betty Adams and, the first thing you should know about me is... I am *not* a doctor.

I'm not an expert on nutrition either. I never went to college and I don't have a degree in anything. In fact, the only thing I consider myself an "expert" about is...

I Think I Know How Almost Any Woman In America Can Lose Up To 63 Pounds In A Very Easy Way!

I know... because... *I* did it.

Listen, not long ago I was scared I was going to lose my husband. I'm not very tall and my weight was up to almost 200 pounds. He never said anything. Not one word. But... every once in a while... I thought I could see him looking at other women out of the corner of his eye.

Who could blame him? I looked awful and I felt terrible about myself. So... I decided to go on a diet. I went to six different bookstores and I found out they had 67 different diet books.

I bought every one of them.

It cost me \$1,541.23 and... seven months later... I had *gained* another 23 pounds.

So, I went to a doctor. In fact, I went to three doctors. I took every pill they prescribed for me... and... I stayed fat. I tried four different liquid diets. I tried listening to those "subliminal" tapes. I ordered five different "can't-fail" plans from those late night TV shows. I tried acupuncture. I tried hypnosis. You know, it seems to me, I tried almost everything on the market. Unfortunately, the results were always the same...

I'd Lose A Few Pounds In The Beginning And Then, I'd Gain It All Back... And Sometimes I'd Even Gain More!

You Can Keep Your Money For 60-Days So You Will Have Plenty Of Time To Prove To Yourself My Secret Really Does Work!

I'll explain about that in a minute. But first, let me tell you a little about what I have discovered. Look, if you want to lose weight and, *keep* it off, you have two big enemies. The first enemy is *hunger*. Nobody has enough willpower to stay hun-

help you speed up your metabolism, is actually a *prescription*. But, since this prescription is 100% natural, you don't need to get it from a doctor. All the ingredients of *this* prescription are available almost everywhere... plus... all the ingredients are free, or else, *very* cheap to buy. (You probably have most of them already!)

Anyway, that's the two main things you will learn when you read my report: (1) How to

"...I told him I wouldn't come home until I lost every ounce of my extra weight..."

gry for the rest of their life. What that means is, you've got to find a way to stop hunger so you *never even want to overeat!*

I know three ways to fight hunger. Two of them are very dangerous and they can cause you to die. The third way? Well, that's *my* way... and... it's genuinely good for you.

Let's talk about those two dangerous ways first:

SMOKING:

Want to lose weight fast? Just start smoking cigarettes (if you don't already) and you'll probably lose somewhere between 8 to 20 pounds. Of course, you'll really mess up your health and eventually, you might even get lung cancer.

And... what if you've got *more* than 8 to 20 pounds to lose? What are you going to do then?

Note: If you *already* smoke, my secret will help you lose every extra pound... *even if you quit!*

DIET PILLS:

I don't care *what* kind they are. In my opinion, they can

reduce hunger and (2) How to *healthfully* speed-up your metabolism.

However, my report does explain a few more things I think you will find very interesting. For example:

- What you *must* do before you finish each meal... while you are still sitting at the table!
- Why you *must*, once a week, go on a binge! Believe it or not, there is one certain time *every* week... when you must *force* yourself to overeat. This really is true... and... doing this will *help* you lose weight.
- One food you must *never* eat again, not even once a year! (I'm sorry about this. It's the only part of my weight-loss secret that's even a little bit hard. But, there is this one food that is *so bad* for overweight people... I recommend you NEVER eat it.) Hey, nothing's perfect.
- How to get an actual photograph of yourself (*right now*) that shows how you are going to look when you get down to

Then, after all that, I did something *really* stupid: *I left my husband!* I must have been out of my mind. You see, he never even hinted he was going to leave me. But, I was so scared he would... I decided to leave him first.

He begged me to come

"...He said he'd never even thought about cheating on me..."

back. He said my weight didn't matter. He said he loved me for who I was and not how I looked. He said sure, sometimes he would look at another woman because, after all, he was only human. But, he said he never even *thought* about cheating on me.

Well, *now* I know he was telling the truth. But, back then, I just couldn't believe it. I guess that's why I told him I wouldn't come home until I lost every ounce of my extra weight.

He said he would wait for me and, I thank God... *he did!*

OK, now let me get to the good part. While I was separated from my husband, I finally *did* discover a way to lose weight and keep it off. Actually, I didn't really "discover" it because...

I Figured It Out For Myself!

It's so simple, so easy... and... it works so *fast*... you won't believe it.

Which brings up another point: Why *should* you believe me? After all, as I said, I'm *not* a doctor, *not* a nutritionist and I don't have a college degree in *anything*.

It doesn't matter. You see, I've figured out a way...

I Can Force You To Believe Me!

It's very simple. I have explained my secret in a small easy-to-read, little report. My report is written in plain English and you can read it from cover to cover in less than half-an-hour.

It doesn't cost much either. It's only 62 pages and I can send it

are, in my opinion, they are *all* dangerous. They are unnatural. They are addictive. They are expensive. Plus after you know my secret... **THEY ARE TOTALLY UNNECESSARY.**

Enough of that. Now, let's talk about the third way to get rid of

hunger. This is the healthy way... *MY* way... and my report explains exactly how to do it. It's very simple. You can do it wherever you are and, it is something you are going to *love* doing. It won't cost you a penny (actually, it will save you money) and... I promise... as soon as you read about this...

You Are Going To Have A Very Big Smile On Your Face!

Why? Simply because my secret makes so much "common sense" you are going to laugh thinking about how all those expensive doctors and big shot diet experts couldn't figure this out.

To tell the truth, I bet you are going to wonder why *you* didn't figure it out!

Oh well, let's talk about the second enemy you have if you want to lose weight. Enemy #2 is... *a slow metabolism.*

Your metabolism determines how fast you burn up calories. Some people have a very fast metabolism. They can eat just about anything they want and as much as they want... and *never* gain an ounce. But many people, people like you and me, are *not* that lucky. Our metabolism slows down a little more every year. Therefore, we can actually eat *less* than some of our lucky friends and...

They Never Gain An Ounce While We Put On Pound After Pound!

What should we do about this? Well, what we *don't* want to do, in my opinion, is take pills or drugs. You see, there is a very

your perfect weight! (This is *really* neat. You may not know it but, there's a new "gizmo" out now that can do this.)

Well, I guess that's it. You'll learn everything you need to know when you read my report. And, as I told you earlier, it doesn't cost very much. Not only that, when you order...

I Want You To Postdate Your Check For 60-Days Ahead!

This means you will have *two full months* to use my system and prove it will help you lose weight... *before I can even cash your check!*

Why am I doing this? The answer is simple. You see, I *know* you will lose weight after you read my report. There is not a single doubt in my mind. But, since you don't know me... and... because I'm not a doctor or anything like that, I figured this would be a good way to put your mind at ease.

Because, if you don't like my report, you can call or write my office (*anytime within the next 60-days*) and I will immediately send back your *uncashed* check.

But, I don't think you are going to do that. I think the day you read my report will be the happiest day of your life and, almost immediately...

You Are Going To Start Losing Weight Faster And Easier Than You Ever Thought Possible!

Period.

It's easy to order. All you have to do is write your name and address and the words "Betty's Diet Report" on a piece of paper and send it with your *postdated* payment of only \$19.95 plus \$3.00 postage and handling to:

**Betty Adams
820 Ocean Dr. #301
Miami Beach, FL 33139**

By the way, checks and money orders should be made out to me, Betty Adams, and it is *not* a good idea to send cash through the mail. And... *please*... don't forget to postdate your payment two full months (60-days) ahead.

IMPORTANT: if you want extra fast service, you can use one of your credit cards and

to you for a very small amount
of money.

But... how can
believe me? Then
see, if you decide
report, I'll send
away... but...

simple way (my way) to speed

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one. My number is

Desperate Housewife Scared of Losing Her Husband Ad by Gary Halbert

(<https://swiped.co/desperate-housewife-gary-halbert>)

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