**Article1: Hunger Hormone**

**Subj: The #1 Hormone that TRIGGERS Your Hunger**

Your Affiliate Link: http://CLICKBANKID.mindfulfit.hop.clickbank.net/?pid=270&tid=trackingID

Are you tired of being disappointed every time you step onto the scale or try on that new pair of “skinny jeans”?

The good news is it’s not your fault! Because If you’re like most women, you’ve probably missed the most IMPORTANT part of the fat loss equation…

Knowing how to simply control your HORMONES.

Fact is if your hormones are out of whack, you’re more likely to gain weight. YES, even if you’re dieting and exercising!

Today’s new article shows you how to control your hunger hormone and boost your metabolism all while eating FATTY foods…

**The #1 Hormone that TRIGGERS Your Hunger**

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**Article 2: Worst Exercise**

Subj: The #1 WORST Exercise for Fat Loss

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You may be shocked to find out that many of the MOST popular exercises actually increase visceral fat…

…and even lead to dangerous health conditions, like a stroke or heart attack.

The good news is if you’re fed up with feeling “stuck” with your fat loss, you’re about to discover how you can burn MORE fat in just 10 minutes than doing an hour of this…

[**#1 WORST exercise for fat loss**](http://mindfulfit.socialc.hop.clickbank.net/?pid=271&tid=worstlander)**(plus how to FORCE your body to keep burning fat several hours after your workout)**

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