

**LOOSE 160LBS IN 12
MONTHS**

THE AMAZING BASELINE

WEIGHT LOSS



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Hello and congratulation on the beginning of your life changing journey. Please note this is not a fad diet plan or a plan with empty promises.

Please note. You follow this plan at your risk. This is my story. It worked for me. It may also work for you.

Results may vary, if you use this plan you may lose over 160lbs in 12 months. It has been tried and tested for over 20 years. I was 494lbs and in one year I dropped down 160lbs. In twenty months without surgery I lost 219lbs. Using this plan, year to date I have lost a total of 272lbs.





The Baseline program is my life long work in progress. Over and over and over, this book can be your life jacket. You are human and you will need this tool to keep you on track and get you back and track.

I was so heavy, both hips needed replacing. The doctor told me he would not perform my hip replacement until I lost a 100lbs. The hip pain was so bad. I had no choice, lap band surgery was expense. For you, surgery may an option. Lets take a look and see if this is for you.

