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# **Lean For Life: How To KILL Fat Cells**

**\*\*\*\*\*Special Report\*\*\*\*\***

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## Bonus Report: Lean For Life: How To Kill Fat Cells And Avoid Rebound Weight Gain



Here's some unfortunate science for you:

When you overeat, your body stores fat.

I'm sure this much you already know. But did you know how YOUR body stores fat?

Well, it's very simple. At first your body will just store the extra fat inside your existing fat cells.

But when those existing fat cells can no longer hold all the extra fat, your body starts to create NEW fat cells.

When you lose fat, your fat cells will release their fat contents into the blood stream. In other words, your fat cells will shrink.

But... the number of fat cells you have doesn't change! Fat cells don't die, they just hang around waiting for you to get fat again. And guess what, research shows that the more fat cells you have, the more hunger you experience so it's only a matter of time until you do in fact get fat again.

Unless...

**You KILL These Extra Fat Cells!**

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Until very recently, it was thought to be impossible to kill fat cells. But we now know there are a few different strategies you can use to kill fat cells. Here they are...

- **Cold Exposure:** Research has shown that exposing fat to cold actually speeds the death of fat cells. A cold shower is a great start (good for testosterone levels too) but for the full effect you want to try an ice bath where you keep your body submerged in ice or cold water for 20-30 minutes.

(Obviously, you need to use caution here. Ice baths require proper medical supervision.)

- **Sunlight and Vitamin D supplementation:** Sunlight has also been shown to kill fat cells. That may be one reason why you seem to lose fat when you go on a tropical vacation. Try supplementing with 3,000 – 5,000 I.U.s of liquid Vitamin D3 to speed the killing of fat cells.
- **High Intensity Exercise:** While we know that losing fat only shrinks fat cells, it appears that high-intensity exercise actually speeds up the death of fat cells. This may be one reason why sprinting-based fat loss programs are so effective.

Try to find a way to work a sprinting type conditioning program into your weekly workouts – even just one day a week – and you’ll be speeding the death of your empty fat cells.

- **Eat berries every day.** Berries – specifically blueberries, raspberries, blackberries and strawberries contain something called polyphenols which have been shown to speed fat cell death. Shoot for 2-3 cups of berries almost daily to accelerate death of fat cells.
- A German research study showed that consuming 3-6 grams of CLA (*Conjugated Linoleic Acid*) can kill fat cells.

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Remember, the best way to LOSE fat is still with an aggressive caloric deficit but once you've lost the fat try these fat-cell killing techniques to help you stay lean for life.



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## Medical Stuff

The information and workout procedures provided in this guide are very intense and should not be attempted by anyone unless a doctor has cleared you for such an intense workout.

If you have any existing health problems that would prohibit you from taking part in any of these activities, you should refrain.

As always, you should clear this program with your doctor before you begin.