

DIC Framework

Subject Line: Kim Kardashian loses OVER 50 lbs with this little “secret”

Celebrities always seem to be able to get in shape when they need to.

It’s not “special pills” or a “special superfood” and it’s definitely not by accident.

They have a fat stripping, waist thinning “secret” that takes them from a regular body to a celebrity picture perfect body that you see in the movies.

All it takes is one click to learn this “secret” and start shedding off weight TODAY!

[Click here](#) to start your journey to a hollywood perfect body!

PAS Framework

Subject Line: How to FINALLY get the summer body you’ve always wanted.

When you’re out in public, do you ever catch yourself pulling on your shirt so that your stomach isn’t as visible anymore?

Or do you show your confidence through your toned muscles and washboard abs with a tight fitting shirt?

Every person has the potential to be either one of these.

What about you?

Do you want to have a bulging stomach, with blubber hanging off your arms and legs, and a double chin, unable to attract a partner?

Or do you want to have a muscular, fit, toned body, with endless confidence and energy, and to have potential partners unable to leave you alone for your attention?

If you’re tired of being unhealthy and unattractive and are ready to do what it takes to transform your body and life,

Then [Click Here](#), to begin your journey to a healthier, happier, and more attractive you.

HSO Framework

Subject Line: I was speechless and broken.....

The moment I changed my life forever was in the summer of '09.

Since I was young, I had always struggled with my weight

I've never been comfortable in my own skin and have linked my self worth to my body.

Summer break of '09, My family and I, along with a family friend and her two daughters, were headed to the pool.

We were SO excited to feel that cold, refreshing splash of water, on a scorching 95 degree day.

We had finally arrived at our destination and right before I was ready to take my shirt off to jump in the pool, I remember, clear as day, the words my father said to me.

He said, "Keep your shirt on because there's other people here, we wouldn't want them to see your fat."

I was devastated.

I always knew I was fat, but to have my own father think of me in such a way was a truly disappointing moment for me.

At that moment i realized that I had only two options.

I could continue eating junk food, not exercising, and just ignoring everything that caused me to become fat in the first place.

OR I could change, learn, and take accountability for my own actions and get the body I wanted.

The choice was 100% mine.

Gratefully, I happened upon a "secret" that celebrities have been using to shed off fat and tone their muscles, and have been able to confidently take my shirt off ANYWHERE I wanted

If you'd like to know the secrets that helped me melt off over 50lbs of fat and get rid of health problems(high blood pressure, pre diabetes, high cholesterol, etc),

[Click Here](#) to discover the secret to a perfect summer body!

HSO Framework

Subject Line: The Moment EVERYTHING Changed / My Life Changing Moment

If you had asked me If i would've been fat on my wedding day I would've said "Of course Not"

I dreamed of how beautiful, sexy, and skinny I would look on my wedding day.

But when the day came I felt so embarrassed and disappointed in myself for not having done anything.

I had tried every diet or gimmick under the sun for the last 20 years of my life and despite my efforts I continued to gain weight.

"What if i never lose weight and never know what it's like to not be obese" was a thought that popped up in my head.

I was completely defeated.

My best friends wedding was coming up and this time I was determined to shed some pounds.

But one day, while researching ways to lose weight, I landed on a complete gold mine.

It had been the "secret" way celebrities, like Kim Kardashian and Halle Berry, were able to melt fat away before a role in a movie or show and I had it.

I went from a EXTRA LARGE to a small and for the first time I feel AMAZING about myself.

If you'd like to get in on this hollywood "secret" and start stripping off fat **TODAY**, then **CLICK HERE**

Positive

Negative

Fascinations

Key words

tactiq.io free youtube transcript
My Life Changing 100 Pound Keto Weight Loss Story
<https://www.youtube.com/watch/bhnHxQq2S4E>

00:00:00.710 [Music]
00:00:05.040 i don't think anybody knows the sadness
00:00:07.040 and despair
00:00:07.919 being obese causes until they've
00:00:09.760 experienced it
00:00:11.200 my self-worth was directly tied to my
00:00:13.280 weight since i was 12 years old
00:00:16.079 i made sure that you knew that i knew i
00:00:18.240 was fat when you met me
00:00:19.920 being self-deprecating was my way of
00:00:21.680 being funny but it also became a part of
00:00:24.320 who i was
00:00:29.519 if anyone tried to take my picture i
00:00:32.079 would smile
00:00:33.040 but inside i felt so embarrassed about
00:00:35.280 my weight
00:00:36.960 my smile was not real if you would have
00:00:40.480 asked me whether or not i would have
00:00:41.760 been fat on my wedding day
00:00:43.200 i would have said of course not i
00:00:45.200 dreamed of how i would look on my
00:00:46.399 wedding day
00:00:47.039 just like everybody else does but the
00:00:49.200 reality was i did not lose the weight
00:00:51.760 i can look back now and accept that i
00:00:53.280 was fat on my wedding day but i remember
00:00:55.440 feeling extremely disappointed in myself
00:00:57.280 for not following through
00:01:10.840 again
00:01:13.200 i've tried every diet or gimmick under
00:01:15.040 the sun over the last 23 years to lose
00:01:17.280 weight
00:01:18.080 i'll admit most of these attempts lasted
00:01:20.400 anywhere from an hour to a couple of
00:01:24.840 months
00:01:30.880 regardless of how many times i dieted
00:01:33.040 over the years i continued to gain
00:01:38.840 weight sometimes i would ask myself

00:01:41.680 what if i never lose weight what if i
00:01:43.920 die never experiencing
00:01:45.600 anything other than being obese and out
00:01:47.520 of shape
00:01:47.920 [Music]
00:01:53.680 i've tried keto countless times in the
00:01:55.439 past and i always went back to eating
00:01:57.200 carbs
00:01:58.079 i know now that i was and am a carb
00:02:00.790 [Music]
00:02:06.840 addict
00:02:14.560 [Music]
00:02:24.239 but my twin sister's wedding was
00:02:25.840 motivation for me to try keto again
00:02:33.920 she was determined to lose as much
00:02:35.440 weight as possible and i didn't want to
00:02:37.040 be obviously bigger than her on her
00:02:38.720 wedding day
00:02:45.440 so i started keto again on january 19
00:02:49.840 but this time i stuck to it
00:02:51.960 [Music]
00:02:55.760 the weight came off slowly compared to
00:02:57.519 how fast i lost weight in the past
00:03:00.879 but i kept going
00:03:04.680 [Music]
00:03:06.239 i made hard decisions
00:03:08.240 [Music]
00:03:12.080 i said no about a thousand times
00:03:14.420 [Music]
00:03:16.959 my cravings for carbs and sugar started
00:03:19.040 to fade
00:03:20.800 i learned to cook amazing low-carb meals
00:03:23.120 from scratch
00:03:24.720 i found myself losing anywhere from a
00:03:26.400 pound to even two pounds a week
00:03:30.959 and by the time spring rolled around i
00:03:32.799 felt motivated to start up old hobbies
00:03:35.840 i spent time outside for the first time
00:03:37.760 in years
00:03:39.760 i grew veggies and beautiful flowers in
00:03:41.680 my backyard
00:03:43.760 i noticed i no longer got hot outside
00:03:45.760 even when it was 90 degrees
00:03:47.260 [Music]

00:03:50.400 my life was changing by the time my
00:03:53.920 sister's wedding came around i weighed
00:03:55.519 in at 189 pounds
00:04:04.250 [Music]
00:04:05.519 i felt the most confident i ever had
00:04:07.360 before
00:04:08.879 while i used to hide in pictures i found
00:04:11.120 myself enjoying having my picture taken
00:04:12.959 at sarah's wedding
00:04:18.560 throughout my weight loss journey there
00:04:19.918 were several weeks that i lost nothing
00:04:21.839 but overall my weight continued to go
00:04:23.919 down
00:04:25.520 i went from a size extra large to a size
00:04:27.840 small
00:04:32.479 when i look at myself now i still can't
00:04:34.240 believe what i'm seeing most of the time
00:04:36.960 i can actually fit in clothes now and
00:04:38.800 shopping is fun
00:04:42.560 all i know is for the first time in my
00:04:44.160 life i feel good about myself
00:04:47.120 sure i still have flaws just like
00:04:49.040 everybody else does
00:04:50.320 and i still would like to lose another
00:04:51.680 20 pounds but it's all gravy from here
00:04:55.120 my starting weight was 262 pounds and
00:04:57.840 today i weigh in
00:04:59.040 at 168 pounds
00:05:11.680 i am no longer obese my weight is
00:05:13.759 considered normal for the first time in
00:05:15.520 my life
00:05:16.400 if you're struggling with weight loss
00:05:17.600 right now just know that if i can do it
00:05:19.440 anybody can
00:05:20.320 just take it one day at a time one meal
00:05:22.720 at a time
00:05:23.680 keep on going don't focus on how long
00:05:26.160 it's going to take you to lose the
00:05:27.520 weight you have to focus on how far
00:05:29.280 you've come already
00:05:30.720 momentum builds momentum time is going
00:05:33.440 to pass whether you're on this diet or
00:05:35.039 not
00:05:35.360 but if you stay true to the diet one day

00:05:37.840 you're going to wake up
00:05:38.960 and you're going to be so far into your
00:05:40.800 ketogenic journey
00:05:42.000 that you're not going to be able to go
00:05:43.199 back to the way that you were living
00:05:44.240 your life before
00:05:45.360 and the next time someone asks you to
00:05:47.120 smile for a picture it will be for real