

Put a pinch of this pink salt trick under your tongue every night and watch your body burn 15 pounds in just 10 days and 74 pounds in 90 days. That's what made me go from this to this without the slightest effort. And not just me.

After I recommended it to some of my friends in Hollywood, they also managed to lose weight really fast. Like my dear friends Rebel Wilson and Adele. I lost 32 pounds in 30 days thanks to the pink salt trick that you said to me to.

At first it was hard because I didn't have any support. People actually like seeing me overweight because of the roles I played. Today, I look back and see a dream come true.

Guys. I brought Adele here today for a special interview after her amazing transformation and weight loss. Everyone asked me how I lost weight so quickly, and many accused me of using an Ozempic.

But I've never used that. Actually, I just used the pink salt trick you recommended to me. Okra.

And that's what made me lose nearly £50 in two months. If I had to recommend just one thing to stay in shape forever, I'd say the pink salt trick that Oprah recommended to me. It's almost like a ritual for me and my sisters.

Every night before bed, I do this trick. And every morning I wake up with that flat belly. It's better than any diet.

Yes, you heard that right. This pink salt trick is said to be 10 times more powerful than intermittent fasting, keto and low carb combined. Why? Because all it takes is this simple trick to activate two powerful, dormant fat burning hormones in your body.

GLP1 and GIP these are the same hormones that synthetic drugs like Ozempic and Mounjaro try to replicate, but in a way that can be harsh and harmful to your body. Now, with this natural trick you can do right in your own kitchen, you can naturally stimulate the production of these hormones, turning your body into a 24. 7 fat burning machine.

That's right. 24 hours a day, seven days a week. This very same trick has already helped over 150,000 Americans lose between 22 and 75 pounds without changing a single thing in their routines.

And as long as you've got a cell phone to watch this short video, you could be next. I won't lie. At first I was skeptical, but after 30 days of following the pink salt trick, I lost 19 pounds.

How is that possible? I don't know, but I'm loving it. The only downside to this natural pink salt trick recipe is that now I need to buy new clothes because Everything is way too loose on me. I lost £19 in just 21 days.

Why didn't I discover this sooner? Imagine yourself living all this from today. If that's what you're looking for. Stick with me.

I'll show you exactly how to get there. And how do I know it works? Well, just a few weeks before the 2024 Met Gala, I made a decision. I was done fighting with the scale, the soup diet, the protein diet, green juice cleanses.

I tried it all, even Ozempic and Mounjaro. For 20 years, I threw myself into crazy routines, hired personal trainers, and spent a fortune on shakes and supplements. But only the Pink Soldier helped me lose £74 in just three months without the dreaded yo yo effect.

Without all that weight, jowls start to shrink, clothes start to fit looser, and that localized fat starts to shrink like a balloon. The most impressive part? Just a few days after starting the pink salt trick, people begin to notice real changes. Looser clothes, slimmer faces, and a renewed energy like never before.

It's time to stop hiding behind oversized shirts, avoiding photos, or feeling embarrassed about not fitting into your favorite outfits. Because with this simple trick, you won't just melt away stubborn fat from your belly, thighs, and arm. You'll help your body return to its natural balance, making it almost impossible to gain that weight back.

But I have to warn you, this video could be taken down at any moment. What I'm about to share is being called the biggest breakthrough in natural weight loss this century, backed by leading scientists but kept hidden by the pharmaceutical industry for years. That's why I'm not talking about this on television.

I'll share it here online while I still can. No matter your age, your genetics, or your past weight struggles, you could lose up to 15 pounds of pure fat in just 10 days, just like I did, melting away all the fat you've accumulated in just a few weeks, without giving up your favorite foods and without wasting precious hours at the gym. Stick with me until the end and watch the episode of my podcast where I interviewed the doctor who created this trick and who's been responsible not just for my weight loss, but for helping over 150,000 other women lose weight, too.

Hello, guys. Welcome to the Oprah Podcast. In today's episode, I brought Dr.

Ania Jastreboff to our conversation. She's an endocrinologist who graduated from Stanford and is an associate professor at the Yale School of Medicine. She's also the founding director of the Yale

Obesity Research center and co Director of the Yale center for Weight Management.

Dr. Yastreboff, it's wonderful to talk to you again. Thank you so much for having me, Oprah.

Many of you might remember that I recently invited her to my special Shame, Blame, and the Weight Loss Revolution, where I revealed that my weight loss transformation was thanks to the pink salt trick, which was actually developed by Dr. Jastreboff herself. And today we're continuing the conversation.

But I brought her specifically to show everyone watching how you can do this trick step by step right from your home. Yes. And the pink Salt trick, it's 100% natural and free of side effects.

You just need to mix pink salt and three simple ingredients, which, when combined, can naturally and safely mimic the effects of Mounjaro pen. I say with confidence that it's absolutely possible because I'm living proof. I lost £74 in just three months thanks to this trick.

And I didn't follow any restrictive diet, kill myself at the gym, or undergo bariatric surgery or liposuction. And it wasn't just me. I closely follow Dr.

Jastreboff's work. And every single day, I see women thanking her on social media for losing weight. In record time.

She changed my life and now is changing the lives of thousands of Americans. Congratulations, Doctor. Thank you, Oprah.

But if it weren't for you sharing the pink salt trick in your special and on your social social media for the world, those thousands of Americans would have never been able to reach their dream

bodies. I'm really grateful for you. And before we really get started with our conversation, I want to say you're an incredible and strong woman for having to go through that struggle with excess weight in such a public way.

Oh, my goodness. I cry every time I think about it. Now that I look back on it, it's hard to believe I made it through.

I was publicly humiliated almost my entire career. For 25 years, making fun of my weight was a national sport. I'll never forget a Day in 1990.

I saw myself on the COVID of Television Guide's best and worst dress list. And I remember thinking at first, oh, look, there I am on the COVID And then I read the headline that Mr. Blackwell, the tastemaker of the time, called me bumpy, lumpy, and downright dumpy.

I was ridiculed on every late night talk show and tabloid. And deep down, I thought it was my fault. I was ashamed of myself.

So in an effort to combat all the shame, I starved myself. I tried every diet under the sun, keto, Paleo, low carb, intermittent fasting, and practically every medication and supplement out there. And as if that wasn't enough, I spent my entire mornings at the gym and still did cardio in the afternoon, even after doing all of that for months, I couldn't lose weight.

I'd managed to lose a pound or two, but I'd always gained more overnight. I thought I was undisciplined because I couldn't lose weight, even with diets and exercise. I thought I had no willpower, that I was just weak.

I reached a point where I wanted to cry just looking at myself in the mirror, because I started to feel disgusted and ashamed of myself.

Every time I walked and felt those folds bouncing on my belly, I wanted to grab a knife and cut it all off. Over time, I also had less and less courage to do my shows on television because I absolutely didn't want people around the world to see me in that state.

And as if that wasn't enough, besides completely destroying my self esteem, the excess weight started affecting my health. I began to suffer from diabetes, high blood pressure, and even high cholesterol. I was literally at rock bottom.

I used to blame myself a lot. And any person who's watching or listening to us right now who has suffered from obesity or being overweight, you know exactly what I'm talking about. You do not have to be on television every day to experience the same level of shame and embarrassment and seeing case after case just like yours every day.

I know how hard and painful that journey is. That's why I wanted to use all my knowledge not just to create a slight improvement in weight. I wanted something that could solve the problem once and for all, to help as many people as possible win this battle and finally feel free in their own bodies.

That motivation, combined with my expertise, led to my discovery of the pink salt trick. And could you tell us how you came across this revolutionary discovery that is the pink salt trick? Of course. Well, while I was studying for my second postdoc weight loss, pens were becoming a trend, and most doctors didn't have deep knowledge about the subject.

First came Ozempic, which quickly became a phenomenon for helping with weight loss, despite the side effects it caused. As soon as the news started spreading, I sought to understand the chemical composition. But to my disappointment, the molecular composition

of Ozempic was semaglutide, a synthetic hormone that can only be replicated in a lab.

And then came Mounjaro, Stronger, faster, and more expensive. As soon as the first scientific article on Mounjaro was published, I analyzed it and discovered it was made up of Tirzepatide. And to my immense happiness, I found that there was a way to replicate this compound naturally.

But I was facing a huge challenge and needed help. That's when I reached out to one of my old colleagues from Stanford, Dr. Rachel Goldman.

Well, I want to bring Dr. Rachel Goldman now. She was also one of the guests on the podcast.

She is zooming in from New York. Hi, Dr. Rachel.

Dr. Rachel graduated from Stanford Medical School. She earned his PhD in metabolic biochemistry from New York University and is now considered a global authority on reversing obesity and metabolic diseases.

Hello, Oprah. Hello, Dr. Ania.

Dr. Rachel helped me to naturally replicate the same compound from the Mounjaro pen using four simple, affordable, and healthy ingredients, with the main one being pink salt. So, Dr.

Rachel, can you share how you helped me in this process? Of course. Just as Dr. Enia said, it was through our research that we discovered that synthetic Mounjaro was the only weight loss pen with a molecular base 100% similar to the combination of these four natural ingredients, with pink salt being the key element that enhanced the entire process.

But to reach this discovery, we had to deeply study how the fat accumulation process actually happens in our bodies. My whole life, I was always told that we gain weight because we're consuming too many calories, that all you had to do was eat less and exercise more to burn them off. Unfortunately, you and everyone watching us right now have been lied to your entire lives.

About 3/4 of Americans are overweight now, but they didn't just wake up one morning and decide to be fat. Being overweight and having accumulated fat is not a choice. It's not about lack of willpower or discipline.

It's about biology, specifically hormonal biology, which Dr. Annie and I have seen studied for about 20 years. So the first thing we need to understand is that for humans to survive and perform vital functions like brain activity, breathing, and heartbeats, our bodies need energy.

And that's why we eat. Because everything we eat gets turned into sugar in our bodies, which then enters the cells and generates energy to keep everything functioning. Our bodies are programmed for this.

That's where a hormone called insulin comes in. Insulin grabs the sugar and guides it into the cells, where it's converted into energy to keep the whole body functioning properly. The problem happens when there's too much insulin.

The cells stop responding correctly and don't absorb the sugar, as if they've become blind to insulin. That's what we call insulin resistance. If insulin is too low, the sugar won't reach the cells either.

In both cases, the sugar builds up in the bloodstream and it's turned into fat and stored in areas like the belly, back, thighs and arms. But when insulin levels are ideal and the cells are responding to it, fat stores are converted back into sugar and sent into the cells to be used as energy. And that's exactly why these weight loss pens are so effective.

As Dr. Ania said, the active ingredient in Ozempic is semaglutide, and its job is to synthetically mimic the GLP1 hormone. This hormone is naturally produced in the intestines while we eat and plays a key role in regulating blood sugar and inevitably, in burning fat.

GLP1 is responsible for regulating insulin production and making the cells respond to insulin's action. That's why GLP1 is known for helping eliminate fat molecules. Scientists even call it the fat burning hormone.

In other words, to burn fat quickly and effectively, you need to stimulate the production of GLP1 in your body, just like the Ozempic pen does. That way, the accumulated fat will be converted into sugar, which will enter the cells and be transformed into enzyme energy. That's why Ozempic has been helping so many women lose weight, because it mimics the action of GLP1, regulating insulin and promoting fat burning.

Now, Mounjaro can be considered a more advanced version of Ozempic. While ozempic only mimics GLP1, Mounjaro mimics two hormones, GLP1 and GIP. GIP has a function similar to GLP1, but when the two work together, the effect is amplified up to 10 times, resulting in even faster and more effective weight loss.

GIP acts like a traffic controller, improving sugar absorption into the cells and helping insulin do its job more efficiently. This combination makes Mounjaro a solution even more powerful for fat burning and

consequently, weight loss. And this is the big difference that separates Mounjaro from other medications on the market, making it widely promoted in the mainstream media.

Just look at an email I received from a CEO of one of the biggest pharmaceutical companies in the country, Dr. Jastreboff and Dr. Goldman.

I've reviewed your so called breakthrough, the pink salt nonsense, and let me be blunt, you're playing with fire. If you keep pushing this ridiculous natural alternative, you'll be crushed. Professionally, legally and publicly.

We'll drag your names through the mud, revoke your research grants, and ensure neither of you ever publish another word in any serious medical journal again. You have two options. One, shut it down.

Pull Every article, every video, every post promoting the pink salt trick or two. Watch everything you've built burn to the ground. That day, I almost lost all faith in our health care system.

The threats are real, Oprah. Even my Instagram account got taken down for the fourth time and unfortunately, they managed to take our article offline. At that moment, I understood that most of these weight loss products are designed not to work long term, just so companies can keep profiting from our suffering.

The worst part is they make us believe it's our fault for being overweight. In reality, it's a huge scheme to take our money. To give you an idea, just in 2024, with the launch of Ozempic and Mounjaro, they raked in about \$32 billion.

Now imagine if all those thousands of women paying \$2,000 for a pen discovered they could get the same results with this pink sal by

spending almost nothing and even better, with no side effects. Those greedy tycoons. That's why they want to hide this information from us.

It's all about profit. For many years, we thought we couldn't lose weight because we lacked willpower. But the truth is, none of this is your fault.

Exactly. Everyone who's overweight could lose weight easily and effortlessly. But you're being manipulated by the pharmaceutical industry to become a lifelong customer.

But with the pink salt trick, you can change the game because you can naturally activate GLP1 and GIP in your body so it can start burning fat like a furnace again. Since I had no other way to share this with the world through scientific channels or with the help of big companies, I decided to expose everything on my social media. I made a post on Facebook explaining all our discoveries and how that big pharmaceutical company refused to develop our idea.

Yes, I remember that very well. Because I came across that post and thought your discovery was amazing. I shared it on all my social media and I'm really thankful to you for that.

Because it was thanks to you that the post reached thousands of people in just a few days. And to my great joy, a major lab contacted me and my research team. This major lab was eight Labs, the number one natural supplement lab in America.

Based in Los Angeles, California, this is the leading natural supplement lab in the US and the only one with FDA Premium certification. It's the most trusted lab in the world for creating 100% natural formulas. And it's the only lab capable of meeting the restrictions imposed by the pharmaceutical industry.

When I shared my idea with Dr. Jonathan Crane, the chief researcher of eight labs, he thought the idea was fantastic. Together, we spent about a year reviewing studies and conducting countless tests.

Finally, we were able to replicate the fat burning effects of Mounjaro's formula using pink salt and three other natural ingredients without the side effects. We called this formula the pink salt trick. And to prove all of this to you, I asked Dr.

Crane to record a brief explanation of this experiment. Take a look. Hello, Oprah.

And Dr. Ania. Here is Dr.

Jonathan Crane, chief of research of the eight lab. Well, I'm in here to show you how Himalayan pink salt and three key ingredients naturally activate the GLP1 and GIP hormones. First, let me explain how we test this.

This in my hand is the combined formula of the four ingredients, the pink salt trick, but in an extremely high concentration so that its effect is visible in this demonstration. And this on the table is a stick sample of fat we removed from a liposuction surgery. Well, now I'm going to mix the highly concentrated formula into the fat, which simulates about a month of using the pink salt trick.

Look that the fat is starting to liquefy. This represents the formula allowing insulin to function properly in your body thanks to the natural and exponential activation of the GLP1 and GIP hormones, enabling your body to burn fat at an accelerated rate, just like it would if you were using a Mounjaro pen. But with this natural formula, you won't experience any side effects.

That's amazing. Dr. Anya, this pink salt trick really melts fat easily.

Yes, Oprah. We developed a simple solution based on a blend of four natural ingredients that naturally activate the production of GLP1 and GIP in your body without the side effects. The first ingredient, obviously, is pink salt, a rich source of bioactive minerals like magnesium, potassium, calcium, and sodium with a high efficiency for fat burning.

In all our research and lab analyses in the Yale obesity research, these minerals played essential roles in regulating insulin, stimulating the natural production of GLP1 and GYP by up to 330% more. And why is only pink salt capable of all this? Basically, pink salt is naturally rich in over 80 bioactive minerals, while refined salt is almost exclusively composed of sodium chloride and often contains additives. And there's more.

We discovered that by adding pink salt to the formula, its mere presence was able to amplify the effects of the other ingredients by 27 times. Incredible, right? This property is unique to pink salt, thanks to its incredibly powerful electrolytes. The second ingredient in the formula is green tea extract, which is extremely rich in quercetin, a flavonoid with a great ability to control the body's ability to regulate fat cells.

According to a 2020 study from the University of Cambridge, quercetin limits the formation of new fat cells, improves insulin sensitivity and regulates glucose levels while stimulating the action of GLP1. But we included this ingredient for a very specific reason. It influences satiety, reducing appetite and caloric intake.

Similar to the synthetic Ozempic and Mounjaro. This means you'll feel much less hungry throughout the day, making weight loss even easier. The third ingredient is berberine, an alkaloid well known for its medicinal properties.

It's here for a very important reason. Skin Sagging we know that when losing weight, many people are bothered by the appearance of saggy skin and excess skin that can remain. And that's where berberine comes in.

A 2019 study published by Harvard found that berberine can increase collagen production and skin elasticity by five times. This means that by using the formula, you won't just lose weight. You won't have to worry about sagging skin under your arms or around your waist, and definitely not about loose skin that makes your face appear droopy.

In fact, your skin will keep up with your weight loss and even if you lose 50 pounds or more, it will adjust without sagging. Finally, the fourth ingredient in our recipe is resveratrol, which combats localized fat in the belly, thighs, back and arms. According to a 2024 study at the University of Munich, resveratrol acts as a radar, seeking and burning stubborn fat functionally, like a natural liposuction.

What I like most about this is that it reduces the time fat stays in the digestive tract. Thus it helps fats to be metabolized more quickly, being eliminated from the body. But the best part is that According to a 2018 study from the University of Columbia, it was found that resveratrol, when used long term, prevents the dreaded yo yo effect.

This is because it has the ability to keep the fat burning hormones GLP1 and GIP constantly active in the body. And this is key to maintaining a fat furnace on your body, regardless of what you eat. This are the ingredients of the revolutionary pink salt trick that can naturally activate the GLP1 and GIP hormones, turning your body into a true fat burning machine with the capacity to eliminate localized stubborn fat in arms, belly, back and thighs, everything

while you eat what you want, like fast foods and sweets, for example.

And the best part? It prevents the dreaded yo yo effect, meaning you'll lose weight and stay slim. Now a New report suggests one of these blockbuster drugs is far more effective in helping people slim down. The analysis looked at real world data from about 18,000 overweight adults using Mounjaro or Ozempic over a year.

It found those taking Mounjaro were three times more likely to lose 15% of their body weight than those on Ozempic and more than two and a half times more likely to lose 10% of their body weight. I've talked to so many women who are overweight in my programs, and most of them just can't afford to buy these Ozempic and Mounjaro injections. A single pen costs \$2,000, and besides that, many are really scared because of the side effects.

Exactly. Even though they're extremely effective, the cost to your health is just too high and it's not worth it. As the director of the Yale Obesity Research center, my team and I analyzed over 300,000 women who used these weight loss pens for at least two months over a period of four years.

More than 80% reported experiencing severe diarrhea, vomiting, and intense abdominal pain, along with being unable to have a bowel movement for up to a week due to constipation issues. Unfortunately, some of these women have developed thyroid tumors in more severe cases. Furthermore, the use of these weight loss pens has caused side effects that also affect the physical appearance of some users.

A notable example is the famous singer Ariana Grande, who, after using this medication, developed a disproportionate appearance where her head seemed larger compared to her body. This phenomenon, known as Ozempic face, is even more intense with

Mounjaro and shows that its effects can impact both overall health and physical appearance. That's why, during my research with Dr.

Rachel, we focused from the very beginning on creating a solution without these side effects. After all, the goal was to create a product to replace Ozempic and Mounjaro, offering the same results, but without the side effects. And that's when we found an article in the Journal of the American Medical association about how a specific combination of natural substances could activate the same effects as Mounjaro, but in a 100% natural and safe way.

Well, when we dove deeper into the study, we found that Himalayan pink salt, often seen just as a seasoning, showed powerful potential. We discovered that it's rich in minerals and can activate the GLP1 and GIP hormones naturally. Unlike Tirzepatide, which tries to replicate these hormones in a synthetic and dangerous way, pink salt works with the body, stimulating the natural production of GLP1 and GIP.

And like I said, these hormones play a key role in the weight loss process, helping regulate insulin, supplying energy to our cells and as a result, burning fat. Additionally, the minerals in pink salt, like magnesium, potassium and calcium, help cells respond better to insulin, fighting resistance that makes it hard to use sugar for energy. In short, pink salt offers more effective results than synthetic treatments.

After this discovery, my team and I gathered all these groundbreaking findings and published a major article in the New England Journal of Medicine, *nejm*, one of the most renowned journals in the medical field, gaining international recognition as one of the biggest breakthroughs in modern medicine. But what we didn't expect was that after all the excitement and success of our research, a huge disappointment would follow. We presented the

project to mass produce this natural formula to the biggest pharmaceutical companies in the country.

But when we showed them the entire project and all the scientific evidence supporting the effectiveness of the pink salt trick, all the CEOs of these companies, instead of being excited about what we had discovered, got incredibly angry and tried to censor our research. But as nothing is perfect, two obstacles came up during the research. The first one is that the pure version of these nutrients is rare and expensive.

They can't be found in common foods or in compounding pharmacies. The effectiveness lies in the pure formula, which is difficult to obtain. So don't waste time looking online or at the nearest pharmacy, because the formulas they sell don't work.

They are literally placebos. The second obstacle is that the mixing ratio of these four ingredients needs to be exact. And most people don't have the equipment necessary to achieve that precision.

Even if you manage to buy them, you wouldn't be able to create the formula with the correct proportions. After all, we conducted hundreds of tests using the highest performance laboratory equipment. So the people watch, watching us right now can't use this solution at home.

Don't worry, I'll show you how they can use it in a simple, affordable and effective way without spending almost anything and in a super fast way. Well, most of these ingredients are in China, where they are more abundant. The great luck we had was that eight Labs had a partnership with a high standard Chinese supplier who was able to provide everything we needed in the best qualities.

So after a few months of negotiations, they sent all the ingredients and we managed to mix them in the exact proportions. And I finally

created the first sample of the only formula in the world capable of replicating the effects of Mounjaro, but in a completely natural and safe way. With them in hand, I immediately called you Oprah.

I remember that day you called me super excited, asking me to try it right away. I won't lie, I was a bit skeptical. After all, I had tried everything and nothing worked.

But I had nothing to lose, so I agreed. I started taking it every night before going to sleep. Well, in the first three days, I took it, and the results were modest.

There was an increase in my mood and energy, and I felt less bloated, but nothing too surprising. But after 10 days, I already felt my waist slimming down and noticed my pants getting looser and still starting to fall off my waist. When I stepped on the scale, I almost fainted.

I had lost £15, more than £1 a day. I just couldn't believe what I was seeing. By the end of the first month, most of the fat on my belly had disappeared, along with that annoying fat on my arms, thighs and neck.

I kept using the formula, and after three months, an incredible £74 had vanished. And the best part of all this is that I kept eating what I wanted, but still surprised myself every day when I looked in the mirror in the morning. Because every morning I saw my belly getting smaller and smaller.

And the most amazing thing I realized was that all these years I thought I was fat because I didn't have the willpower to go to the gym or the discipline to stick to a diet longer. And then I realized for the very first time that the fact that I was overweight wasn't my fault. I just couldn't activate those GLP1 and GYP hormones to burn fat automatically.

And now the only thing I do is the salt trick that doesn't even take one minute of my time. And for the rest of the day, I can do whatever I want and eat whatever I want and still surprise myself getting thinner every day when I look in the mirror in the morning, it's a total game changer. The only problem was that people saw me on of top television losing weight so fast that everyone wanted to know how I changed so quickly.

The media bombarded me with lies, accusing me of using Ozempic and all sorts of other nonsense, but it was just the pink salt trick. Look, this was me on a show shortly before using the pink salt trick. And this is from a show three months later.

After that, thousands of my followers started asking me on social media what I was doing to lose weight so fast. And I began telling them about you. Well, and because of that, the formula gained popularity really quickly.

So I imported more samples for the people who reached out to me after you talked about it on your social media. Yes. And the first ones to start using it along with me were Amy and Emma.

Many of you might remember Amy from the ABC special I did back in the spring, Shame, Blame and the Weight Loss Revolution Solutions. I invited her to today's conversation. She's joining us live from Naperville, Illinois.

Amy, hello. Good to see you again. So good to see you.

Tell us what happened after you used Dr. Ania's pink salt trick. So much has happened that looking back now, I can hardly believe it.

I was at my heaviest, around 300 pounds. My self esteem was completely shattered and I felt ashamed every time I looked in the mirror. It was at this rock bottom moment of my life that I found Dr.

Ania and started using the pink salt trick. My life has completely changed. I lost 152 pounds in just five months.

It's amazing. I feel like a new woman, more confident and beautiful. I've always had serious hormonal issues with my thyroid and doctors always said it was impossible for me to lose weight, but they were wrong.

I'm just so Thankful to you, Dr. Dr. Ania, and to you too, Oprah.

This pink salt trick changed my life so much that I started sharing my journey with this trick on my social media so other women could experience the same feeling. That's wonderful. Keep sharing the pink salt trick so we can help other women.

Thank you so much, Amy. Great to see you again. Emma is a dental hygienist and a mother of two.

Zooming in from Winder. Is it Winder? Wind of Georgia. Hi Emma.

Hi Oprah. Thank you so much for allowing me to be a part of the conversation. Tell me Emma, what was your story after you started using the pink salt trick? I have been on the pink salt trick for the past two and a half months and I'm down 67 pounds before I found this trick.

I felt incomplete from the outside. I had everything going for me. I had a beautiful family, two healthy children, a dream job that I love.

But I was drowning inside because I didn't love myself. I thought losing weight after having two kids and being over 40 was impossible. And not just that, I had a crazy routine.

I had to take care of the house, my kids, and still work my 9 to 5 job as a dentist. Sticking to workouts and diets was pretty much impossible for me. I see several patients in this exact same situation every single day.

The pink salt trick is the perfect solution in these cases. Thank you so much, Emma. Thank you.

It's amazing to see how the pink salt Trick has changed so many women's lives. Now these women were feeling free again. Free to have the body they always dreamed of without ever feeling ashamed or hiding behind loose clothes.

Free to eat whatever they wanted without guilt or judgment from others. And free to live a dignified life away from the excess weight that had stolen their self esteem for so many years. Yes, after witnessing countless cases like these, I was sure I had found my purpose.

The purpose of changing the lives of more women who suffer at the hands of this greedy industry fighting against excess weight. But I knew that to be scientifically validated, this formula needed to be tested on a larger sample of people. So we imported a large quantity of these four ingredients and conducted tests with 1,850 volunteers.

Men and women aged 25 to 85 with all body types, who were 21 to 82 pounds overweight. And after just eight weeks, the results were amazing. 96% of participants lost more than 35 pounds and the average weight loss was 46 pounds.

Some even lost up to 65 pounds without experiencing the yo yo effect. None of the participants reported bloating in the morning, saggy skin, or stretch marks. Sleep quality improved by almost 250%.

Heart and arterial health were completely renewed, and blood sugar levels dropped by an average of about 4, 40%. And before you think otherwise, none of them went to the gym, did any fasting, or even stopped eating all the things they love. All they did was take this natural solution that naturally activated the action of GLP1 and GIP in the body, just as if they had injected Mounjaro, but without the side effects.

The production team has selected a few videos from the thousands of people who participated in the trials. Let's see some of them. Dr.

Annie and Oprah. Look at my old jeans. I dropped three sizes so fast.

It was just two months into the trial and I lost 55 pounds. The results were truly out of this world. I've struggled with weight my whole life because of pcos.

No matter what. Idiots, workouts, pills, nothing worked long term. But for the first time, the weight actually came off.

Off and stayed off. I've lost 44 pounds in three months, and I finally feel in control of my body again. Thank you so much, Dr.

Ania. And thank you, Oprah, for sharing this test in your social media. And it wasn't just Selena and Harley.

Over 150,000 other people are also getting incredible results just like these. Dr. Ania and I receive videos from them every single day.

And we made this podcast so that you who's watching right now can experience the same transformation. Today is the day you say goodbye to stubborn fat and excess weight and finally start a new chapter in your life. Because just like I was finally able to get rid of the excess weight once and for all and achieve the body of my dreams, I want you watching at home to experience that too.

To make that possible, I created a campaign called Own your Health. This campaign is an initiative by me and Dr. Ania's team, where I invested my own money to make sure that the people watching this podcast can start losing weight today and in just a few weeks, achieve the dream body and health they deserve.

In this partnership, we created Lipo Vive, the only formula that contains the four pure natural ingredients in the exact proportions of the pink salt trick. Together, they target the real root cause of excess weight and make your body burn fat on autopilot 24 hours a day, seven days a week. It allows you to drop around 3 pounds in the next 24 hours and at least 15 pounds this week.

As Dr. Ania explained, Lipo Vive is the only formula that can naturally and exponentially activate the production of GLP1 and GIP in your body. It's basically like using a Mounjaro pen, but without any the side effects.

The ingredients in Lipovive was carefully mixed to keep your body slim even after the treatment ends. That means you'll lose 20, 30, 40, or even £50 and stay that way. Like I said before, I want you to be the next success story.

To renew your body, your self esteem and your health. That's why I created the Own your Health campaign. Through this campaign, we're giving away three free bottles of Lipovive to those who stayed with us until this point in the podcast.

And I'm doing this because I care about you. Unlike the traditional dishonest solutions the corrupt weight loss industry keeps trying to sell you. They don't care who you are.

They don't care what you've been through. When it comes to something as sensitive as weight gain, something that affects your health, your confidence, your energy, your mood, even your social life. They just toss a bunch of random ingredients into a generic formula, slap a fancy label on it, and tell you to take one a day.

And when nothing changes, you blame yourself. You start thinking there's something wrong with your body or that you don't have enough willpower. That feeling hurts, and it hurts a lot.

I know better than anyone how much that hurts. But with Own your Health and Lipovive, it's different exactly. Here, you're not treated like a number or a statistic.

Through our app, you're heard, analyzed and understood. We want to truly know you your age, your weight, your height, but also your symptoms and how you feel. Everything happening in your life matters.

It checks if you gained weight after pregnancy, if you're in menopause, or if you have other hormonal issues like hypothyroidism, pcos, and more. Based on your answers, we build a custom protocol and deliver a 100% personalized formula that takes into account the unique characteristics of your body, your hormone phase, your history and your life stage. In other words, no matter what is sabotaging your weight loss or what phase of life you're in, it's impossible not to see results.

And on top of that, Lipovive. It's completely safe and made in the United States in FDA registered facilities, GMP certified and using state of the art precision engineering machines under the strictest

quality standards. It undergoes additional third party inspections and quality control to ensure high purity and potency.

And if you're still skeptical, I get it. These days it's hard to believe in anything with so many lies and false promises out there. I was in the same situation, but I gave it a shot and lost 76 pounds in just three months.

Me and all the women you saw today, plus the more than 150,000 Americans in recent months are living proof that it really works. To be completely honest, losing fat permanently without killing yourself with diets and gym sessions has never been easier. That's why I decided to make this podcast and invite Dr.

Ania to explain what really works. No lies or tricks. You won't need to exercise, follow restrictive diets or even undergo bariatric or liposuction surgery.

As Dr. Ania explained, this is the only solution that can regulate insulin action in your body, preventing sugar from being stored as fat. Take Martha's case for example, a six 65 year old woman who managed to lose 60 pounds of fat after being overweight for more than 14 years.

She even reversed her type 2 diabetes. Check this out. I need to share how Lipo Vibe saved my life.

After 14 years of trying diets and exercises, I never truly managed to lose real weight. But after lipo by I lost 60 pounds in less than 60 days. My doctor was shocked by my weight loss.

With blood sugar levels lower than ever, I managed to reverse my type 2 diabetes. I am so happy to have found this easy solution. Please, please reserve my stock because my six bottles are

running out and There's Vicky, who lost 46 pounds in two months.

The most amazing part was seeing her husband admiring her again. Look how much I weigh now. I never thought I could lose 46 pounds in just two months.

Especially being in menopause and having two kids. And not only that, I have to take care of my house, my kids and juggle my job as a receptionist. I never have time for diets or workouts.

But even with all that lipo vibe allowed me to get back to my pre pregnancy body. Now my husband looks at me like we're on our honeymoon again. When he grabs my waist, he doesn't want to let go.

I have no words to describe what this means to me. Thank you so much. We receive testimonials like this every day.

Me and over 150,000 men and women around the world who are already losing 15, 30 and even 60 pounds of fat effortlessly. So from now on, the choice is yours. If you decide to stay with us, pay close attention because Dr.

Ania and I will make sure that this time you finally get rid of that fat in your belly, arms, thighs, back and neck that's been bothering you for years and achieve the body you deserve. That's why we have reserved the next 84 bottles of lipo Vive for people determined to take the first step toward a new life starting today. After the launch of our initial batch through the Own your Health campaign, the success was so big that the news spread quickly.

No wonder our current stock is almost sold out. And because of the sales success and results, even the mainstream media is now talking about us. Welcome back everyone.

Millions of women in America suffer daily because of being overweight. But now Open Oprah Winfrey is using youg Cloud and her own net worth with the campaign Own youn Health to help these women achieve their dream body and best overall health. She financed all production and logistics costs of the first batch of the popular Lipo Vive for more than 150,000 people in the US who are now managing to get rid of decades of excess weight.

The first batch was amazing. And Oprah being able to finance this for thousands of women was incredible. After that, we noticed that the biggest results using lipovive happen with women who purchase the six bottle kit.

That's because using lipovive for that amount makes it up to 93 times more effective at boosting GLP1 and GIP. And most importantly, teaches your body for life to burn fat, avoiding the yo yo effect. So if you don't have time to diet and go to the gym.

Whether it's because you have to take care of kids, the house, or have a 9 to 5 job, you're in the right place. Lipovive is the only formula capable of transforming your body into a 24,7 fat burning machine without diets, exercise or procedures. Exactly.

Lipovive has everything you need to finally take control of your body. But it goes beyond weight loss. It transforms your health, self esteem and life and women.

I'm telling you, you deserve it. Can you imagine in just weeks, standing before the mirror, proud of your reflection? Picture every outfit fitting perfectly and your husband looking at you like he did 20 years ago. What would it be worth to feel truly happy in your own body? For me, as a woman, it's priceless.

I've seen many friends struggle for years, trapped in an industry selling false promises. That's why I took money out of my own pocket and made the Own your Health campaign to finance the production of Lipovive. Because I care about you and want money not to be an obstacle.

This is your only and greatest chance to transform your body, recover your health and self esteem. When I announced the first batch of Lipo, Vive was out of stock, people flooded me with messages willing to pay \$700 for a single bottle. Michaela was one of the people who messaged me, desperate for the next Leapovive release, and we invited her to talk with us.

Hello, Michaela. Hello, Oprah. I've been waiting for this opportunity for a long time.

I bought the three bottle kit of Lipovive the first time you launched it, and I managed to lose 86 pounds. But it's been a while now and I haven't been able to maintain that weight without dieting and working out like I could when I was taking Lipovive. I deeply regret not getting the six bottle kit back then.

It was such a cheap price. If you open orders now, I'll buy the six bottle kit immediately, even if I have to pay \$700 for each one. That price is nothing compared to what Lipo Vibe gives you.

Look, Mikayla, I know \$700 per bottle would be fair, but I also know not everyone can afford that and my goal here is to help. So Dr. Anja and I are going to do something even bigger today.

Keep watching the podcast and we'll show you. All right. Okay, Oprah, I've already got my card in hand to buy.

Bye. So, as I mentioned before, we're doing something special today. The first 10 buyers of the six bottle pack will get weekly Follow up sessions via private Zoom calls with Dr.

Anya. Plus an exclusive invitation to be a guest on my upcoming ABC special about weight loss. Since I know you'll be slim by then, I want you there to inspire other women who are looking to lose weight with lipo vibe.

We need to spread the word. I'm doing this because it's not about the money. It's about saving lives.

I know exactly how it feels to watch your health and confidence slip through your fingers. To see fat piling up all over your body day after day and blaming yourself thinking it's all your fault. We're here to break you free from the corrupt weight loss industry and show you that it's not your fault you're overweight.

Leapovive has already transformed over 150,000 lives and now we want yours to be next. That's why this final batch won't cost \$700, not \$350, not even \$175. As I promised, you'll get three bottles of Lipovive absolutely free because I'm personally funding all of the cost through the own your health campaign.

So when you purchase the six bottle supply, you only pay for three bottles. You get the other three entirely free, securing a full six month treatment which is the most recommended option. This way, each Bottle costs just \$49, our lowest price ever.

This is without a doubt the best choice. You'll be spending less than \$2 a day to completely transform your life because you'll be keeping your body in 24/7 fat burning mode without any diets or exercise. Now, if you prefer to get the three bottle supply, you pay for just two bottles and get one completely free, ensuring a full three month treatment.

In this case, each bottle of Lipovive will cost only \$59. And if you choose the least common option, which is to reserve only one bottle of Lipovive, then you'll pay the full production and shipping price which is \$89. But to reiterate, this exclusive offer is only available for those watching right now.

And it's only available now while our current stock lasts. That's right. And I must remind you once again, the recommended duration of the lipovive treatment is six months.

By getting the six bottle supply, you ensure that the fat burning hormones GLP1 and GIP keep working in your body for much longer, making it much easier to eliminate fat, while guaranteeing that you never regain a single pound from the yo yo effect. As Oprah mentioned earlier, this offer is exclusive to women who decide to take Action now directly through this site and it's only available while supplies last. In the launch of the first batch, 98% of customers choose the three or six bottle supply and thanks to Oprah's campaign and effort financing the production costs, the stock runs out fast because most people order six bottles at once due to the bargain price we offer.

Like I said, the ingredients are rare and can only be found in China, so Lipovive is made in small batches every six months to ensure quality. And not only that, with the Trump administration's new tariffs on China, import costs have skyrocketed, making it nearly impossible for Oprah to offer this unbeatable price for a larger batch of Lipo Vive. So if you're watching this now and want to finally get rid of unwanted weight for good, regain your confidence and start seeing yourself the way you've always dreamed.

Starting this week, just secure your 6 bottles supply of lipo Vibe below and take advantage of this special offer right now. Right now only 84 bottles are left and if this stock runs out, which I expect to

happen in the first few minutes, you won't get another chance for six more months. Take action now woman.

The last thing I want is for you to come back in a few hours and find out it's too late. If you close this page, your bottles will be reallocated to someone else who's ready. When selecting your treatment, you'll be redirected to our secure payment page.

Just enter your contact and payment info. Once confirmed, you'll immediately get an email with your order confirmation. Oh, and if you choose the three or six bottle supply, shipping is completely free.

So don't wait. Take action now and select the six bottle kit below. While the promotion is still up and to show how confident I am in what Lipo Vive can do for you, everyone who purchases the six bottom bottle kit today will automatically be entered into a giveaway for an exclusive trip with me to Santorini and Mykonos, Greece.

Just imagine showing off your slim, confident body on the stunning beaches of Greece. Can you picture it? And even better, you'll be staying in a five star all inclusive resort and you can bring a plus one all expenses paid. To join the giveaway, all you need to do is purchase the six bottle kit today.

Wait. My production team just informed me that we only have 63 bottles left in stock right now. I'm telling you, click the button below and choose your promotional package before it's too late.

Because many people are grabbing the three in six bottle kits and the stock could be gone in minutes. So click the button below and choose your promotional package. After all, even with just one bottle, you'll start seeing results.

But if you wait too long, you might run out just when your body is finally beginning to burn fat like never before. And since we don't know when the next batch will be produced, that's a real risk of you running out before feeling the long term effects. And one important thing, if you stop the treatment halfway without achieving the desired results, you might have to start over.

That's why we always recommend the six bottle treatment. In addition to guaranteeing a larger discount, it provides the maximum effectiveness of the formula and long lasting results. So right now people, there's a screen below this video with the option for you to choose.

Click the six bottle option now and start your new journey to becoming the best version of yourself. Thinner, happier, with more energy and so much more self esteem. Just know that we can't guarantee there will be more bottles available for purchase later.

Choose your option and click on one of the buttons below this video. If you live in the United States States, the product will arrive in three to five business days depending on where you live now. If you live in other countries, it may take a little longer, but it will never take more than 15 days.

If you have any questions, you can contact our support team via email or call our representatives. We're available 24/7 to assist you. And attention, Lipovive is only available on this official page, nowhere else.

It's not on Amazon, ebay, GNC or Walgreens. So click the button below right now and secure your discount. Although we've received hundreds of five star reviews on trustpilot.

And if you're still skeptical, I understand. After all, the weight loss industry has been lying to you for decades, claiming that diets,

exercise and surgeries are the only options to get rid of that stubborn fat that's been bothering you for years. They don't want you to discover an easy, simple and affordable solution because then you won't spend a fortune buying their fake products.

Exactly, Oprah. It's no wonder the weight loss industry spends over \$179 million a year to keep this hidden from you. That's why.

To prove that our solution works and that you have absolutely nothing to fear. You're covered by our 90 day guarantee. That's right, nine full months of guarantee.

And if for any reason you're not satisfied with Lipovive, something that has never happened since I launched the on your Health campaign, simply email us and we'll refund 100% of your investment. No questions asked, no complications. As I said, your investment is 100% safe and risk free.

This means you don't have to make a decision today. I'm not asking for a yes, just a maybe. You'll have up to 90 days to decide, but I know that within the first week you'll already see results and realize your investment was worth it.

I'm doing this because, unlike those pharmaceutical companies, I fully trust the power of Lipovive that me and Dr. Ania developed. In other words, your risk is zero.

So choose your package before it's too late. And just for you who are still here, in addition to these 90 days of testing, I want to offer some exclusive gifts for those who purchase the three or six bottle lipovive supply. By purchasing any of these options options, you'll also receive some exclusive bonuses the first bonus is the dream method for a tiny waist.

These are powerful tips that I personally used and that Dr. Anya usually shares only with her private clients, but she decided to give them to you as a gift. In these lessons, she'll teach you secret tricks that don't require a gym or crazy diets that most women have never even heard of, but they'll shrink your waistline and make your belly flatter than a board, getting you ready to roll Rock that beautiful bikini.

This summer your belly will be so flat and your waist so tiny that when your husband wraps his arms around it, he won't want to let go. This is the same secret Victoria's Secret models have used for years to slim down before walking the Runway. The second bonus is the step by step guide to stop bloating and heal your gut by Dr.

Ania in partnership with Dr. Irini Hajisava, one of the top gastroenterologists in the world. This is a guide filled with easy recipes, recipes and practical tips you can start using right away to finally improve your gut health.

With it, you'll eliminate gut inflammation, get rid of bloating throughout the day, keep your belly flat anytime you want, improve digestion, end constipation issues, boost your mood and energy, strengthen your immune system and support long term weight management. The third bonus is one of my favorites, the zero retention protocol. In it, you'll find the innocent 10 second habit to do before you sleep to eliminate water retention naturally that aesthetic clinics don't want you to know.

It helps reduce morning puffiness to end with that chubby face. By morning, it flattens your belly and fades your facial swelling and under eye puffiness Making you tighter and more sculpted throughout the day. The fourth bonus is something I want wouldn't normally do.

But since our campaign is not just about health, it's about boosting your self esteem too. I'm giving you access to an exclusive skincare masterclass with the world renowned dermatologist, Dr. Barbara Sturm, one of the top experts in the field and a personal friend of mine.

In this masterclass, Dr. Barbara will teach you how to get the best skin of your life without relying on dangerous cosmetic products that can harm your health. You'll learn how to erase wrinkles, dark spots and crow's feet naturally rejuvenating your skin and enhancing your facial expressions.

It's like getting a facelift without surgery, making you look up to 30 years younger. And it's not just about facial care. She'll also show you how to eliminate varicose and spider veins from your legs.

Dr. Sturm is the go to doctor for many Hollywood actresses and international models. And she shares these exact tips with them to keep their skin flawless whenever they're on screen.

Just imagine having a radiant youthful glow and smooth, stunning legs ready for any moment. And the fifth bonus is for you that are facing the symptoms of menopause. It's the guide the New Menopause by my personal friend, Dr.

Mary Claire Haver. Some of you might remember my special the menopause revolution where Dr. Marie participated and revealed to all all women how to get rid of all the symptoms of this phase.

And now she resumes everything in this guide that will have tips to naturally restore your hormonal balance, eliminating hot flashes, night sweats, mood swings, irritability, anxiety, sleep problems and all other menopause symptoms. Your body will get back to that of a 20 year old girl with skyrocketing libido and energy. And to wrap it up, my last bonus is amazing.

My team argued with me not to do this, but I don't care. Since I know you're going to lose weight and become more beautiful, confident and healthy. You'll need to refresh your wardrobe.

So I decided to give you something very special. Pay close attention by securing the six or three bottle lipovive supply. You'll also be entered to win a \$1000 Zara gift gift card to buy new clothes and show the world your new body.

Take a look at our latest winner. I bought the six bottle Lipo Vive kit and got my Zara gift card. I lost over £70 and my clothes were getting too loose.

But with this gift, I've already bought my new outfits. Thank you, Oprah. Just imagine you're going to lose weight, feel more confident, and still be able to choose new, stylish clothes that will highlight your new figure even more.

It's the perfect gift for you. Ready to take the next step. Step and shine anywhere with a refreshed look and boosted self esteem.