

**"Discover the Breakthrough FLAME
(Fat Loss Accelerating Metabolic Enhancer) Method:**

**Unleash Your Body's Ultimate Fat-Burning Power, Skyrocket Your
Energy, and Rejuvenate Your Health**

**All While Sculpting Your Dream Body Without Hunger, Deprivation, or
Long Hours in the Gym!"**

*Revealed by Tim Fitzgerald, Health Researcher, Biohacker, and founder of
Human Optimization Center*

Unlock the Secret to Rapid Fat Loss and Transform Your Body.

Are you tired of struggling to lose weight, only to feel hungry, miserable,
and frustrated?

What if I told you there's a powerful, little-known secret to burning fat,
improving your health, and feeling energized - and it all starts with
activating your body's Metabolically Active Tissue (M.A.T.).

My name is Tim Fitzgerald. As a health researcher, biohacker, human
optimizer, and a person that previously struggled with an autoimmune
condition, I've spent years studying the latest breakthroughs in health and
wellness.

My mission? To help people like you unlock the secrets to effortless weight
loss, get out of pain, and overcome chronic health conditions.

You see, M.A.T. makes up just 5.2% of your body's tissue, but it's
responsible for an incredible 56.8% of your calorie burning.

This special tissue burns 331% more calories than muscle, and a jaw-dropping 983% more calories per second than any other part of your body!

And here's where it gets even more fascinating: Most of your M.A.T. is found in just four organs - your kidneys (7.3%), your heart (7.3%), your brain (20.4%), and your liver (21.8%).

That means over 44% of your daily calories burned are powered by M.A.T., and these organs are fueled most efficiently by fat.

In some lucky folks, their M.A.T. is operating at full capacity, burning truckloads of fat calories 24/7.

However, in others, M.A.T. is just sputtering along, burning tiny amounts of fat. I call this "impaired M.A.T".

Introducing FLAME (Fat Loss Accelerating Metabolic Enhancer): The Revolutionary 22-Day Weight Loss System.

Are you tired of fad diets and exhausting workouts that don't deliver results?

Say hello to FLAME, the groundbreaking 22-day weight loss system that helps you burn fat, boost energy, and feel fantastic!

Our scientifically-backed approach tackles weight loss at its core by targeting three key disruptors: Fatty Liver, M.A.T. dysfunction, and excess ceramides.

In just 22 days, FLAME kicks your metabolism into high gear by awakening your metabolically active fat-burning tissue.

This means you'll be able to shed those stubborn pounds while still enjoying your favorite foods.

Say goodbye to restrictive diets and hello to the most enjoyable weight loss journey ever!

The FLAME method has been turning heads and trimming waistlines by optimizing your M.A.T. and basal metabolic rate (BMR) - the number of calories your body burns at rest and during daily activities like sleeping, walking around the block, or even folding laundry.

So, how does the FLAME (Fat-Loss Accelerating Metabolic Enhancer) method work its magic? Here's a breakdown of the five levels of activating your internal FLAME:

1. ****Fuel the Fire:**** Learn how to stoke your internal fat-burning furnace by eating the right combination of foods.

Yes, you can still eat your favorite meals without feeling deprived!

This approach will help you maintain consistent energy levels while your body effortlessly burns fat. (Hello, pizza party!)

2. ****Liberate Stored Fat:**** Uncover the secrets to releasing trapped fat from your body's cells, making it available for your body to use as fuel.

This essential step helps you lose weight consistently and avoid weight loss plateaus. (Sayonara, stubborn belly fat!)

3. ****Accelerate Fat-Burning:**** Discover how to switch your body into high gear by activating specific hormones and enzymes that increase your metabolism.

The result?

Rapid and sustained fat loss, without spending countless hours in the gym. (Because who has time for that?)

4. ****Master Your Metabolism:**** Learn the ultimate secret to long-term weight management by optimizing your basal metabolic rate (BMR) and Metabolically Active Tissue (M.A.T.).

With an increased BMR and supercharged M.A.T., you'll burn more fat throughout your day, even while you're sleeping or doing daily activities like brushing your teeth or doing dishes. (Effortless calorie burning? Sign me up!)

5. ****Energize and Rejuvenate:**** Boost your energy levels and overall well-being by incorporating simple habits and techniques that support your body's natural healing and rejuvenation processes. (Say hello to a more vibrant, energetic you!)

By following these five levels, you'll activate your internal FLAME and supercharge your M.A.T. and clean out excess ceramides, leading to rapid and lasting results that'll have your friends and family asking, "What's your secret?"

Now let's talk about some key M.A.T. disruptors to avoid:

Vegetable oils: The toxic, inflammatory Omega-6 powerhouse.

Surprisingly, common cooking oils, particularly canola oil and soybean oil, can wreak havoc on your health. You may be shocked to learn that these oils are anything but healthy. Here's the deal:

Your cells need a balanced amount of omega-6 and omega-3 fatty acids to maintain health and burn fat, ideally at a 1-to-1 ratio.

However, soybean oil contains a staggering 11 times more omega-6 than omega-3!

This overload disrupts your cells' proper functioning and sends your M.A.T.-destroying insulin levels through the roof.

These oils are hiding in many foods and used in numerous restaurants.

It's in mayo, salad dressings, fast food, breakfast meats, and even flavored coffees! So, what's the alternative?

Here's a couple of good suggestions to swap out the toxic vegetable oils:

- Using organic extra virgin olive oil for your dressings. Just make sure to never cook with it. Once EVOO is heated the oil turns rancid and potentially carcinogenic.
- Opting for organic coconut oil, grass fed butter or ghee for any cooking.

These natural healthy fats benefit your joints, brain, and heart. Plus, they help optimize levels of the "youth hormone," which combats fat-storing insulin and activates fat-burning M.A.T.

Moving on to the second M.A.T. Disruptor to avoid:

Agave nectar: The sneaky sweetener causing fatty liver disease.

Natural sweeteners may seem like a healthier option, but some can be worse than sugar. The problem lies in the fructose levels.

There are 2 types of sugar molecules: glucose and fructose.

In table sugar, they are a balanced 1 to 1 ratio.

While glucose is processed by your entire body, excess fructose is processed as a toxin in your liver.

High fructose intake has been linked to fatty liver disease, elevated triglycerides, and insulin resistance, which all contribute to M.A.T. dysfunction.

Shockingly, agave nectar contains up to 92% fructose!

Consuming agave nectar is like detonating an insulin bomb in your body.

The best alternative?

Organic pure liquid stevia or pure monk fruit extract. Sometimes sugar alcohols are added which can be difficult on the gut, like xylitol or erythritol. I'm not a fan of them.

They're easy on the stomach, don't raise insulin or blood sugar levels, and even help stabilize blood sugar and reduce insulin.

Finally, the third M.A.T. Disruptor to avoid (and perhaps the worst of all):

"Family foods" - Chicken drumsticks coated in fat-blocking gunk

"Family foods" like caramelized onions, charred steaks, and chicken breasts with barbecue sauce may be tasty, but they're not doing your health any favors.

Cooking these foods at high heat with sweet sauces creates AGE particles (Advanced Glycation Endproducts), a sticky substance that clogs up your M.A.T. and hinders fat burning.

The simple fix? Ditch the sweet sauces and use real butter or coconut oil instead.

These fats pack more flavor and, when combined with a healthy protein like grass fed beef, won't cause weight gain.

Lower insulin levels, fewer AGE particles, and healthier natural fats will lead to faster weight loss, improved health, glowing skin, and a dramatic energy boost.

Let's talk about ceramides for a moment.

Now, I know you might be thinking, "What the heck are ceramides, and why should I care?"

Well, buckle up, because we're about to dive into some fascinating stuff (and don't worry, I'll try to make this as entertaining as possible).

You see, ceramides are a white waxy type substance that cause your mitochondria to self-destruct.

That's right – your cellular power plants, the very parts of your body that burn the food you eat and turn them into energy instead of fat, literally DIE when ceramides infest your organs.

It turns out that when the body is inflamed, it turns fat into ceramides — then into toxic fat — and instead of being stored in fat cells, they are stored within organs.

It's like a horror movie, but with fat and science.

Dr. Benjamin Bikman, a leading metabolic scientist who focuses on metabolic disorders, explains that ceramides are a natural part of every cell.

However, the problem in our society is that we have too much of them.

And when ceramides over-accumulate, they start pulling mitochondria apart, which reduces metabolic rate and causes issues like insulin resistance.

But wait, there's more! High ceramide levels have been linked to heart attacks, diabetes, and even dementia.

Yikes. It's like a villainous mastermind that just won't quit.

So, what happens when we remove ceramides from the equation?

Well, it turns out that it becomes very hard to GAIN weight.

When ceramides were removed from mice, they were resistant to obesity and diabetes, even when fed a high-fat, high-sugar diet (talk about a superpower!).

Now, you might be wondering if the same thing would happen with humans.

And guess what? The results were astonishing.

When people reduced their ceramide levels, they started to lose weight, regain energy, and improve their overall health.

It was like they'd been given a magic potion!

The good news is that there are natural ways to eliminate ceramides and stop them from coming back.

For example, by deactivating an enzyme called DES-1, we can prevent the production of ceramides.

And the best part? There are natural ways to inhibit the DES-1 enzyme, such as adding a powerful blend of phytonutrients to your diet.

These plant compounds, including flavonoids, lignans, and polyphenols, can be found in certain fruits and vegetables.

But here's the catch: You can't just eat these foods in any order.

You need to combine them in specific amounts and take them at certain times of the day for them to work.

And that's where the FLAME method comes in.

By following the FLAME method and incorporating these nutrient-rich foods (at the right time) into your diet, you'll be able to target and destroy the cause of toxic ceramide fat deposits and melt them away.

It's like you're finally evicting that annoying roommate who's been hogging all the space in your apartment and blocking the sink with grease (you know who you are, Kevin).

The FLAME method is more than just a weight loss program; it's a comprehensive system designed to revolutionize your overall health and well-being.

By optimizing your M.A.T. and addressing key disruptors, you'll experience incredible benefits beyond the scale.

Here's what you can look forward to when you embrace the FLAME lifestyle:

1. **Increased energy and stamina:** By fueling your body with the right nutrients and optimizing your M.A.T., you'll enjoy a surge in energy levels, allowing you to power through your day with ease.
2. **Improved mood and mental clarity:** A well-functioning metabolism and balanced hormones can significantly impact your mood and

cognitive function. Say goodbye to brain fog and hello to a happier, more focused you.

3. **Better sleep and reduced stress:** FLAME helps regulate your body's natural rhythms, leading to improved sleep quality and reduced stress levels. Restful sleep is essential for weight loss and overall health.
4. **Reduced inflammation and pain:** By cutting out M.A.T. disruptors and incorporating healthier food choices, you'll experience a decrease in inflammation and pain, which can greatly impact your quality of life.
5. **Stronger immune system:** The FLAME method supports your body's natural defenses, helping you fight off illnesses and bounce back faster when you do get sick.
6. **Glowing, youthful skin:** A healthier metabolism and balanced hormones can lead to clearer, more radiant skin, giving you that youthful glow you've been longing for.

The FLAME method is a comprehensive, science-backed approach to weight loss and overall health that addresses the root causes of excess weight and M.A.T. dysfunction.

By following the five levels of the FLAME method and avoiding key M.A.T. disruptors, you'll unlock your body's fat-burning potential and experience lasting, transformative results.

So, there you have it – a comprehensive, scientifically-backed, and (hopefully) entertaining guide to supercharging your M.A.T., optimizing your basal metabolic rate, and activating your internal FLAME.

Because I believe in sharing the wealth (of knowledge, that is), I've decided to offer access to my exclusive FLAME course for FREE when you purchase a Contour Light Package from the Human Optimization Center!

Here's what you'll get when you purchase a Contour Light Package and claim your free access to the FLAME course:

1. **Step-by-step guidance** on how to implement the FLAME method into your daily routine (so you can become a walking, talking, fat-burning machine).

2. The FLAME Fast Track Guide

While the FLAME 22-Day Blueprint is an easy-to-digest guide...

You'll probably want to dive right in the moment you join the program.

That's why I've condensed the entire FLAME Plan into a "skim it in seconds" Fast Track Guide.

You'll grasp the essence of the program in less time than it takes to browse the menu at your favorite eatery...

...and you'll be ready to kick-start your journey to burning more fat and embracing the vibrant lifestyle you truly deserve.

3. Fast & Fabulous 10-Minute Meals Cookbook

Imagine having a treasure trove of delectable, easy-to-make recipes right at your fingertips...

...recipes crafted with the entire family in mind, including the little ones...

...most of which take just 10 minutes or less to whip up...

...using straightforward, everyday ingredients you can find at any local grocery store!

In collaboration with a gourmet chef, we've developed these meals to satisfy even the fussiest eaters in your household...

And a wide array of metabolism-boosting "carb feast" meals and desserts.

Remember, these are the secrets to maintaining a high metabolism and keeping your M.A.T. burning fat at top speed.

But that's not all! We've also included some of the MOST SCRUMPTIOUS Metabolic Smoothie recipes you could imagine!

Savor these smoothies in the morning, when you're on the go, or when you don't have time to prepare a full meal.

If you're a smoothie lover, you're in for a treat!

Our Metabolic Smoothies and Fast & Fabulous 10-Minute Meals provide the flavors you crave, the tastes you adore, and the time-saving solutions you may have never thought possible.

That's what awaits you in this mouthwatering collection.

PLUS:

We're including your precise day-by-day, meal-by-meal plan that you can customize based on your personal preferences and tastes.

The only way to access these delightful meal and smoothie plans is to join the FLAME program by selecting your preferred option below.

3. FLAME Progress Tracker Book

Although your metabolically active fat-burning tissue (M.A.T.) will be optimized within just 22 days, we've discovered that using a simple daily calendar to monitor your progress can be both enjoyable and motivating!

It enables you to track fat loss from specific areas of your body:

The spots where you're most eager to shed those extra pounds.

You'll also be able to assess how swiftly your M.A.T. is getting activated.

And now, you can actually WATCH your M.A.T. grow, ensuring you're on the right path!

Moreover, it assists you in recognizing the "small victories" that significantly enhance your life:

Your energy levels will soar...

Aches and pains will vanish...

You'll notice improvements in digestion, mood, & sleep...

And so much more!

You'll discover that these subtle changes accumulate to create substantial improvements in your appearance and well-being, as well as even quicker weight loss outcomes.

So, what are you waiting for?

Take advantage of our discounted \$99 trial (save \$150) and experience the Contour Light for yourself.

Click the link below to secure your trial and claim your free access to the exclusive FLAME course when you purchase a package of Contour Light sessions.

[=>> CLICK HERE <==](#)

Take action now and begin your journey towards a healthier, happier, and more confident you!

To your success,

Tim Fitzgerald
Health Researcher, Biohacker, and Human Optimizer
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[Click Here](#) to Learn More About the Contour Light Package and How You Can Unlock Your FREE Access to the Exclusive FLAME Course Today!

P.S. Remember, this is a limited-time offer, so don't delay!

Secure your spot in the FLAME course now and start your journey towards rapid fat loss, increased energy, and optimal health.

With an optimized basal metabolic rate and M.A.T., you'll enjoy the benefits of effortlessly burning more fat throughout your day - even while folding laundry, brushing your teeth, or catching some Z's!