



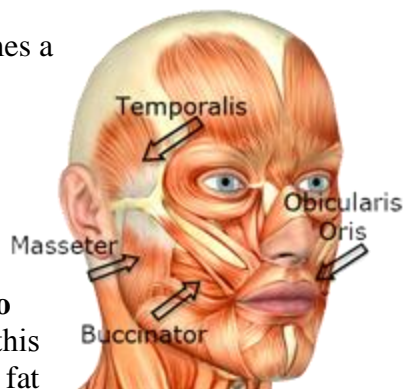
When I first began to look for an effective and reliable way to get rid of face fat, without opting for expensive plastic surgery, the very first suggestion I received was to work that face fat away with **hours of exercises that had very little to do with my facial muscles!**

As I kept digging deeper for a solution that would be easier to follow, while also produce results, I uncovered the most startling fact about face fat – *you simply cannot burn your chubby cheeks and double chin away by jogging for hours, or even with heavy weight lifting!*

Surprising, isn't it?

Well, the reason behind this is that your face is made up of muscles, pretty much like the rest of your body.

When you try to tone your face by jogging around the block six times a week, you aren't working out your face at all. Even though your workouts may help you tone your body, you would still be miles away from the sculpted contours you want your face to have!



The logical conclusion I then arrived at was that to lose my face fat, I would need an advanced diet plan, **specialized for getting rid of fat cheeks and double chin** – and **special facial exercises to get the sculpted face structure** you've always wanted. However, this was much easier said than done, because the concept of losing face fat and face exercises was relatively unknown a few years ago.

What's more, everyone I met told me that if the gym didn't help, plastic surgery certainly would.

I didn't quite agree with the idea that spending \$5,000 and putting myself at a strong risk of developing facial paralysis was the only way for me to lose my face-flab.

What I also found, through the two years that I spent looking for a way to lose face fat, was that the causes of chubby cheeks were not just related to the number of calories and amount of fat I ate with every meal. Fat cheeks and a double chin could also indicate that **my body was holding on to a lot more water than it was required to** – a condition that medical experts term as **“Water Retention”**.

Over the months, I even went on to uncover that the sagging skin and loose, chubby cheeks and double chin most people associate with aging can be prevented and even reversed, by simply making a few amendments to my diet and giving my face enough facial exercise every day.

The most surprising part about getting rid of face fat was that starving myself, like most popular diets recommended, was the very opposite of what I really needed to do.

In fact, I found that if I deprived my body of the basic, essential nutrients it needed, I was actually adding to the water retention and aging, which in turn made my face look chubbier than ever before!

If you have been spending sleepless nights thinking about losing your face fat to define a sexy jaw line and higher cheekbones, and you're are tired of ineffective and time-consuming 'fad remedies', I recommend you [check out the Face Fitness Formula: A 30-Day Step-by-Step Program to Get Rid of Fat Cheeks & Double Chin](#).

It has helped THOUSANDS of people – just like you – get rid of their fat cheeks and double chin to finally define a sexy jaw line.

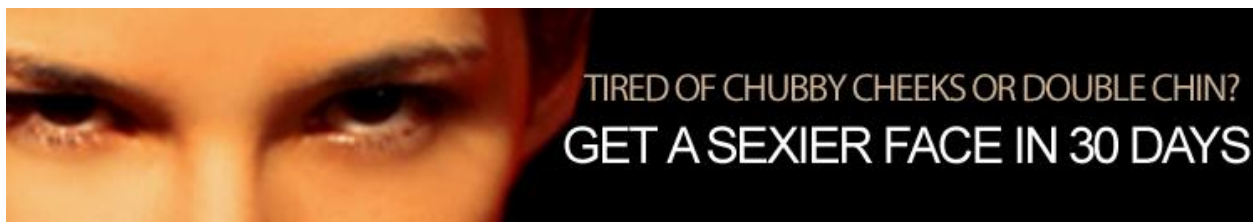
This program contains a proven step-by-step eating plan and 40 of the most effective face exercises that I've gathered over the years, and also includes simple tricks to indulge your body with your favorite foods.

Looking forward to featuring YOU as my next success story!

Talk to you soon.

Your friend,

John



TIRED OF CHUBBY CHEEKS OR DOUBLE CHIN?
GET A SEXIER FACE IN 30 DAYS