



Do You Have Fake Fat?

Because so many people are prone to lymphatic backup, I want to take a minute to go into a little more detail about this problem, which I call Fake Fat. Lymphatic backup looks and feels like fat (it is very soft, like a water balloon), but it fluctuates from morning to evening or throughout the menstrual cycle. If you are one of those people who can gain five pounds overnight (or lose five pounds in a week), you are probably plagued with Fake Fat.

Do you have it? Let's find out right now. Then, as we get into the details of the program, I will have some special information for those of you with this lymphatic backup. Answer the questions below to determine if this is you.

Is Your Fat Real?

1. Does your weight often fluctuate more than four or five pounds over the course of twenty-four hours?
2. Do you have difficulty sweating, even when you are exercising?
3. Do your rings get stuck by the end of the day because your fingers get puffy?
4. Do you get lines around your ankles where your socks were, or marks from your shoes?
5. Do you have aching in your joints? Do you often feel stiff, especially if you have been sitting for a while?
6. Do you have excessive cellulite? Everybody has some, but do you have large amounts and lots of lumps?
7. For women, do you gain more than five pounds around your menstrual cycle?

If you answered yes to two or more of these questions, then you probably have Fake Fat...I'll show you what to do in Stage One of The Prime to boost your body's efforts to move lymph and reduce fake fat more efficiently.