

If you hate starvation dieting and gruelling exercise but are desperate to slim down, discover how you can...

## **Secret to How a 52 Year Old Dropped Below 200 lbs to Out Wrestle Guys Half His Age After Cracking the Code on Blood Sugar and Weight Loss**

From The Desk Of:  
Steven Hefferon

*“Steven, listen to me. Unless you take urgent steps to lose some weight you’re heading for severe health problems,”* warned my doctor, shaking his head while surveying my health markers.

I couldn’t believe what I was hearing.

I wasn’t some obese slob who spent his days gorging on potato chips slumped in front of the TV.

I was *just* 212 lbs.

Not a “Slim Jim”, I’ll admit. But still on the cuddly side of chunky...or so I thought.

But when the doctor showed me that:

- My resting blood sugar had **rocketed to 150 mg/dl**
- My cholesterol was an artery **encrusting 6.4 mmol**
- My BMI was **crushing the scales at 27.4**

I had to face the ugly truth: The spare tyre around my waist was ***SUFFOCATING* my vital organs** and putting me on the fast-track to an early grave.

The good news is that after hearing what sounded like my last rites, I tackled the problem head on.

I discovered my cravings and chronic weight gain *weren't* due to lack of willpower.

They *weren't* due to not cutting calories enough.

And they *weren't* even due to not stepping foot in a gym for over a year.

The underlying cause was a **deficiency in an essential trace mineral**. A mineral you rarely hear about from dieticians or weight loss gurus, yet health experts fear is a key reason why 3 in 4 Americans are overweight.<sup>1</sup>

As respected health sources, like the *National Institutes of Health* and *WebMD*, agree that this mineral is pivotal **in supporting healthy blood sugar...lowering cravings...and acting as a catalyst for shedding stubborn fat**.<sup>23</sup>

But without enough, your blood sugar rockets and your **ability to burn fat as fuel grinds to a halt**.

Now here's the good news...

After replenishing my levels with a breakthrough "*Blood Sugar Extinguisher*" device, I set off a chain reaction of health gains flowing through my body:

**My insulin got better supported at mopping up glucose**



**My muscles and brain got a flood of natural energy, boosting my performance at work and vigor in the gym**

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<http://www.healthdata.org/news-release/vast-majority-american-adults-are-overweight-or-obese-and-weight-growing-problem-among>

<sup>2</sup> <https://ods.od.nih.gov/factsheets/Chromium-HealthProfessional/>

<sup>3</sup> <https://ods.od.nih.gov/factsheets/Chromium-HealthProfessional/>

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**Lowering my blood sugar got my carb cravings under control**

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**Sensible eating habits became easier to adopt *AND* stick to!**

The result was I shed 25 lbs of ugly fat in 8 weeks to achieve my ideal body weight *without* the hunger or misery of starvation dieting.

But before I achieved this transformation in my appearance, confidence, and all round health, my weight problems were out of control.

Like many guys, my waistline ballooned at college.

I inflated from a trim 138 lbs to a hulking 212 lbs.

And then continued to push the scales and the notch in my belt buckle further every year.

It didn't take a team of CSI investigators to work out why...

## **My diet was a disaster**

At lunch I'd go for thai food, chug on soda, and chow down on all the carbs and sugar loaded foods I knew were *terrible* for my belly but I found *IMPOSSIBLE* to resist.

And the fatter I got, **the less energetic I became.**

I'm ashamed to admit it. But while my son chased his ball around the park, I'd be slouched watching from a bench.

I was not a healthy guy.

In this photo you can see what an overweight man **suffering from chronically high blood sugar** and at risk of serious health issues looks like:



Difficult to believe, isn't it? I mean, I must have had the same body shape as half the guys in America.

Yet, just being this husky was **enough to put me at risk** of not living long enough to attend my child's wedding.

So if my inflated belly is anything like what you see in the mirror, I urge you to **pay close attention** to what I'm about to reveal.

As I discovered that while my diet was a major issue...it wasn't the driving factor behind why I was **getting fatter and more drained of energy** every year.

If:

- You've been **gaining 8 to 15 lbs. (or more) per decade** since you turned 30
- You can't resist snacking between meals when your energy crashes
- You secretly **blame your lack of 'will power'** for your steadily expanding waistline

... And, perhaps most important, you're **chronically unhappy** with how you look and feel but you're too tired to do a *DARN THING* about it!

You need to know your weight loss struggles are not your fault.

As what most weight loss programs fail to mention is that...

...you can try as many fad diets...bootcamp workouts...and meal replacement shakes as you like...

**...but they're ALL are *DOOMED* to *fail* as long as you're deficient in an essential trace mineral.**

A mineral your body can't produce on its own yet mounting research reveals is vital for healthy glucose and fat metabolism:

## **CHROMIUM!**

Chromium is found naturally in the soil as a trace element. It used to be abundant in many foods.

But for reasons I'm about to share, more people may be deficient than they realize.

And low levels of this mineral may explain why half of American adults suffer from high blood sugar and **gnawing cravings** that won't go away.<sup>4</sup>

Because you see...

## **Long-term Weight Loss is Impossible When You're Chronically Low in Chromium**

Ever wondered how "lucky skinny" people find it easy to eat sensibly and avoid snacking between meals?

While the rest of us daydream about biting into a juicy burger...and feel a jolt of excitement when we hear there's free cake in the break room?

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<sup>4</sup> <https://www.cdc.gov/media/releases/2017/p0718-diabetes-report.html>

Evidence is mounting that **it's not having enough chromium** that explains why some people can eat sensibly and others find it **IMPOSSIBLE** to break free of their cravings.

Because you see, chromium is essential if your body is to resist the **addictive lure** of a toxic ingredient that's infested our food:

## **SUGAR!**

In his controversial book *Salt, Sugar, Fat. How the Food Giants Hooked Us*, Michael Moss exposed how **big food corporations hire "food scientists"** to make food more addictive.

These scientists would analyze scans of people's brains to see what foods they crave the most.<sup>5</sup>

Can you guess which ingredient lights up people's minds like a Christmas tree?

That's right: **SUGAR!**

By cramming this ingredient into sauces, breads, and 60% of the foods in your grocery store, Big Food is setting up your weight loss efforts to FAIL.<sup>6</sup>

Because as long as sugar has a grip on your brain, no amount of calorie counting or hours sweating on the treadmill will *EVER* help you lose weight long-term...

...because - as anyone who's tried restrictive dieting knows - relentless cravings make **food binges and rebound weight** only a stressful day away.

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<https://www.npr.org/sections/thesalt/2013/02/26/172969363/how-the-food-industry-manipulates-taste-buds-with-salt-sugar-fat>

6

<https://www.nytimes.com/2016/05/22/upshot/it-isnt-easy-to-figure-out-which-foods-contain-sugar.html>

Thankfully, there's a safe, *natural* way of breaking free of food addiction so you can embrace healthier eating habits.

And that's by replenishing chromium in your bloodstream as...

## **Chromium is Vital for Mopping Up Glucose**

The ability of chromium to curb cravings is all to do with **how it supports insulin**.

You likely know what insulin does already. But allow me to give you a quick run through...

...when you eat lots of carbs and sugars they get turned into glucose in your bloodstream.

Insulin's job is to **mop it up**.

It does this by creating tiny gates in the cells' walls.

The glucose can then be mopped inside to be burned off as energy by your muscles, heart, and brain.<sup>7</sup>

So far, so good.

**BUT**...for insulin to create these gates **it NEEDS chromium**.

Because you see, chromium is like the cement for insulin's "glucose gates".

Without enough chromium, the gates cannot be built on the cell walls..leaving glucose and insulin sloshing around your veins.

This can have **dire consequences for your health**:

**X Globes of glucose metabolise into ugly fat**

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<sup>7</sup> <http://customers.hbci.com/~wenonah/hydro/crbacker.htm>,  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3308119/>

- X Your brain, muscles, and organs are starved of energy**
- X You start to crave even more carbs and sugars in a desperate bid to force more glucose into your body's cells.<sup>8</sup>**

So you see, if you suffer from stubborn belly fat, energy crashes, and uncontrollable food cravings, it's **low levels of chromium that's likely to blame.**

And if you're over 40, you may have been struggling with a chromium deficiency for years, if not decades, without realizing it. As...

## **Few doctors know how to check for it**

The reason you may not know you have a chromium deficiency is because there's **no easy way to measure it.**<sup>9</sup>

It won't show up on any blood test or scan.

But the physical signs of a bloated stomach and ugly rolls of fat around the upper arms, thighs and derriere are easy to spot when you walk around any mall.

As according to many health experts...most, if not all, of these people are deficient in chromium.

The popular internet physician Dr Josh Axe is just one of many to warn that chromium deficiency has become widespread among people who are **overweight and eat a poor diet.**<sup>10</sup>

While the *National Institutes of Health* has stated that "*older people are more vulnerable to depletion than younger adults.*"<sup>11</sup>

Yet what's only now getting attention is that we may be at **HIGHER RISK** of chromium deficiency than *any* previous generation.

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<sup>8</sup> <https://www.diabetes.co.uk/symptoms/polyphagia.html>

<sup>9</sup> <https://ods.od.nih.gov/factsheets/Chromium-HealthProfessional/>

<sup>10</sup> <https://draxe.com/what-is-chromium/>

<sup>11</sup> <https://ods.od.nih.gov/factsheets/Chromium-HealthProfessional/>



If you saw the movie *Interstellar*, you'll have an idea of what a world where crops cannot grow looks like.

And this dark future may be closer to reality than you might think. As heavy use of fertilizers has led to chromium and other essential minerals being **OBLITERATED from the soil**.

It's now widely admitted that crops grown decades ago were much richer in vitamins and minerals than they are now.

In fact, a study by Donald Davis and his team, at the University of Texas, found "*reliable declines*" in the amount of protein, calcium, phosphorus, iron, riboflavin (vitamin B2) and vitamin C in the soil over the past half century.<sup>12</sup>

So you can munch on all the broccoli you want yet you may still struggle to ingest the chromium your body desperately needs.

Now here's the good news...

## **It's now possible to DOUBLE your chromium intake in seconds every day**

And I'm not talking about swallowing concentrated chromium in a pill. Because you see, your body has a hard time absorbing chromium in capsule form.

As the University of Rochester Medical Center notes, "*When you take it by mouth, chromium is not absorbed well.*"<sup>13</sup>

Thankfully, two recent innovations have now made it possible to **SKYROCKET** the absorption of chromium in your bloodstream. In fact, it now takes just seconds every day to boost your chromium levels and send your glucose burning metabolism into **OVERDRIVE**.

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<sup>12</sup> <https://www.scientificamerican.com/article/soil-depletion-and-nutrition-loss/>

<sup>13</sup>

<https://www.urmc.rochester.edu/encyclopedia/content.aspx?contenttypeid=19&contentid=chromium>

The first innovation is **Chromium (GTF)**.

GTF stands for “glucose tolerance factor”. And it’s a form of chromium that includes niacin (vitamin B3), which has been found to enhance its absorption by as much as **180 percent**.

The second innovation is a breakthrough device I developed in collaboration with my colleagues at *The Healthy Back Institute*. You see, a few years ago, Jesse and I were looking for a way to help back pain sufferers lose weight (as a step towards relieving their back pain)...

... And during our research, we made contact with some truly brilliant medical professionals, working on the leading-edge of their field, who told us about chromium (GTF).

It was new to us, but after reading up on it, we quickly realized that **chromium (GTF) was being pretty much IGNORED by the entire weight loss industry**.

Yet we realized chromium (GTF) may be the answer to balancing the blood sugar...reducing cravings...and releasing the brakes on weight loss for millions of overweight Americans!

So with our team of pharmaceutical experts and medical researchers, I worked on finding a way of improving the absorption of chromium (GTF).

We realized that the answer was to **deliver chromium directly to where it’s needed: Your bloodstream**.

And that’s with a **SPRAY**.

Sprays allow minerals and vitamins to bypass the stomach and go straight into your blood.

The increased absorption this offers has been verified in studies.

This includes a randomized study comparing the absorption of vitamin D in capsule form to a spray. The researchers were stunned to discover that the spray **DOUBLED** absorption.<sup>14</sup>

Using a spray as a way of *extinguishing* high blood sugar offers other benefits too:

- ✓ **More pleasant than swallowing pills**
- ✓ **No need for random gelatin binding agents**
- ✓ **Spray is more natural than a cold pressed pill**

So...after much research, testing and refinement, we finally completed our mission.

Introducing...

## **ThinMist™ - Uniquely Formulated Chromium (GTF) Oral Spray for a 100% Natural Reduction in Food Cravings and Assisted Weight Loss**

ThinMist™ is a one-of-a-kind **100% natural** oral spray that helps to **EXTINGUISH** high blood sugar and to set off a chain reaction of health gains that results in healthy long-term weight loss.

**Three sprays under your tongue 30 minutes before meals** is all it takes to top up your blood with the “chromium cement” your insulin needs for mopping up blood sugar.

Less blood sugar allows cravings for junk food to fade, making your adoption of healthy eating habits much smoother.

It's FAST-ACTING too.

In as little as 23 seconds the chromium (GTF) enters your bloodstream, and results that start to work up to 200% quicker than if you took it in pill form. No chromium capsule supplement can make these claims.

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<sup>14</sup> <https://nutritionj.biomedcentral.com/articles/10.1186/s12937-015-0105-1>

Yet when developing ThinMist™ we wanted to go further...

So along with chromium (GTF), ThinMist™ includes a **proprietary blend of amino acids, critical minerals and herbal extracts**. All handpicked for their perceived benefits in supporting hormone production, energy, and vitality.

**PLUS** ThinMist™ is flavored with the all natural essential oil of peppermint. So, it tastes great, **doubles as a breath freshener**, and has NO unpleasant aftertaste!

When you start spraying ThinMist™ 30 minutes before meals, you can look forward to:

- ✓ **Combating unhealthy eating patterns and taming your inner Carb Monster by helping regulate your blood sugar.**
- ✓ **Nuture a healthier metabolism so you naturally burn calories FASTER.**
- ✓ **Instead of feeling exhausted – you're energized. Motivated by the results. And eager to make healthier lifestyle choices.**
- ✓ **Being able to burn more glucose as energy can result in increased aerobic capacity...making it EASIER and more enjoyable to exercise**

- Made in USA
- No artificial ingredients
- Easy to take in seconds
- Delivered directly into the bloodstream
- No large pills to swallow
- Refreshing peppermint taste
- Delivers 500 mcg of Chromium (GTF) per day

## **ThinMist™ Helped Me Shred 25 lbs And Get in the Best Shape of My Life**

Taking ThinMist™ has been revolutionary for my own health.

You could say I was the first guinea pig to try it. And I *rapidly* noticed a reduction in my cravings when I started taking it daily before meals. This in turn helped change **my ENTIRE relationship with food** and to embrace mind-body techniques I still use today.

The increased glucose flowing to my muscles helped me become more physically active...I gained the motivation to take up jujitsu...and over time ugly rolls of fat became **hard, lean muscle**.

Somewhere around the 8 week mark...I hopped on the scales and jumped for joy (*nearly shattering them in the process*).

My weight had **PLUMMETED** from **212 lbs to 187!**

A full 25 lbs of fat – whoosh – gone! (*though, I've probably lost even more fat than that because I've been gaining lean muscle the entire time. I really should have measured my percentage body fat before I started*)

Here's how I look now after using ThinMist™ in combination with sensible dieting and ten minute walks after meals:



If you were to say I look a dead ringer for Pierce Brosnan in his James Bond heyday, my wife wouldn't disagree with you. She's been so impressed with my leaner, fitter body she's started saying 'Yummy' for the first time in decades.

And as you can tell from my happy face, getting my blood sugar and diet under control has been **transformative to my joy in life.**

Instead of feeling bloated, tired, and miserable...I'm sleeping better...I'm not getting crazy carb or sugar cravings...my energy levels are WAY up...and I feel motivated to sustain my healthy lifestyle changes for the long haul.

I remember seeing my dad at 52 and thinking he was an old man. Well, I'll be 52 this year and my body has never felt more physically fit...more physically strong...more physically capable.

I'm now a purple belt in Brazilian jiu jitsu. And I aim to be a brown belt next year, yet already feel I could takedown three quarters of America!

But more important than the lost weight has been **getting my other health markers under control.**

I can't tell you the relief I feel knowing I can look forward to seeing my son grow up, getting married, and having kids for me to chase around the garden someday.

Thanks to ThinMist™ I feel like I've **FINALLY** achieved my "ideal self". And I want the same transformation to happen to you...

## **Make ThinMist™ Your Catalyst for Change**

Now, I know you may be thinking I'm doing my best to make ThinMist™ sound like some sort of miracle weight loss cure.

I'm sure you've heard plenty of wild natural health claims...and tried all sorts of supplements in the past...but been let down by the results, am I right?

I hear you.

So I'm going to give it to you straight...

While it's **TRUE** that ThinMist™'s spray mechanism allows you to absorb **DOUBLE** the amount of chromium (GTF) and to better support healthy blood sugar and curb food cravings...

ThinMist™ is not a miracle cure.

ThinMist™ will not magically "melt away fat"...turn you into a "fat burning engine"...or whatever hypey claim unscrupulous marketers are using these days.

Let's be clear, ThinMist™ cannot give you a body like James Bond on its own.

Yet what ThinMist™ CAN do is provide **a catalyst for change.** Because you see, by helping to better manage your blood sugar levels and cravings, ThinMist™ gives you a **springboard to adopting healthier habits.**

Believe me, when you get cravings under control it makes everything else you'll need to do a **HECK** ton easier.

When you can *extinguish* high blood sugar and dampen down your hunger for carbs...**sensible eating becomes sustainable.**

When you can get more glucose to your muscles, brain, and organs...going for walks after dinner...chasing a ball around the park with your kid...or digging out your sneakers and pounding the pavement for the first time in a decade...all become **more ACHIEVABLE and pleasurable.**

These are all changes I achieved in my life thanks to ThinMist™. And I want you to make these changes as easy as possible for you too.

So what I've done is collect together a bunch of resources that give you an **entire body transformation program**. ThinMist™ then becomes the central cog driving you to success.

So, when you order ThinMist™ directly from this page, here's what else you get:

## **1. Letter of Commitment to Your Doctor**

It's natural to feel more committed to making changes in our lives when they're written down.

So, along with ThinMist™ you get a letter to share with your doctor stating your commitment to using it as a catalyst for achieving your ideal weight.

This customizable one page letter reveals:

- **How much weight you intend to lose**
- **The steps you'll be taking to achieve that weight loss goal**
- **What healthy lifestyle changes you'll implement**

...and more.

Presenting this to your doctor is also a great way of starting a discussion on what's needed for healthy, sustainable weight loss and setting *achievable* goals.

## **2. My Personal Story of Transformation and Why Most Diets Fail (Audio)**

In this frank audio recording, I share my personal journey from being overweight, bloated, and on the verge of severe health issues to slimming down 25 lbs.

A journey that led to me taking up the energy sapping sport of jujitsu in my 50s...relighting the spark of desire in my wife's eyes...and gaining a **newfound optimism for the future**, instead of living in fear of deteriorating health.



Yet, my personal story isn't just me boasting about my weight loss. It's intended to be a **heartfelt, honest plea for you to change.**

Yes, ThinMist™ can make a big difference in reducing your sugar cravings and easing your transition to sensible eating.

Yet it isn't until you take responsibility for your health that long-term weight loss becomes truly achievable.

In this 60 minute audio I reveal:

- **Why our present weight loss struggles are driven by childhood experiences (*and how to rewire unhealthy eating habits at any age*)**
- **How my grandma had her intestines removed due to diverticulitis (*and the immense motivation this gave me to change my own eating habits*)**
- **A clever trick for halving the calories in your dinner plate when eating out (*and then how to dissolve after dinner cravings without absorbing a single extra calorie*)**

...and more

### **3. Effortless Weight Loss (Digital Book)**

This concise yet thorough guide reveals 10 action steps to implementing sensible lifestyle changes.

Follow these steps, and you can look forward to dramatically increasing your chances of achieving your ideal body.

This includes:

- **5 things to track in a daily journal**
- **6 vital steps to investing in yourself**
- **7 food replacements for curbing your cravings while ramping up your nutrition**
- **The SMART method to setting and achieving your goals**

...and more.

## 4. Progressive Relaxation Series (Audio)

This four part audio series takes you on a journey of discovery towards identifying what causes you to overeat and then embracing healthier eating habits as part of a mindset of balance and control:

- **A set of questions to identify what may be driving your unhealthy relationship with food**
- **Affirmations to stay motivated and committed to healthier eating habits**
- **Visualization techniques for achieving a mind-body balance in your relationship with food and your ideal self through healthier eating habits**
- **Mindfulness meditations for reducing stress, helping you to relax, and avoiding comfort eating**

So you see, when you combine these bonuses with ThinMist™ you gain a complete program for making small lifestyle changes that can have a BIG impact on your success in achieving your weight loss goals **LONG-TERM.**

And best of all – the entire program is available via INSTANT DOWNLOAD.

So you can get started listening to all the audio guides and developing a healthier mind-body relationship with food immediately!

**It's a total value of \$79.95...**

**... But yours FREE with a minimum 90-day supply of ThinMist™!**

**Get Started Now... Order ThinMist™!  
Choose From These GREAT Savings Packages Below:**

**6-Month Supply - Only \$319  
(BEST VALUE!)**

You Get 6 Bottles of ThinMist™  
+ 2 FREE Bottles  
(for your car & office)...  
...Just \$39.87 per Bottle  
A \$153 Savings!



Plus - Take Home The FREE Bonus Gift:  
'Effortless Weight Loss' Audio Program (\$79.95 Value)

**FREE GIFT With Minimum 90-Day Supply**  
**'Effortless Weight Loss - The Secret's'**  
*(It's An Additional \$79.95 Value – Yours FREE!)*

This is a downloadable digital product

## How Much Weight Can YOU Expect To Lose...?

How much weight can YOU expect to lose when you combine ThinMist™ with sensible eating and exercise?

*It depends...!*

Your age... weight... diet... lifestyle... health... and current blood sugar levels will all impact how much weight you lose – and how fast.

For example, someone who is 50-60 lbs overweight will likely see faster, more dramatic results than someone who is trying to lose the last, HARDEST 10 lbs!

However, I can tell you:

1. **Getting your blood sugar levels under control makes it easier to reduce your food cravings, adopt healthier eating**

**habits, and gain the energy to exercise so you can lose the extra pounds you've gained since your 20s.**

- 2. AND - best results are typically seen after 60-90 days of daily supplementation with ThinMist™.**

... Yes, many of our ThinMist™ clients report dropping noticeable weight and clothing sizes in the first 3 weeks as a result of all the lifestyle changes they've made.

*(Extremely motivating!)*

However, remember... This isn't some scam diet pill that promises to suck 15 lbs. of fat out of your belly and thighs in 48 hours.

You're smarter than that, so you're going to be using ThinMist™ to help you achieve REAL, long-term weight loss by supporting healthier blood sugar and lifestyle changes.

And it only makes sense... recreating this balance takes time, right?  
Which is why:

## **We Highly Recommend That You Commit To A Minimum 90-Day Program**

And if you're **more significantly overweight (over 25 lbs.)** – or, you've been struggling with weight issues consistently since your twenties – then a 6-month program of supplementation is recommended...

... With ongoing daily supplementation after that to maintain the results!

**It's just like taking a daily vitamin: Once you STOP taking ThinMist™ the ingredients will disappear from your system over 2-3 weeks and your blood sugar levels will likely become unstable again...**

**... Once again putting you at greater risk of cravings, crashing energy levels, and weight gain!**

## **The Smallest Investment You'll Make... ... To Finally WIN The Longest, Most Frustrating Battle Of Your Life!**

Just for a moment, I want you to think about all the weight you've gained in the last 10 years... the last 20 years...

And now, I want you to imagine this extra flab and fat fading from your body...

### **Revealing a slimmer, more youthful-looking YOU.**

All your weight loss battles are finally over. No more food battles. No more exercise guilt.

Because it's so much easier to make healthier lifestyle choices when you're already feeling slimmer, more energized – and happy with the slimmer body emerging in the mirror.

Now consider: how much would feeling this great, EVERY DAY, be worth to you?

Does a \$1.49 per day seem fair? How about \$1.33? Yes?

Then I think you'll be pleasantly surprised, if not thrilled, to discover how affordable losing weight with ThinMist™ can be.

Because we offer THREE highly convenient, surprising affordable purchasing options to suit our varying client needs.

And, even better...

### **Try ThinMist™ RISK FREE For The Next 90 Days...**

***... With Our Money Back Guarantee!***

That's right. You're invited to try ThinMist™ RISK FREE for the next 90 days!

**So you have a full 90 days to experience the many weight loss and age-defying effects of increased chromium (GTF)...**

**... And see for yourself how ThinMist™ can help you make lifestyle changes that helps you lose those stubborn pounds, support healthy metabolism, give you the energy to exercise, and more!**

If you're not completely satisfied with the extraordinary changes in your physical appearance, energy levels, and general feelings of health – then you're invited to take advantage of our 90 day return policy.

**For single bottle orders:** If you don't feel significant improvement after trying ThinMist™ for at least 2 weeks, simply return the used bottle and we'll gladly refund your purchase price (excluding shipping).

**For multi bottle orders:** Return all unopened bottles and we will refund a prorated amount based on the number of unopened bottles you have returned, (excluding shipping).

It's extremely unusual for ANY weight loss program to offer such a generous money back guarantee. (It's easy for manufacturers to blame YOU for a lack of results.)

However, here at *The Healthy Back Institute*, **your health is our #1 priority.**

So we offer this 90-Day Money Back Guarantee without a second thought.

Because we want to encourage all of our clients to try the recommended 90-day program – so you have a chance to experience maximum weight loss results!

And because it's the right thing to do!

Like I mentioned earlier...

The best results from using ThinMist™ are achieved when combined with healthier lifestyle choices that include a better diet and regular exercise.

## **... So now the decision is yours**

Will you continue fighting your age-related weight gain with the same extreme dieting and fitness routines that you've ALREADY PROVEN don't work...(You just need to step on the scale to prove this is true!)

Or, are you ready to try something new...?

... And **apply the latest scientific advances in chromium (GTF) and our blood sugar metabolism** to finally release the brakes on your weight loss by using ThinMist™ to help NATURALLY boost your levels of chromium and extinguish high blood sugar?

***Raising your levels of chromium (GTF) can be the springboard to finally losing DECADES of age-related weight gain! Insulin is better supported in balancing blood sugar... Glucose flows to your muscles... Metabolism is boosted... Energy, motivation & confidence improve...***

***... With EVEN MORE dramatic results when simple, healthy changes are made to daily eating and exercise habits!***

But you don't have to take our word for it.

Because, remember...

**You're invited to try ThinMist™ RISK FREE for the next 90 days!**

*So join us, won't you?*

Put the science of youth to work for you with ThinMist™... and start on your path towards breaking free of all that extra weight that's been physically and emotionally holding you back.

Choose your savings package above – and we'll get your order shipped out right away!

***I Look Forwarding To Hearing YOUR Weight Loss Success Story!***

***Steven Hefferon, Co-Founder  
The Healthy Back Institute***