

Is your own body working against your weight loss efforts?

REVEALED

A "hidden" chemical may be keeping you from losing weight... and making you dangerously ill!

Your own body could be quietly sabotaging your health... and you wouldn't even know it!

INSIDE:

How this breakthrough discovery could dramatically improve the health and well being of anyone even slightly overweight... within just weeks!

PLUS:

- **Fight Stress, Sleep Better, and Lose Weight!**
- **"Toxic Fat" - do you have this deadly type of fat?**
- **Get out of the vicious dieting cycle with ease**



It's true! If you have trouble losing weight - or if you frequently feel stressed - this dangerous chemical could be responsible for those excess pounds... and be wreaking havoc within your body this very minute.

Control this chemical and turn your body into a fat burning machine.

Dear Friend,

I hope you're sitting down. Because what I'm about to tell you may be very shocking and frustrating.

The simple truth is this: **Your own body may be working against you** at this very moment.

It's true: elevated levels of one simple chemical - produced by the body as a reaction to stress - may be **accelerating fat production** within your body, making it virtually impossible to maintain a healthy weight.

But that's just the beginning.



This highly dangerous chemical - produced by your own body - may be responsible for more than just an inability to lose weight...it may also be making you sick!

Left unchecked, this harmful "enemy" will not only make it practically impossible for you to lose weight, but it will also weaken your hear, liver, kidneys and lungs...and do serious damage to your immune system.

And it will do all of this *silently* - without you ever knowing it. You could keep on dieting and exercising for years, with no success...unless you address this dangerous - yet hidden - problem.

For decades, doctors and medical researchers have been searching for the key to unlock this disastrous mystery - but with little luck...

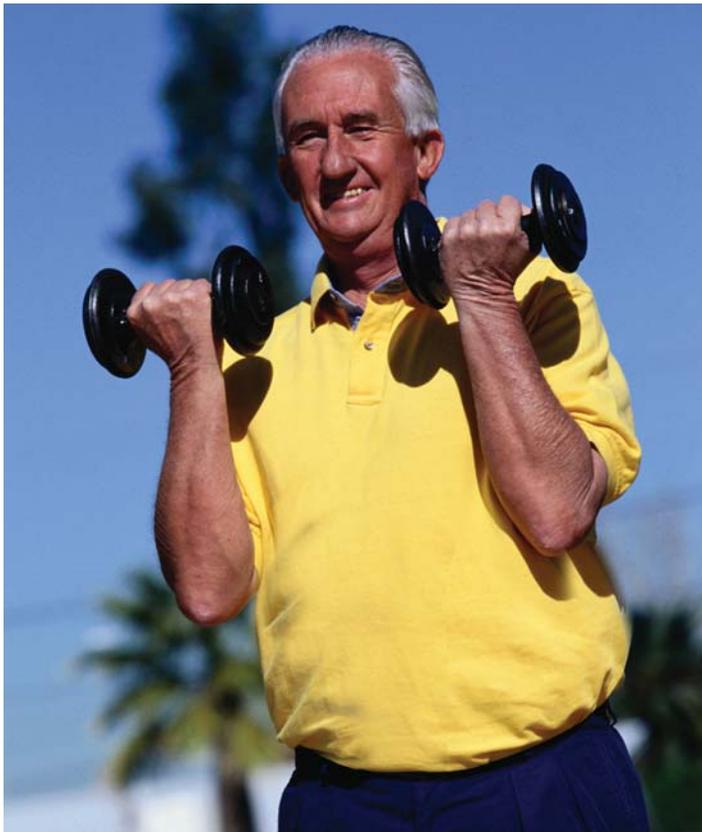
until now.

At Last!

In a breakthrough discovery not long ago at the University of Alabama in Huntsville - revealed at a meeting of the American Chemical Society (the world's largest scientific society) - chemical biologists reported that they had finally found a way to effectively and definitely defeat this dangerous "enemy within" once and for all.

The enemy is cortisol - a hormone produced in your body as a reaction to stress.

In just a moment, I'll tell you more about **one simple step** you can take to help control the level of cortisol in your body. In fact, I'm so convinced that one particular scientific breakthrough will help you live a longer, healthier life that I'm willing to make you an offer that is virtually unprecedented.



But first, let me tell you that at proper levels, cortisol actually does good work in your body.

BUT... at elevated levels - which is what happens when you're exposed to *prolonged* or *severe* stress - cortisol turns into an "enemy within" and actually negates any of the hard work you may be putting in to try and lose weight. By its very nature, this deadly chemical can lead to a dramatic increase in appetite...and a potentially deadly accumulation of extra fat in the abdominal region.

In addition, excess cortisol has now been identified as the culprit behind the rise of so many major health problems that are so prevalent in modern society.

Lost 17 Pounds

Thank you for your product. I had a difficult time losing weight even with exercise until I came across your information. I have lost 17 pounds in a three month period. My clothes are fitting much looser, and my co-workers and family members have complemented me and asked me what I've been doing. Thank you so much!

-- R. Marcotti, Lowell, MA

Stop Sabotaging Your Weight Loss Program

How Everyday Stress Can Prevent You From Losing Weight

No matter much hard work you may be putting into losing weight...it could all be for nothing. Sad, but true.

That's because of one simple - yet hard-to-eliminate - enemy: everyday stress.

You see, when your body is under stress - as is the case with most of us - a number of hormones are released in the body, including **cortisol**, epinephrine (or adrenaline) and norepinephrine.

This, of course, is a very natural process - it's your body's way of reacting to the stress and producing the energy needed to ward off danger.

The only problem is, epinephrine and norepinephrine levels each return to normal after the stressful event, but cortisol continues to remain high...and that can be dangerous.

One of cortisol's primary "jobs" within the body is to stimulate fat and carbohydrate metabolism...so that your body can produce energy quickly.

Unfortunately, however, this also eventually leads to an increase in appetite...so those people who are under chronic stress are prone to tremendous difficulty shedding extra pounds - and in many cases they actually *gain weight* in spite of all their hard work.

Excessive stress also affects sleep. When you don't sleep well, you increase your levels of ghrelin and decrease your levels of leptin - chemicals that work together to control feelings of hunger and "fullness". Therefore, a lack of sleep can cause you to feel more hungry. You don't know why, and you may not even realize your appetite is increasing, but you may be far too familiar with the result - weight gain.

But now - thanks to one revolutionary new supplement, **Perfect Defense** - you can fight the harmful effects of excess cortisol and take the first step toward weight loss success! You'll begin shedding those extra pounds and feeling younger within weeks...and best of all, you can try this remarkable product RISK-FREE. See page 11 for more details.



How Cortisol Contributes to Weight Gain... And Actually Works to Prevent You From Losing Weight

Believe it or not, this potentially dangerous chemical actually serves a vital - and helpful - purpose within your body.

Cortisol is a hormone secreted by the adrenal glands in response to stress. In many cases, of course, this is a *good* thing, as the human body reacts to danger or imminent threats by providing itself the extra "juice" it needs to overcome these threats.

The problem, however, is that in today's world there are all sorts of sources for stress that are readily available to each of us. *From the moment we wake up - typically to the sound of an overbearing alarm clock...through our daily commute and our often long and difficult workday - our bodies are reacting to stress.*

You see, it's the **excess cortisol** - produced because our bodies simply can't tell what kind of stress

we're under - that does all the harm.

In order to provide the energy needed to overcome a stressful situation, your body will secrete cortisol to give a quick energy boost. But over time - with regular exposure to stress - this increase in cortisol levels can also lead to **an increase in appetite**, which you may not even be aware of!

That's right, this chemical - produced by your own body - can actually lead to an increase in appetite...which means that any weight loss or exercise program you might be on has very little chance for success.

In order for your body to produce the energy it needs to respond to stress, it secretes excess cortisol. But that excess cortisol, in turn, makes you unconsciously eat more than you normally would...and at that point you begin to worry about how you'll ever be able to shed those extra pounds.

It's a terribly frustrating - and potentially dangerous - cycle. But wait...it gets worse.

The Danger of "Toxic Fat" - and How You Can Avoid It!

As you've seen, excess levels of cortisol can not only impede your weight loss efforts...this dangerous chemical can also promote weight **gain** as well.

But that's just one part of the problem. That's because excess cortisol typically results in excessive fat accumulation in the abdominal area.

This is typically known as "toxic fat" because fat in the abdominal region has been shown to have a high correlation with the risk of developing of cardiovascular disease.

It's critical - not just to your weight loss program but your overall health - that you carefully control the level of cortisol in your body.

And now there's a new supplement available to help you do just that - **Perfect Defense**. This breakthrough discovery - available now - could help you not only avoid the danger of "toxic fat" but also put you on the right track to overall weight loss success.

To learn more about how you can try **Perfect Defense** RISK-FREE for 90 days, please see page 11.

Not only does cortisol promote weight gain...it also **promotes weight gain in the most dangerous of places:** the abdominal region.

Studies have shown that excess levels of cortisol can lead to a buildup of "toxic fat." Toxic fat, of course, is buildup of fat in the abdominal region...a problem that is linked directly to an increased risk for developing cardiovascular disease, as well as heart attacks, high blood pressure, strokes and diabetes.

But the good news is that **there is some hope** for all of us who are looking to both reduce stress...and finally enjoy some success in shedding those extra pounds.

A Powerful - and Completely Natural - Tool In the Fight Against Excess Cortisol

Thanks to the discovery at the University of Alabama - which has now been confirmed by additional studies at Harvard University, the University of California San Francisco, and the University of Texas Medical Branch in Galveston - there is one powerful (and completely natural) substance that fights all the damaging effects of elevated cortisol levels.

Our panel of anti-aging medical doctors has scientifically formulated this compound together with special Hydrolyzed Collagen, Bromelain, Acerolla Cherry, Mineral Ascorbates, Pine Bark Extracts, Ascorbyl Palmitate, L-Glutamine, Bioflavonoids, and other special anti-cortisol co-factors to help block the harmful effects of excess cortisol. This potent **Anti-Cortisol Complex™** is now available in a powerful new multi-faceted health supplement developed specifically for fighting cortisol.

And all you have to do is take this new supplement powder once in the morning and once in the evening, and you will have a perfect defense against excessive cortisol damage - and a very powerful first step toward **achieving your weight loss goals.**

In fact, we call this new supplement "Perfect Defense" - and it's available only

from our company, eAntiAging Inc.

But before I tell you more about Perfect Defense, let me set your mind at ease about one thing: Those past weight loss failures were not really your fault. That's because, once again...

Conventional Diet Wisdom Gets it Wrong... Your Own Diet May Have Led to Your Weight Gain!

It's a vicious cycle, really. For decades, "conventional wisdom" has told us that dieting and exercise are the keys to weight loss success.

And there's no doubt that any successful weight loss program includes those two components.

But what the mainstream failed to tell us - and what we've only recently learned - is that stress (and the excess cortisol produced by that stress) is also an important component.

Think about it: what could be more stressful than a diet that isn't working? Have you ever felt frustrated because you followed a diet plan religiously...but didn't get the results you had hoped for?

If so, the stress you felt while worrying about that failed diet was **actually contributing to the failure of your weight loss plan.** The truth is, you were actually sabotaging your own hard work and good intentions...and you didn't even know it. What a nightmare!

But that was before we knew about the effect of cortisol...and before the "Perfect Defense" supplement was available.

You can help control the dangerous effects of excess cortisol - and start enjoying success in the battle to lose weight - thanks to this revolutionary new supplement. I'll tell you precisely how you can do this - starting **today!** - in just a moment. First, though, I must answer this important question:



How Does Excess Cortisol Hurt You?

As I mentioned earlier, cortisol comes from your adrenal glands and allows you to spring into action whenever anger is sensed. Put another way, cortisol is the hormone that triggers the "fight-or-flight" response to stress.

But like many emergency-alert systems, the stress response comes at a considerable cost.

Because as research has now shown, this dangerous chemical - when produced at high levels due to every day stress - contributes directly to our inability to lose weight...no matter how hard we try.

Sadly, though, that's not all.

Sustained high levels of cortisol can also lead to this whole list of serious and prevalent health problems...

- * Heart problems
- * Weight gain (especially abdominal fat)
- * Exhaustion
- * Reduced Growth Hormone levels
- * Blood sugar problems
- * Compromised immune function
- * Bone loss
- * Poor wound healing; easy bruising
- * Reduced testosterone
- * Infertility

- * Insulin resistance
- * Reduced collagen resistance
- * and more

Worse yet...

Cortisol Is Sneaky!

One of the main problems with cortisol is that it's "sneaky."

You see, an elevated cortisol level is not something you can immediately *feel*. And if it's elevated for too long - a few *months* is all it takes - you'll soon start to see a significant weight gain.

And if you happen to be dieting? Forget it - the excess cortisol will contribute to an increased appetite and the dangerous cycle of stress, dieting and weight gain will lead to disastrous results.

Many doctors don't even know how to diagnose an elevated cortisol condition. It usually requires a special laboratory blood test that wasn't available until just recently. And most doctors don't often prescribe it.

All of this means that your body is being attacked - and your weight loss efforts sabotaged - by a dangerous "enemy within" - and you don't even know what it is!



How Does Perfect Defense Work?

Perfect Defense is a tasty powder supplement that mixes easily in water or your favorite juice and contains a group of carefully selected ingredients designed to take a 3-pronged approach to battling the detrimental effects of excessive cortisol and helping you lose weight:

- 1. Anti-Cortisol Complex** containing Ascorbyl Palmitate, Bromelain, Acerolla Cherry, Mineral Ascorbates, special Hydrolyzed Collagen, Bioflavonoids and other special anti-cortisol co-factors helps suppress excessive cortisol levels.
- 2. AlkaBalance Blend** containing synergistic blend of Amaranth Grain, Flax Seed, Brown Rice, Millet, Carrots, Spirulina, Papaya, Broccoli, Licorice Root, Chicory, Wheat Germ, Octacosanol, Milk Thistle, Lecithin, and other nutrients that help alkalinize the body and balance the body's pH.
- 3. Met-Balance Complex** containing Chromium Polynicotinate, Vitamin A, Vitamin E, Vitamin B1, Vitamin B2, Vitamin B6, Vitamin B12, Niacin, Biotin, Zinc, and Selenium to help control metabolism and blood sugar.

Take it once in the morning and again in the evening to provide your body with the Perfect Defense against the damaging effects of excessive cortisol and turn your body into a fat-burning machine.

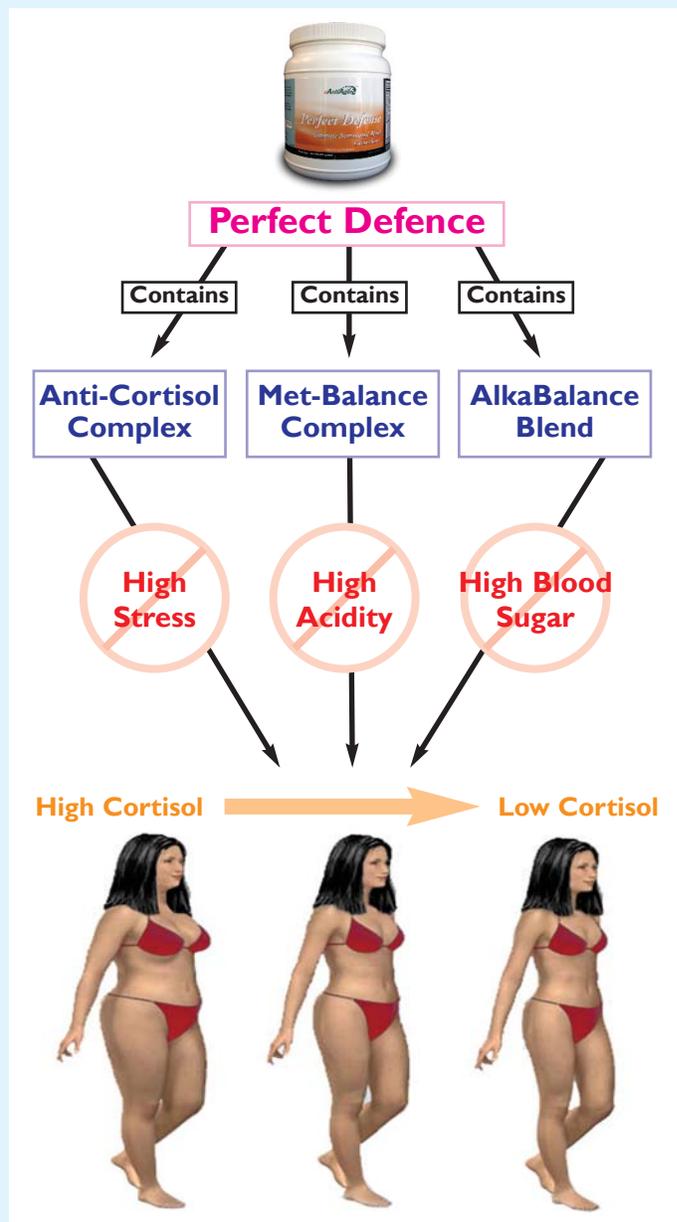
And then, after a few weeks, you'll start to shed those unwanted pounds and notice how much better you feel, how much better you'll be able to cope with stress. You'll notice your skin improve. You'll have energy for all the activities you love. And everyone will tell you how young and vibrant you look!

You Need A 'Perfect Defense' Against Excess Cortisol

Perfect Defense contains the Anti-Cortisol Complex™, a proprietary blend of not just one, but MANY nutrients that synergistically work together to counter the negative effects of excessive cortisol.

In addition to the Anti-Cortisol Complex™, Perfect Defense also contains the AlkaBalance Blend™ and Met-Balance Complex.

The **AlkaBalance Blend™** is scientifically formulated to help reduce the acid level of your blood



and put your body into the perfect pH balance.

This is very important, because most people who suffer from **severe stress** also have very high **acid levels** in their blood, which can then provide favorable conditions in the body for cancer cells to grow and multiply rapidly and may cause you to have a major health crisis.

But Perfect Defense contains this special **AlkaBalance Blend™** - a unique combination of "**whole food extracts**" that help alkalinize the body. This crucial blend includes amaranth grain, flax seed, brown rice, millet, carrots, spirulina, papaya, broccoli,

licorice root, bromelain, chicory, wheat germ, acerolla cherry, octacosanol, milk thistle, lecithin, and more!

Perfect Defense is a key way to get rid of acid toxicity and helps to reduce high level of cortisol that may build up in your system.

The **Met-Balance Complex** is a proprietary blend scientifically formulated to help control your metabolism and blood sugar. Having a metabolically balanced body is one of the key factors for optimal health and maintaining a healthy weight.

Met-Balance Complex is made up of chromium polynicotinate (the most bioavailable form of chromium), vitamin A, vitamin E, vitamin B1, B2, B6, B12, niacin, biotin, zinc and selenium. It's a powerful combination that is very important in reducing the effect of excessive cortisol in your body.

As a matter of fact, the *carefully selected* ingredients - blended in a precise combination - in Perfect Defense will do all of the following for you (and more) - simply by fighting excess cortisol...

- **Remove the hidden obstacle** - and provide your body with a fighting chance - in your **battle to lose weight**. You'll finally be able to start shedding those extra pounds...without having your own body secretly working against you.
- Help you **feel years younger** by promoting healthy bones, healthier skin and improved muscle tone!
- Improve overall heart health by normalizing your heart rate, strengthening your heart and normalizing your blood pressure!
- Help you **become more productive** by providing you more energy throughout the day, elevating your mood and fighting depression
- **Make you stronger and healthier** by reducing upper-respiratory infections and increasing your "IgG antibody" level - the body's #1 defense against infection!
- Plus much more!

This Important Complex Is Not Found Within the Body!

It's important to note that one of the reasons you need Perfect Defense is that the Anti-Cortisol Complex™ cannot be totally manufactured naturally within the human body (like it is in some animals.) Therefore, you need to take the Anti-Cortisol Complex™ in supplement form - either through your diet or, more easily, through our own Perfect Defense.

With Perfect Defense, you get it all! Over 50 nutrients in one convenient, tasty powder supplement, which you simply mix with water or juice in the morning, and then again in the evening.

The result?

You'll lose weight, feel better, look better, and maintain a strong, healthy grip on your life...

No matter what your age!

What Perfect Defense Is NOT

Perfect Defense is not a magical supplement that will instantly vanish fat, nor is it a program that promises to eat all you want without exercising (if any program promises you those things, they are promising you FANTASY and not reality). Perfect Defense is based on proven, sound, safe, scientific knowledge on a specific combination of nutrients your body needs to fight and overcome excess cortisol, which is preventing you from losing weight. Your body is naturally a fat-burning machine. However, excess cortisol has turned it into a fat-producing machine. Control cortisol, and you can control the weight.

Perfect Defense tastes great, mixes easily, and - perhaps best of all - is affordably priced... especially when you take advantage of...

Our Special Introductory Offer!

The regular retail price of Perfect Defense is \$116.65 per jar (a one-month supply).