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## Free Newsletter

### Bodybuilding & Fitness Secrets NEWSLETTER

Your Source For The Truth About Bodybuilding, Fitness And fat Loss... The Natural Way

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#### In This Issue (#59)

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### NO CHALLENGES = NO GROWTH

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#### Editorial by Tom Venuto

*"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, vision cleared, ambition inspired, and success achieved."*

*~Helen Keller~*

There's something extremely motivating about a **challenge**. When someone says, "You have a big **problem**", it's a totally different feeling than when you hear, "I have a big challenge for you." A problem is negative and de-motivating. A challenge is positive and motivating.

One of the keys to motivation, growth, learning and fulfillment is to reframe everything in life as a challenge – even adversity, difficulty and "big problems." It's been said that within every problem or adversity is the seed of an equivalent or greater benefit. You just have to look for it and figure out how to turn it to your advantage.

How you decide to look at things is your choice. It's called "perspective." Two people can look at the same event and see two different things. Instead of viewing a tough job or workout as a chore that you dread, you can call it a challenge. When you're confronted by an unexpected problem, roadblock or difficulty, you can call it a challenge and say, "BRING IT ON!"

Did you ever daydream of having all the money you need, perfect health, the body of your dreams, the perfect companion, wanting for nothing... and NO "PROBLEMS?" .... no challenges? Sounds like everyone's wildest fantasy

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[Burn The Fat, Feed The Muscle By Tom Venuto](#)



How to lose stubborn body fat - natural bodybuilding champion reveals all the secrets...

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Independent researcher reviews popular bodybuilding supplements and reveals how to build solid lean muscle...

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**Fit Over 40 By Jon Benson and Tom Venuto**



How an obese couch potato - ordered to "lose weight or die" - discovered an amazing anti-aging fitness secret... [Click Here](#)

**Firm And Flatten Your Abs By David Grisaffi (Foreword by Tom Venuto)**



Quickly Shrink Your Waistline, Lose Body Fat, Eliminate Low Back Pain And Develop A Stunning Set of Six Pack Abs... [Click Here](#)

doesn't it? But what if you had it all? What then? What would you do? Retire to a tropical island, frolick in the ocean and lounge in the sun doing nothing?

That would be fun for a while and a great way to balance stress and work with rest and recovery, but to seek nothing but complete rest or retirement is the great illusion. They say that "death follows disengagement." When the challenges are gone and you're not engaged in some endeavor, some business, some game, something bigger than you, you don't "retire," you rot. Everything that is not growing is dying.

Life usually throws plenty of "challenges" our way, but challenges are so important, that if they aren't imposed on you externally, or stumbled upon along the path, then you must impose them on yourself or seek them out. Intentionally put yourself in challenging situations and environments. Set big goals. Impose deadlines. Thrive on the pressure - as all great athletes do. Enter competitive situations. Step up to the plate. Get in the game. If you don't have a "game" to play, then you'd better find one or invent one... quickly.

Challenges give you the opportunity to learn and to grow. The bigger the challenge, the more you will learn, the more you will grow and the stronger you will become. No challenges = no growth. No growth = death.

Don't shrink from challenges or pray not to have them... sign up for them, conquer them and grow from them!

***Eat right, train hard and expect success***

**-Tom Venuto**

**HOW TO FIRM AND FLATTEN YOUR ABS**

Abs! Abdominals! Your Six Pack! The Core muscles! No matter what you call them, everybody wants them! Whether you're training for sports, bodybuilding or just to look good on the beach; whether you are male or female, young or old, it doesn't matter. There's not a single person who doesn't want a lean, tight, fat-free, set of abs.

The trouble is, getting great abs is not easy. Most people will waste years of effort and hundreds or even thousands of dollars on all the latest infomercial gadgets and diet gimmicks, trying in vain to obtain that ever-elusive lean, muscular six pack stomach, with nothing to show for their efforts.

If you want to save time and money, separate hype from truth, bypass years of trial and error, and finally get your own "six pack rack" of abs, then you must educate yourself in two critical areas: (1) fat burning nutrition, and (2) Scientific abdominal and core exercises. You can't get great abs without both! That's where the new ebook, Firm And Flatten Your Abs, By David Grisaffi (2nd edition, forward by Tom Venuto), comes in... with 44 exercises, 129 photographs and 7 levels of routines, it is the top-rated resource for scientific abdominal and core training secrets....



[www.flatten-your-abs.com](http://www.flatten-your-abs.com)

## QUESTION OF THE MONTH

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**QUESTION:** *Dear Tom: I have been following your [Burn The Fat system](#) with good results. I am losing body fat and maintaining my current lean mass. I've noticed that during my calorie deficit phase I sometimes suffer from light headedness and nausea out of the blue for no particular reason but not during my maintenance phase. I was looking into it and read an article that said that toxins from the food in the "typical American diet" of processed crappy foods get stored inside our fat cells along with excess dietary fat when we overeat, and when we create a calorie deficit and burn the excess fat in our bodies, we release those toxins back into the blood stream. Have you ever heard of this? Any truth?*

for the answer, click here:

[http://www.tomvenuto.com/asktom/toxins\\_in\\_fat\\_cells.shtml](http://www.tomvenuto.com/asktom/toxins_in_fat_cells.shtml)

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## FEATURED ARTICLE OF THE MONTH

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### Night Time Eating And Fat Loss Revisited

By Tom Venuto, author of  
[Burn The Fat, Feed The Muscle](#)

"Eat breakfast like a king, eat lunch like a prince and eat dinner like a pauper." This maxim can be attributed to nutrition writer Adelle Davis, and since her passing in 1974, the advice to eat less at night to help with fat loss has lived on and continued to circulate in many different incarnations. This includes suggestions such as:

- "Don't eat a lot before bedtime"
- "Don't eat midnight snacks"
- "Don't eat anything after 7pm"
- "Don't eat any carbs at night"
- "Don't eat any carbs after 3 pm"

and so on...

I too believe that eating lightly at night is usually solid advice for people seeking increased fat loss, especially for people who are inactive at night. However, some fitness experts today, when they hear "eat less at night", start screaming, "Diet Voodoo!" It's no wonder too, because the advice to "eat less at night" (often given in a very specific context), has too often morphed into a common myth: "Eating carbs at night makes you fat"

Opinions on this subject are definitely mixed. Many respected experts strongly recommend eating less at night to improve fat loss, while others suggest that it's only calories in vs calories out over 24 hours that matters.

The critics claim that it's silly to cut off food intake at a certain hour or to presume that "carbs turn to fat" at night as if there were some kind of nocturnal carbohydrate gremlins waiting to shuttle calories into fat cells when the moon is full. They suggest that if you eat less in the morning and eat more at night, "it all balances itself out at the end of the day" so it's a wash.



Of course, food (or carbohydrate) does not turn to fat simply because it's eaten after a certain "cutoff hour." What we do know for certain is that the law of energy balance is with us at all hours of the day - and that bears some deeper consideration when you consider that we expend the least energy when we are sleeping and many people spend the entire evening watching TV.

I recently had the privilege of interviewing sports nutritionist and dietician Dan Benardot, PhD for our members-only fat loss support community at [www.BurnTheFatInnerCircle.com](http://www.BurnTheFatInnerCircle.com), and he gave us a very interesting perspective on this.

Dr. Benardot said that thinking in terms of 24 hour energy balance may be a flawed and outdated concept. He says that the old 24-hour model of energy balance looks at calories in versus calories out in 24 hour units. However, what really happens is that your body allocates energy minute by minute and hour by hour as your body's needs dictate, not at some specified 24 hour end point. Dr. Benardot called this new paradigm "Within day energy balance."

Although Dr. Benardot recently refined the concept to the precision of an hour by hour algorithm, the general idea is not a new one. I first heard this concept suggested by Dr. Fred Hatfield about 15 years ago. Hatfield explained that you should be thinking ahead to the next three hours and adjusting your energy intake accordingly.

The Within Day Energy balance approach not only backs up the practice of eating small meals approximately every three hours, AND the practice of "nutrient timing" (which is why post workout nutrition is such a popular topic today, and rightly so), it also suggests that we should adjust our energy intake according to our activity.

Let's make the assumption most people come home from work, then plop on the couch in front of the TV for the rest of the night. Let's also assume that the majority of people go to bed late in the evening, usually around 10 pm, 11 pm or midnight. Therefore, nighttime is the period during when the least energy is being expended.

If this is true, then it seems logical enough to suggest that one should not eat huge amounts of calories at night at a time when it is not needed. The result could be increased likelihood of fat storage. Of course, from the within day energy balance perspective, it also suggests that if you train at night, then you should eat more at night to support that activity.

Those working inside a 24 hour model of energy expenditure would say timing of energy intake doesn't matter as long as the total calories for the day are in a deficit. But who decided that the body operates on a 24-hour "DAY?"

Does your body really do a calculation at midnight and add up the day's totals, then Zero-out like a business man when he closes out the register at night? It's a lot more logical that energy is stored in real time and energy is burned in real time, rather than accounted for at the end of each 24 hour period.

Consider these two examples: Person A eats 2500 calories per day, with nothing for breakfast, nothing before or after the morning workout, 500 calories for lunch, 750 calories for dinner and 1250 calories before bedtime.

Person B consumes the SAME 2500 calorie diet with 5-6 small meals of approximately 420 calories per meal and then tweaks those meal sizes a bit so that he eats a little more before and after his late morning workout and a little less later at night.

Both are 2500 calories per day. According to "a calorie is just a calorie" and "24 hour energy balance" thinking, both diets will produce the same results in performance, health and body composition. But will they? not according to current thinking about nutrient timing, and not according to the concept of "within day energy balance."

Daily (24-hour) calorie calculations have their uses, as in figuring your daily calorie intake level for menu planning purposes, but at the same time, 24 hour energy balance is just the way we academically sort calories so we can understand it and count it in convenient units of time.

Ok, enough about calories; what about the individual macronutrients? Some people don't simply suggest eating fewer calories at night for fat loss, they suggest you take your calorie cut specifically from carbs rather than from all macronutrients evenly across the board. Is there anything to it?

Well, there's no experimental research I'm aware of that proves it definitively, but there's are some theories. The most commonly quoted theory has to do with insulin.

The late bodybuilding guru Dan Duchaine was once asked by a competitor:

*"I want to get cut up for an upcoming contest. Should I eat at night? I heard I shouldn't eat carbs after six pm."*

Duchaine answered:

*"It's true that insulin sensitivity is lowest at night. Let's discuss what is happening in your body that makes it dislike carbs at night. Cortisol, a catabolic hormone, is highest at night. When cortisol is elevated, your muscle cell insulin sensitivity is lowered..."*

More recently, David Barr wrote a tip on "lower carbs at night" for T-Nation. He said:

*"Even when bulking, you don't want to start scarfing down Pop Tarts before you go to bed. Our muscle insulin sensitivity decreases as the day wears on, meaning that we're more likely to generate a large insulin response from ingesting carbs. Stated differently, we're more predisposed to adding fat mass by eating carbs at night because our body doesn't handle the hormone insulin as well as it does earlier in the day."*

Mind you, Barr is a not a "diet voodoo" kind of guy; he is a scientist who has also been called a "dogma destroyer" and "myth buster"... and Duchaine, although he had a shady past as a steroid guru who did prison time, was nevertheless highly respected by nearly all in the bodybuilding world for his ahead-of-his-time nutrition wisdom.

As a result of advice such as this, word got out in the bodybuilding and fitness community that you should eat fewer carbs at night. Real world results and the "test of time" have suggested that this may be an effective strategy. Most nutrition and training experts also agree that insulin management and improvement of insulin sensitivity are effective approaches in the management of body composition, health and performance.

However, it's only fair to point out that not all scientists agree that cutting carbs at night will have any real world impact on fat loss. Dr. Benardot, for example, doesn't think there's much to it. He says that exercisers and athletes in particular, usually have excellent glycemic control, so the ratio of macronutrients should not be as much of an issue as the total energy balance in relation to energy needs at a particular time.

Keep in mind of course, that cutting back on your calories and or carbs at night makes the most sense in the context of a fat loss program, especially if fat loss has been slow. It's quite possible that a skinny "ectomorph" who is having a hard time gaining muscular body weight would be best served by doing the exact opposite (eating heavy meals late at night).

Also consider that "eat less at night" doesn't necessarily mean "eat nothing at night; it may simply mean eating smaller

meals, emphasizing lean protein and green veggies or taking a small protein shake such as casein.

Many programs suggest a specific time when you should eat your last meal of the day. However, I'd suggest avoiding an absolute cut off time, such as "no food or no carbs after 6 pm, etc," because that lacks the individualization factor. People go to bed at different times, and maintenance of steady blood sugar and an optimal hormonal balance even at night are also important goals.

A more personalized suggestion for a fat loss program would be to cut off food intake 3 hours before bedtime, if practical and possible. For example, if you eat dinner at 6 pm, but don't go to bed until 12 midnight, then a small 9 pm meal or a snack makes sense, but keep it light, preferably lean protein, and don't raid the refrigerator at 11:55!

An important rule to remember in all cases, is that whatever is working, keep doing more of it. If you eat your largest meal before bed and lose fat anyway, I would never tell you to change that. Results are what counts. On the other hand, if you're stuck at a fat loss plateau, this is a technique I'd suggest you give a try.

Night time eating is likely to remain a subject of debate - especially the part about whether carbs should be targeted for reduction or removal in evening meals. However, perhaps even those who are skeptical can consider this: If setting a rule to eat fewer calories or to eat fewer carbs at night is effective for fat loss, it may be for the simple reason that it forces you to eat less automatically.

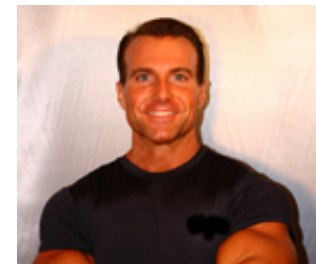
In other words, this is an effective way to keep your total daily calories in check and to match intake to activity, whereas people who are allowed to eat ad libitum at night when they're home, glued to the couch and watching TV, etc., may tend to overeat when the energy is not needed in large amounts.

Me personally? Unless I'm weight training at night, (I usually train mid to late morning), I have always reduced calories and carbs at night when "cutting" for bodybuilding competition. It's worked so well for me that I have names for the techniques: "calorie tapering" and "carb tapering" and I devoted a whole section to it in my e-book, [Burn The Fat, Feed The Muscle \(BFFM\)](#).



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*Tom Venuto is a lifetime natural bodybuilder, an NSCA-certified personal trainer, certified strength & conditioning specialist (CSCS), and author of the #1 best selling diet e-book, [Burn The Fat, Feed The Muscle](#). Tom teaches you how to lose fat without drugs or supplements using the little-known secrets of the world's best bodybuilders and fitness models. Learn how to get rid of stubborn fat and turbo-charge your metabolism by visiting [www.BurnTheFat.com](#), home of Burn The Fat, Feed The Muscle and [www.BurnTheFatInnerCircle.Com](#), the Internet's premier members-only fat loss support community. .*





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## MONTHLY MOTIVATOR

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**Why You Need To Create A Victory Log Now**

[www.ThinkRightNow.com](http://www.ThinkRightNow.com)

Even though you don't want to live in the past, this can be an invaluable tool for you. Throughout our lives, every single one of us have had times where we did something great, or at least really good... someone gave us an approving glance, a promotion, a new client. Perhaps we dated someone hot! Wedding day, giving birth, scoring a touchdown, winning a medal. You simply helped someone out that needed it. These events made you feel good.

A very effective way to put yourself into a great mood any time you want, especially at times where exceptional performance is needed NOW, is to create...Your Victory Log. A Victory Log is merely a sheet of paper that you have nearby any time you need to be reminded of past successes of ANY kind. By reminding yourself about your successes, by pulling out that little sheet, you'll often be able to go on and reach down and grab your greatest performance ever even from the depths of despair. Often times, you just need to be able to REMEMBER that you can do it, when your thinking is really cloudy.

If you get depressed, pull out your Victory Log and you'll feel a whole lot better. I absolutely guarantee it. Yes, this is simple. That's why it works. Do you think that the doers - the real winners in life - are that much different than you? Mostly, with exceptional people, they just keep their victories just below their consciousness, so that magical confidence is right there when they need it. So PLEASE, PLEASE, PLEASE do this exercise. Don't put it off. If now isn't good, do it later today. It's easy. It's fun. And you'll feel great about yourself when you're done.

And... you'll have it forever. What a great gift to yourself. Please take a few minutes and do this!!! This silly little sheet of paper can pull you out of the deepest hole faster than anything you've ever seen. Here's how. In the areas listed below we want to create a big list of even the tiniest successes. I often look at my list when I'm feeling not up to a task. Hey, no one can be at their best all the time.

Write down just a few words to jog the memory so that when you look at it, you'll know. Many people type these out

afterwards. Go back to as far as you can remember. Even kindergarten is fair game. Learning - tests, quizzes, semester averages, awards, scholarships, I.Q., diploma. Include all grades and college.

Romantic relationships - dated a "hottie," got the glance in the mall, had a particularly romantic night/week/month, had 'em all after you, summer camp, phone call, poems, cards, got whistled at. Go back as far as you need to.

Sports (even backyard sports) - touchdowns, hits, baskets, goals, blocks, double plays, great shots. Include board games and cards, too.

Work - promotions, sales, raises, pats on the back, contests, trips, saved money for the company, teamwork, great days, winning, solving a problem, saving a life, got elected, a finalist for the job, made the big sale, got the listing.

Personal - convinced someone to a new way of thinking, landscaping, painting, art, cleaning the house, new clothes, great dinners, children in plays or sports, losing weight, eliminating a bad habit, building/fixing something, tuning up the car, new car day, new home, getting a letter/notification, made dinner, helped a friend.

Social - kept your temper, you were elegant, gave a great speech, the party was a success.

Health - cholesterol is down, stopped smoking, lost weight, ran 100 yards/one mile/three miles, climbed the mountain, changed your diet, walked by the chips in the store, etc.

Do this for every area of your life. I have one for kicking a 50 yard field goal. Believe me, I'll never forget it. Especially when NFL kickers have missed 30 yarders to lose games! But even the small ones, like walking by the potato chips today... That's a victory and shouldn't be discounted. Because you were strong just then, and deserve recognition. No one else is likely to do it, so you MUST.

Don't think little things are not important. They're everything -- everything. Watch during sporting events, when a player makes a mistake and the other team scores as a result. Momentum shifts. Why? Because after mistakes they begin focusing on what went wrong... instantly. And the team that scored is focused on their scoring. They're pumped up. Confidence rises.

You need that confidence too, to do your best every day and every minute. So focus on what you've done right, and you'll develop it. How can you do this? Your Victory Log... the fastest way in the world to build your confidence and increase your skills. "What does *your* Victory Log look like?"

#### WINNING BELIEFS:

- I keep my Victory Log with me at all times
- When I look at my Victory Log I feel powerful
- I have many victories to power my determination
- My victories give me confidence
- I have many little victories every day



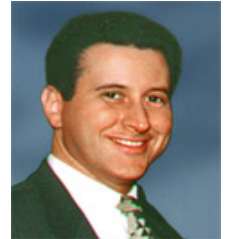
-- I give myself pats on the back when I do something well

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### About The Author

Mike Brescia is the creator of the world-renowned Think Right Now! Accelerated Success Conditioning Programs. Mike becomes your own personal success coach - guiding, motivating, inspiring, teaching and moving you in a way that only a best friend would. Mike will inspire you to take a hard look at yourself and be accountable for what you are in life, to be dissatisfied with the "old you" and the bad habits, to take action, ready to happily do whatever it takes to win the game of life. Learn more about the "Think Right Now" programs at [www.ThinkRightNow.com](http://www.ThinkRightNow.com)



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### QUOTES OF THE MONTH

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*"I'd rather be moving in the wrong direction than no direction at all. It is easier to correct course than to start."*

- General Norman Schwarzkopf

*"No matter how long you have been traveling on the wrong road, turn back"*

- Turkish proverb

*"While the worryers are worrying, the planners are planning and the accountants are figuring our why we can't afford it, I'm busy getting it started"*

- Walt Disney

*"I refuse to accept that there are impossibilities."*

- Henry Ford

*"Always use the word impossible with the greatest caution."*

- Wehner Von Braun, father of the space program

*"A single test is worth a thousand opinions"*

- Wehrner Von Braun

*"Far and away the best prize that life has to offer is the chance to work hard at work worth doing."*

– Theodore Roosevelt, 26th US president

*"Hell begins the day that God grants you the vision to see all that you could have done, should have done, and would have done, but did not do."*

- Goethe

*"The rung of a ladder was never meant to rest upon, but only to hold a man's foot long enough to enable him to put the other somewhat higher."*

– Thomas Huxley, biologist

*"Many people dream of and hope for success. To me, success can be achieved only through repeated failure and introspection. In fact, success represents 1% of your work, which results from the 99% that is called failure."*

-Soichiro Honda

*"Progress always involves risk. You can't steal second base and keep your foot on first."*

– Frederick B. Wilcox

*"My interest in life comes from setting myself huge, apparently unachievable challenges, and trying to rise above them."*

- Richard Branson

*"I always remember an epitaph which is in the cemetery at Tombstone, Arizona. It says: "Here lies Jack Williams. He done his damndest." I think that is the greatest epitaph a man can have – When he gives everything that is in him to do the job he has before him. That is all you can ask of him and that is what I have tried to do."*

– Harry Truman, 33rd US president

*"Visionaries are always willing to sacrifice the present for a better future, myopics always sacrifice the future for instant-gratification, thus they have no future."*

- Gene Landrum

*"A man can make mistakes, but he isn't a failure until he starts blaming someone else."*

-Don Shula

*"What you are is god's gift to you and what you do with what you are is your gift to god"*

- George Foster

*"I am the greatest. I said that even before I knew I was the greatest. Don't tell me I cant do something. Don't tell me it's impossible. Don't tell me I'm not the greatest. I'm the double greatest.*

-Muhammed Ali

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