

It's time to start letting food work for you, not against you. Stop wondering

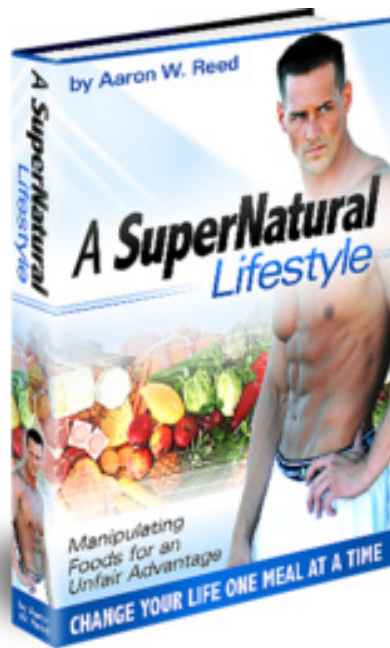
SuperNatural Physiques Presents



It's time to start letting food work for you, not against you. Stop wondering

if your eating the right thing to reach your goals. Start today like people all over the country have. Find out how to get the most out of your hard work! **NO more uncertainty** about what to eat before or after a workout, **NO confusion** about what to eat when you dine out at your favorite restaurant. **NO More eliminating SUGAR's and FAT's** from your life. Don't try another "DIET" they never work. Instead find out how rewarding and easy it is to live

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Just for visiting my website I want to give you **a FREE gift**, be sure to sign up for my newsletter down below. I know once I reveal to you the information I have, you will have success just as I have.

Get FREE Instant Access To The "Unusual approach to Eating to Get Ripped and Grow Muscle" Presentation With Author/Athlete **Aaron W. Reed.**



"Competing as a Natural Athlete my meals are everything. With a little time I learned how to Manipulate Food For an Unfair Advantage. The best part about is I eat SUGAR, FAT and PROTEIN DAILY! Let me teach you how to do as I do. I can Boldly say I promise it will work! I can say that because I am not pushing some trendy diet fad, nope. I TEACH my students how to Eat. Once my students grasp my simple logic towards preparing their meals, its always the same result, SUCCESS! "One Meal at a Time..."

- **In-depth explanation of how the body sheds fat by getting HEALTHY** and the techniques I used to achieve Homeostasis, Compete as a 100% Natural athlete weighing almost 250lbs on stage. (I can show you how to get ripped without starving yourself!!)
- **Why I ignored all the advice from other top Bodybuilders, Power lifters, top trainers and magazines** I didn't want to poison myself with any harsh chemicals or hormones (Short cuts are never the answer, I didn't want to put my health at risk just to RENT my physique!)
- **Why Dieting Never lasts. NO more Yo-Yo effect.** When your body gets hungry it needs to be fed. Where everyone goes wrong is not knowing what to eat. (There is always a best choice!)
- **How I Figured out When to Eat What.** When you eat the right foods at the right times your body becomes a Fat Burning, Muscle Building Machine! There is always a BEST food to eat!

- **An Alternative to Testosterone.** Let me say this; Our body's Natural Insulin is more powerful than Testosterone if manipulated correctly. (This will blow your mind)
 - **Plus Even MORE** Tips For getting the healthy head turning body you always wanted.
-

"Here Are The **5 DUMBEST** Things You Can Do If You Want To **Get Ripped and Grow Muscle** *Without* Damaging your Health,"

1. Assume Working Out is More Important Than Eating Right.

The amount of time spent in the gym is only a fraction of your life. Don't think you need to train like and Olympic Athlete to get into shape. Nutrition is about 80% of our success when it comes to looking good and feeling great!

Its easy to get discouraged when entering a gym for the first time. It's intimidating and can be dangerous when you are trying to keep up with season vets that have spend their entire lives in a gym. That's a good way to get hurt.

However, understand every **TOP** Athlete in the building has figured out some type of nutritional strategy to help them reach their goals. What they wont tell you is what I will.

2. Spend Lots of Money on Supplements Before Eating Correctly.

Let me make something very clear. Dietary Supplements do exactly what they are labeled. They are suppose to supplement something we don't get out of our Diet.

The only way any of the **Amazing Athletes** we see in the magazines got in such great shape is not because they were taking the supplement they GOT PAID to promote. NO, they worked hard, ate correctly and stayed disciplined. Supplements have their place in reaching any physical goal but let it be clear these athletes we see in magazines practice proper nutrition and training first and foremost.

If it was as easy as every advertisement claims it is to look great we should see a country full of super fit Americans, not a country fighting a losing battle to obesity and diabetes.

So, Instead of spending 100's of dollars each month on secondary food products and "**Get fit quick miracle pills,**" invest in some whole foods and education and watch you life change. After that you will be ready for supplementation for maximum results.

3. Starving or Stuffing to Get Results.

Simply holding calories back to lose weight is dangerous, uncomfortable and short lived. Ya, we can all lose weight if we want to starve ourselves but what happens when we start eating again. It all comes back and then some. That is because the body is a survivor and will compensate for the absence to prepare for next time.

Eating lots of junk food for the added calories is not going to help you grow muscle any faster, but it will make you gain lots of fat. There is always going to be [best times to eat for success](#) no matter what your goal is. Doing this we can stay lean while we make gains.

People tell me all the time, "[how can I lose weight if I am eating all the time, or how can I get big if I don't eat lots of calories or junk?](#)" The answer is understanding how the body simply handles food. It is as simple as understanding digestion. The body is working with you. When fed correctly it will grow when it needs to and eliminate everything it doesn't that means FAT!

4. Believe learning the best foods to eat Specifically for you is impossible.

I hear it all the time. Somebody will say how hard it is to find out what foods they respond to. Well, ya that was hard until I created a book that outlines all of the best times to eat all of nature's different foods.

Let's take pre workout for instance. We need some sugar before we are going to smash our workout so that our muscles have enough glycogen to train at peak performance. So what kind of sugar? A piece of fruit. Ahh haa! Did a light go off? Now that we know what kind of food to eat and why its up to you to decide for yourself; Do I get better workouts with an apple or a banana and so on.

This is the simple approach I take to every meal at every different time of day. I am being directly honest when I say I wish I would have known this information when I started almost 20 yrs ago.

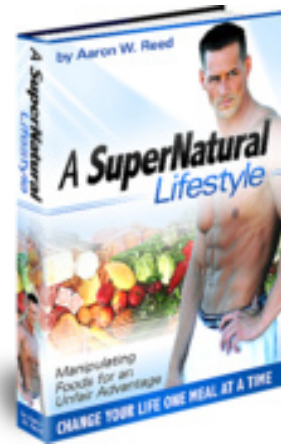
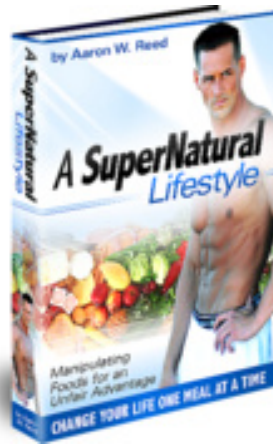
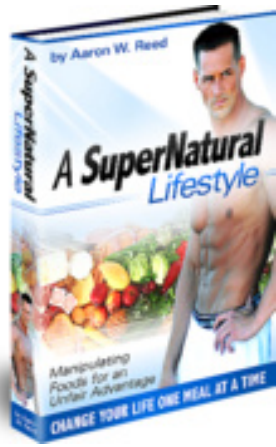
5. Believing Extra Energy Only Comes From a Pill or Shot.

The reason most people lack energy is not because of anything other than their body is depleted of nutrients.

When this happens people should find something good to eat instead of running for a quick fix product granting superficial energy that is short lived making us feel worse when its over.

Try eating a piece of fruit next time you need a burst of energy. Notice how you feel. your body will thank you for it.

My Food and Nutrition guide will Change Your Life
[One Meal at a Time...](#)



I promise you it is not as hard as we have been taught for so long.

Your probably wondering "why should I listen to you?"

Remember, **I was just like you**. I wanted to find out the best way to eat to achieve my goals, and I didn't just want to know the best way to eat some of the time, I wanted to know what to eat all the time.

I can remember asking all different kinds of trainers and professional athletes what to eat and when. I constantly got the same type of answers. It was small bits of information that never really got me anywhere, and most of the time it was the same stuff I have already heard over and over. **Does this sound familiar?**

I knew my answers were out there somewhere and that is when I decided to start from scratch. I threw out all the old techniques I had been taught and let my body teach me. Yes, I researched every idea I came up with and experimented on myself until it all clicked.

Listen to what some of my peers had to say:



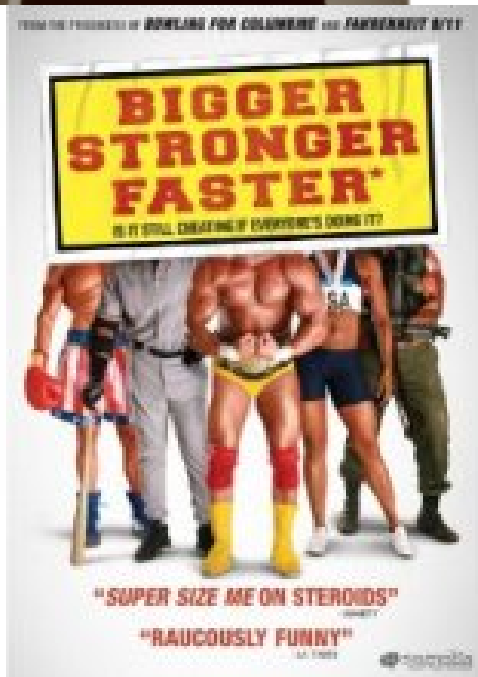
"Since I met Aaron, I have been able to alter my intake of whole foods to a science that has led to an amazing transformation with my body. Being a 48 year old physician and author of **"Healthy For Life Now"**, available at www.cfnconcepts.com, I constantly teach my patients how to consume whole foods to combat obesity and feel better, but Aaron's approach to nutrient timing certainly takes it a step beyond. As a competitive body builder and Men's physique competitor, I was sick and tired of carbohydrate depletion diets, since I've changed to Aaron's NIS, I have never looked and felt better. Way to go Aaron! There are no tricks here, just a genius approach to manipulating your insulin response to foods to obtain maximum muscle growth and fat burning at the same time, all the while without food cravings. Imagine competing and feeling great while you prepare. This makes all the sense in the world, and believe me as an anesthesiologist I know physiology better than most and **this book takes nutrition to a brand new level.**"

- Mark N. Hashim, M.D.

Board Certified Anesthesiologist

NPC Northern Kentucky Novice Lightweight **Champion** 2010

You may recognize **Rick Schaff** from the hit controversial documentary **BIGGER, FASTER, STRONGER**



"When I first met Aaron his first-rate physique was his stand out feature. As a result, I was curious to read his book. However, I must admit I had moderate expectations because I have been in this business a long time and feared it would consist of mostly regurgitated information I have read over and over again. That said, **I was pleasantly surprised and completely blown away** by Aaron's real-life experiences, his deep understanding of the underlying issues surrounding his illness and his recovery, and most importantly his ability to extract that information and intelligently apply it for the purpose of creating genuine health and improved bodybuilding principles. **"[A SuperNatural Lifestyle](#)" is a must-read** for anyone who is truly interested in getting in the best shape of their life without jeopardizing their health. **Aaron's clear understanding of how to manipulate insulin levels through the use of whole foods instead of drugs is nothing short of phenomenal!**"

-Rick Schaff

Holistic Nutritionist, MSHN

Metabolic Typing Specialist, CMTA Level 1 Certified

Healthy Lifestyle Consultant

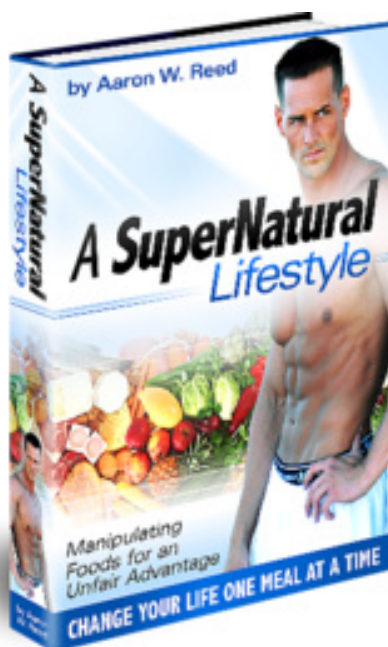
Professional Photographer, specializing in Health & Fitness

Author of MISLED and THE FITNESS MODEL PLUS DIET SYSTEM

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Click here to get started living

*"A SuperNatural
Lifestyle"*



I know you are thinking " **I want to, but I just don't know if it will work for me.**" Because of that I am offering a 30 day full refund money back guarantee. You can't go wrong! This leaves you with nothing to loose. This will work for you! Within these pages lay the answers you have been searching for.

Let me explain who **this book is not for.**

This book is not for someone who doesn't not plan to make an honest effort to change. I am not selling a gimmick here. Everyone can benefit from applying my principles but it takes some discipline. If you don't have that then I can't help you. I suggest start with a goal.

This book is not for someone who is looking for a quick fix. My principles will work for you right away but success come "One Meal at a Time." This is a process, or better described as a program. Look at it like the turtle and the hare. I find satisfaction from knowing I am getting a little better everyday apposed to a rollercoaster or gains and losses.

This book is not for someone with 100lbs to lose. This book is for someone looking to take their physique to the next level! Maybe for that show stopping beach body or a special event like a wedding, and of course competition. "**A SuperNatural Lifestyle**" works for everyone but since I wrote this book as an athlete looking for an edge with food, it is better geared for someone of that background. More plainly this book is for the frustrated individual that has been working hard to get the results but doesn't know how to use food for an advantage. A person tired of trying all the new supplements and not changing their physique. This book is the missing link.

This book is not for someone looking for a shortcut. By short cut I mean Steroids or any type of hormone therapy. All of those things allow the body to look great with less effort but it comes at a price. This is a real lifestyle that will become the most rewarding way to live you ever imagined. This book is not for someone that wants to look good only. This book keeps your health in foremost consideration the entire time.

So What Can I Expect Out of This Book?

The first part of the book is simply a guide to reference the best way to live healthy and fit. I explain nutrition from the beginning so there are no gaps in your education. Everything I touch on is related to how you should prepare your next meal. For instance, your hungry but don't know if you should eat eggs or oatmeal? I explain what and why.

The Second part of the book is designed to make you unbelievably fit by manipulating foods! Let's say you just got done with a rough workout, your exhausted and want to eat something but aren't quite sure what? I plainly direct you to the appropriate food with NO CONFUSION. So, whether you want to get ready for the beach, a photo shoot, a competition, a wedding, a vacation, a sport or all of the above. This book will plainly outline when to eat what, driving you to your goals "One Meal at a Time."

If you think this book may be what you are looking for take a minute to listen to what my some of my students had to say:



"After a very successful year of competing how was I possibly going to return to a "normal" way of eating? What was a "normal" way to eat again?!? After an entire year of intense and strict dieting for my competitions, I had only learned one thing and that was to cut out as much calories as possible and still maintain a "fit" look!! This was an **IMPOSSIBLE** way of life.. I was becoming miserable in my own skin!! **I NEEDED** help and needed answers! It was post competition that led me to Aaron, I was searching for a solution. **Aaron GAVE ME MY LIFE BACK!!** He worked with me for Months tweaking my meal plan and re introduced SO many foods and nutrients I'd been missing for so long!! He taught me the right way to eat. Not only have I maintained my "lean" physic, I'm healthier, have more energy, and have never felt more confident!! I look almost stage ready at all times and the best part of all, I crave **ONLY** what my body needs!! **It's ABSOLUTE MAGIC!!** Aaron, I'm forever grateful for all your research and commitment to helping me achieve my fitness goals! You're truly an inspiration and can't wait to see you **CRUSH** that Olympia stage in the near future!! You forever have the biggest "**Super Natural**" fan in me!!! **THANK YOU** from the bottom of my heart!"

-Abby Phillips
2010 Miss Florida State Bikini Champion
2010 Tampa PRO/AM Bikini Champion
2010 USA's National Competitor



"I've been an athlete all of my life, but nutrition was just a science I could not understand. Thanks to Aaron's vast knowledge and nutrition program **I've dropped my weight from 297lbs to 270lbs while still maintain the size of my chest shoulders arms and legs**, but gaining a smaller waist going from a 44 to a 40 making me look bigger and better than before."

-Shad Gaspard
WWE Pro Wrestler



"I had been an athlete all of my youth, and it tapered off as I became an adult. I worked out fairly regularly but had no real plan. I decided in 2006 to launch into a fitness lifestyle and try my luck at competing. I placed in Fitness America without much knowledge of the sport of competing. I have always been able to eat whatever I wanted to and never gain weight, but I could never get my body to gain the muscle I wanted. I took three years off and started competing again in 2010. I've tried the crazy diets for body building and competing. I've depleted my body of nutrients and felt terrible during my season. I met Aaron in fall of 2010 towards the end of my first season with Bombshell. He explained to me that I am an ectomorph, and that I would have to eat differently than most of the other girls that are competing. The best part of the NIS is that my body doesn't have that drastic change of bloating and feeling miserable. He helped me stay positive, and understand how my body works with food. He is truly an inspiration in so many ways."

-Richelle Valdez

Top 10 Universe Miami

Coastal Bikini D Champion

NPC National Competitor North Americans

Before **"A SuperNatural Lifestyle"**



Aaron W. Reed's "**A Supernatural Lifestyle**" is one of the best things to happen to my life in years. The in your face approach and easy to understand nutritional FACTS are easy to relate to. This book will make anyone think twice about the things they put in their bodies. I have been in the drilling industry for 9 years and the lifestyle of a driller can be very diminishing to ones health. I noticed a few months ago that I was starting to feel and look less healthy. With all the miracle diets and workouts out there, I didn't know where to start. I read a couple of nutrition books that were very hard to understand and got nowhere. When I read Aaron's book, I was amazed at how simple he makes correct nutrition habits. This book is now my bible. I have learned simple tricks like "**timing my nutrients**" to get what I need from my foods. I have since been training in the gym for 5 months, and been fully SUPERNATURAL for only 3 of those months. I am making gains I never thought I would and love the new me. **My body is literally a fat burning, muscle building MACHINE!** I have more energy than I have ever had, and I know that it is due to correct eating habits that I have learned in this book. If you are like I was and don't know where to begin with nutrition, GET THIS BOOK! You will be glad you did. Thanks Aaron for being a true inspiration.

After "**A SuperNatural Lifestyle**" **3 MONTHS LATER!!**



-Dustin Sammons
Drilling Rig Supervisor
Age 29



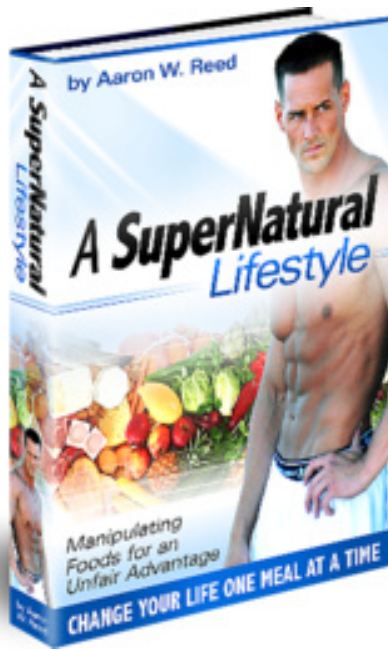
I've been involved in athletics my entire life. Being a professional athlete requires constant awareness of nutrition and the effect that proper nutrition has on athletic performance. The principles that Aaron talks about in his book, "A Supernatural Lifestyle" helped take my physique and performance to a whole new level! Aaron is a true inspiration and I am proud to call him a friend! "A Supernatural Lifestyle" is a must read for anyone interested in looking, feeling and performing to the best of their ability!!

-Kyle Rasmussen

Former WWE Professional Wrestler
Former NFL Player



This price will not last!!



\$49.99

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