Webpage Screenshot

How To Defeat Cravings And Reach Your Ideal Weight

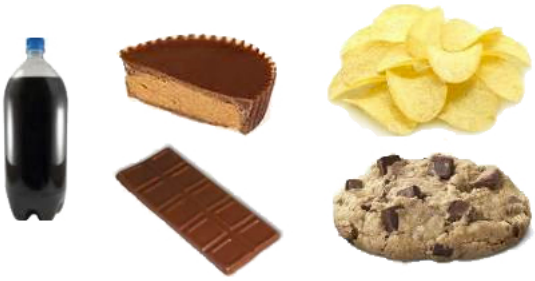
Are You Ready To Finally Stop The Cravings That Cause You To Gain Weight, Sap Your Energy, YoYo Your Moods, & Screw With Your Libido

...Without The Frustration of Crash Diets or Starving Yourself?

By Alexandra Jamieson

Hi, I'm Alex Jamieson, and what you're looking at is a family portrait.

In the next few minutes, you're going to discover what this family is doing to your body, your health, your moods, your energy, and your LIFE.



So keep reading until the end, because you're going to be very surprised by what's in store for you.

Now, the faces in the picture may look very familiar to you.

In fact, you might see some of these faces every day. Like 3, 4, 5 times a day.

You Literally Crave Their Company.

You run into them at work, during your lunch hour, in between meals...

they greet you first thing when you get home from the office... and then again before you go to bed at night.

This is a family that LOVES to **tempt and tease you every waking moment** with the way they smell and taste.



Especially the way they make you feel on the way down, all comfy, cozy, and nurturing, but then...reality sets in.

This is a family–along with all their sweet, salty, crunchy, sugary, and fattening relatives and cousins–that never leaves you alone.

As long as you let them into your life, they never go away.

And because **you CRAVE their company**, and welcome them into your body, they take a pretty hefty toll... on your weight, your moods, your energy, your sex drive, and the way you feel.

This is a family that's **destroying your body** and your life.

Bottom Line... They've Got To Go.

How do you say NO to a family of sugary sweets, treats, snacks, and munchies you've been so close to for so long? It's hard to say GOODBYE.

Believe me, I know exactly how you feel, because I've been exactly where you are now.

Several years ago, my **cravings consumed my life**. I knew I had an **'addiction'** when all I could think about was getting my next 'sugar fix' of chocolate, Coke, and Mounds Bars.

Every bite I took was pure heaven...for about 2 minutes. After that...it was **pure hell**.





The more I ate, the worse I felt. Until my next 'fix' a couple of hours later.

> *I was caught in a vicious, endless cycle of craving and crashing, highs and lows, rush and depression.*

My sleeps were restless. I tossed and turned all night...and I felt like crap in the morning.

In the morning...I DID NOT want to get out of bed.

My moods were all over the map. I was cranky, irritable, short-tempered and snapping at people for no reason.

I was not the light, happy-go-lucky, even-tempered person I used to be.

What I didn't know was that the cravings also contributed to my smashing migraines.

The pain was so bad at times I cried for days on end.

It didn't end there. My weight ballooned like never before...**I gained 36 pounds**!

My face was puffy, my belly drooped over my belt, and my butt! I don't even want to go there.

None of my clothes fit. You couldn't squeeze me into my jeans with a crane!

I couldn't even bear the thought of looking at my naked body in the mirror. Because what was staring back at me WAS NOT ME.

My love life? Please! **My sex drive took a nose dive**. You know how that is...

When you're not feeling good about yourself or the way you look, you're almost embarrassed or ashamed to share your body with your partner.

Everything jiggles when you make love. And ladies, we hate that feeling, don't we?

No matter how much your lover says they adore you or how sexy you are or they don't care what your body looks like... ***YOU CARE! It matters to YOU!***

It got to the point where my **cravings totally consumed my life**...and it all came crashing down.



I Felt Like Sh*T....

Flabby, tired, sick, exhausted, depressed, desperate, alone, and at my wits end.

As if that weren't enough... my self-esteem and confidence were in the toilet.

That's when it hit me.

If I didn't do something about my out-of-control cravings, the path I was on would literally destroy my body and my health.

I decided then and there...in the depths of my despair...to **make a change**.

After months of research and digging into where cravings come from, how to stop them from running *AND* ruining my life, and how they affect our bodies, health, and emotions...

I created a system that completely transformed my life...

And the lives of hundreds of other women just like you.

In just a very short time, **I won back my body**! I started fitting into all my old clothes again.

I got rid of the 3 handmaidens who I hired to strap me into my corset and bodice.

What's more, my migraines vanished. **My depression lifted like a fog at sunrise** and my energy soared beyond anything I'd ever felt before..



I began waking up every morning ready to embrace the day with enthusiasm, zeal, and a renewed zest for life.

No more dragging and moping around like a slug. The sparkle and twinkle returned to my eyes.

I Won The Battle Against Constant Cravings!

Cravings no longer held me captive. **I was now in complete control** of what I ate and put into my body.

No more addiction, no more obsession, no more binging!

None of these amazing changes would have been possible without

Rapid Refresh And Reboot

In just a moment, I'm going to give you 3 golden tips you can use to help put an end to your cravings so you, too, can **lavish in the body and healthy lifestyle you've always wanted** without being a slave to your junk food appetite.

First, it's important to recognize one of the lies and myths you may have been told... or that you've been telling yourself... when it comes to cravings... "Don't worry about it. It'll pass."

Hogwash! Absolute poppycock! This is a lie that's been deceiving millions of women for a very long time.

Be kind to yourself and don't feel embarrassed or ashamed if you've been struggling with cravings and binge eating.

The truth is, **Craving is a Habit.**

That's right, by snacking and sneaking junky *'feel good'* foods for so long, you've created a habit for yourself. Your brain has been hardwired for the 'fix.'

Like most habits, they can be tough to break... if you don't know how.

Golden Tip #1

Know What You're Doing Before You Attempt To End Your Cravings

---

Did you know there are actual chemical reactions in our brains causing the body to crave certain foods?

One of the worst culprits is sugar.

Here's something that may shock you...

Sugar activates the same centers of the brain as cocaine and heroin.

No wonder cravings can be so addictive!

If you're trying to fight your cravings without a specific game plan, it can be very difficult to 'kick the habit.' Even hopeless.

Golden Tip #2:

Address Your Cravings And Binge Eating Habits First

All the diets, cleanses, exercise, fasting, and supplements in the world (and ladies, you've probably tried most of them like I have) won't help a lick if you don't address your cravings and binge eating habits FIRST.

Now, this may seem obvious, but I have to tell you this is where a lot of women put the cart before the horse.

They start a weight loss or healthy eating program with great intentions. They go all out for a couple of weeks, and then they're right back to their old "Crave Slave" habits.

I get it. The reason you fall–**because I've been there**–has everything to do with having the right tools to prevent you from slipping *AND* for keeping you on the right path.

This includes getting crystal clear on WHY you crave... and what to do the moment WHEN you crave.

Golden Tip #3:

Slow Down, It's Not A Race

You've heard the phrase, "A little goes a long way?"

When it comes to your cravings, it's not a race.

Putting an end to your cravings can be easy... **SO EASY**... when you do it the right way.

The best way is one step at a time.

Most women want to lose the weight and feel better ZIPPY FAST. Like, YESTERDAY!

"Drop those pounds NOW!"

If you think about it, this is the same impulsive thinking and behavior behind your cravings.

"Gotta have my Snickers Bar NOW!"

"I need a bag of chips NOW!"

"Get me to the mini-mart NOW!"

Take A Moment To Drink This In, It's Important!.

This 'gotta have it THIS INSTANT' behavior only leads to more **frustration, stress, and disappointment**.

So whatever food is your Achilles Heel—

Whether it's chocolate, chips, pretzels, coffee, cheese, bread, cupcakes **(Oh My God!)** gummy bears, whatever—you feel this constant battle raging inside you all the time.

Your emotions are clashing like Titans trying to figure out what to do to make the cravings stop.

When you take the proper steps, one at a time, using a **SIMPLE, PROVEN step by step blueprint**, the cravings WILL disappear... **I promise**!

I'm Alex Jamieson, author of the "The Great American Detox Diet," co-creator of the Oscar nominated documentary "Super Size Me." and health coach to literally



thousands of women around the world.



What if there was a simple, easy way to help you **end the cravings battle**, the weight war, the see-saw of emotions... once and for all?

What if you could get back that sexy body, feeling light and invigorated, and a life bubbling with optimism and vitality?

Imagine feeling confident, strong, and unstoppable.

You're no longer a crave slave. **You're in complete control** of what you eat and put into your body...

Without depriving or starving yourself with extreme, senseless diets.

I've Got Great News For You.

Now there's a practical, sane way to end the cravings and melt pounds quickly and easily, with **Rapid Refresh & Reboot.**

Rapid Refresh & Reboot is The First and Only Crave-Crushing System That Empowers You To Eat Delicious Foods While You Shed Pounds, Boost Your Energy, and Balance Your Moods.

This time-tested, proven, and stream-lined system can work for you, EVEN IF you:

Feel you're a **hopeless 'junk food addict'**...

Believe that there's no way you could ever stop your cravings...

Tried every diet and weight loss 'cure' out there without success...

Think you're too busy or have no time in your day to 'add one more thing' to your to-do list...

Continually sabotage yourself every time you try to lose weight and get healthy...

Can't seem to shut off the 'hunger valve'...

Labeled yourself as a 'Diet Disaster'... 'Binge Beast,"... 'No willpower to save my life' ...

Bottom line, **Rapid Refresh & Reboot** is the ONLY system where you can stop your cravings without using a restrictive, boring, and complicated diet plan.

And this is true, even if you think you've tried everything on the planet when it comes to mastering your body's cravings.

Just to be clear:

This is not some dressed-up fad diet...or 'lose 10 pounds in 5 days' starvation food fast...or bulk up on protein and slash your carb intake workout.

Rather, this is a **super simple, Step-by-Step Formula** that helps you STOP your cravings and detox your body...

All while eating delicious life-infusing foods that help you shave pounds, boost your energy, balance your moods, and feel terrific in your unique body.

Take a look at what these women have experienced when they took advantage of this one-of-a-kind life transforming system:

> *"My allergies are almost gone, my skin is better, my nose isn't running anymore. My joints aren't hurting anymore. I've never felt better. I loved this program!" Katie*

> *"This program exceeded my expectations. I am thrilled that my skin has cleared up, I sleep better, and the overall excitement of completing something totally for my well being has made me become an "empowered woman." Susan*

"The weight loss was fantastic. My insomnia is gone, my anxiety is gone, the depression has gone away, and my energy is back. It's such a great feeling to be empowered. You hold the key to what your body wants and needs. You get way more than what you'd expect from this program." Jennifer G, Los Angeles

"I love that I could do this on my own time. I don't stress out anymore about saying 'no' to foods I shouldn't be eating, I don't stress out about my food allergies, and I'm okay with eating healthy…as crazy as that sounds." Angelica B, Los Angeles

"Rapid Refresh changed my life. My energy, my life, and my vision were taken to another level that I never imagined." Katie A, Japan

Here's What You'll Get When You Access The Rapid Refresh & Reboot System



- 5 Weeks Of Training
- Smoothie, Snack, & Meal Recipes
- Sweet Sensation (Dessert!) Options
- Food and Mood Tracking Sheets
- Food Mood Follow-Up Guide
- Reality Check Exercise

Rapid Refresh & Reboot takes all the headache and worry about what to do and how to completely eliminate your cravings once and for all.

The secret to its success, and yours, is simple:

I've created a system that removes the restrictions you find in most other complex diet plans...

So that you can enjoy **tasty, mouth-watering meals** and foods WHILE you win back your body and your energy.

Most diet programs require you to slash calories, eat foods that are tasteless and unfulfilling, and leave you constantly hungry and anxious.

Rapid Refresh & Reboot was specifically designed knowing what crave-captive women want and desire...

A super simple system that ends the crap-food cravings AND allows you to eat great tasting, sumptuous foods without feeling guilty...

All while helping you to melt the pounds away, infuse you with renewed energy, and balance your moods.

What's more, this system was designed with your busy schedule in mind...

To **ensure results** no matter how hectic you are. Work, travel, kids, day to day chaos...it doesn't matter.

This Fool-Proof Simplicity Ensures ANYONE Can Follow The Steps.

Just imagine, just a few short weeks from now...

No more cravings. Gone!

Feeling renewed, refreshed, and **pounds lighter**.

When you look at yourself in the mirror, you see a whole new you.

You feel confident...exhilarated...sexy...and empowered.

Your body is now your friend instead of the enemy. You truly love yourself and have no hesitation giving yourself what you need.

You're having A LOT MORE **hot, sizzling sexy fun** with your partner behind closed doors.

After a just a week of using the system, you're already receiving compliments from your friends and coworkers...

They look at you in a whole new way because they SEE the transformation...

They compliment you on the glimmer in your eyes, the way you smile and carry yourself.

"What did you do? You look so...fantastic!"

You're lighter, radiant, happier, healthier.

Your energy and presence fills the room.

And you realize...

"No More Hiding Behind The Cravings. THIS Is Who I Am. This Is The REAL Me!"

So you're probably wondering what your investment will be today to secure the entire System.

Now, the **Rapid Refresh & Reboot** System, which literally helps vanquish your cravings, normally sells for $497.

This is what countless women have invested to have the body, health, energy, and balance they were seeking.

And they were thrilled with the **wildly successful** transformation and results.

I think you'll agree that even at $497, this system is a steal.

Most women easily spend close to this every couple of months on junk food, snacks, Starbucks, and feeding their cravings.

Before I reveal the **amazing deal** you're going to get today, you should know it's my goal to help as many women as possible achieve the results they're so desperately looking for.

And I don't want price to get in the way. So I lowered the price substantially for you and any women out there.

So when you claim access to your copy of the **Rapid Refresh & Reboot** System you will:

Effortlessly end the cravings, end the insanity, and end the crazy diets once and for all...

Access a sure-fire blueprint that gets you where you want in less time than you imagined possible...

Discover eye-opening ways to **eat yummy and savory foods** that trim your belly AND boost your energy...

Gain complete confidence to choose the foods that help you feel great, no matter what anyone else is eating...

Establish a wonderful, peaceful, and powerful relationship with food, where YOU are in blissful control...

Create new habits and a new life for yourself, where you'll look back in just weeks from now and say, "Oh my gosh...was that ME? No WAY!"...

Go at your own pace to get the results you want so that you feel nourished, replenished, and fulfilled

And Finally Master Your Body, Your Health, Your Moods, And The Way You Feel.

I also want to include a surprise bonus in addition to your discount for taking action today...

A bonus that will make all the difference in achieving the success you desire.

Today, when you take action, you're going to get my **'Week in a Weekend Gluten & Dairy Free Meal and Planning Guide.'**

This is pure heaven. You'll get an entire week's worth of menus, recipes, meal plans, and the weekly trainings to show you how to make easy, mouth-watering meals in a weekend!

Save five days of time and money...while creating gourmet meals that help you to lose weight and feel better.

This $47 program is yours absolutely free when you get **Rapid Refresh & Reboot.**

So let's look at the advantages Rapid Refresh & Reboot brings into your life:

You could hire a coach like me and spend a pretty penny for the personal one-on-one experience.

Although I'm happy to have you as a client, you'll lose a ton of time in the process, as professional health and lifestyle coaches like me are booked months in advance...

Or you could 'tough it out' on your own to try and stop the cravings yourself through sheer willpower.

However, most of the women who've tried this slip back into their old binging habits just weeks or even days after starting.

As you've probably experienced, the good intentions are there, but the follow-thru falls way short.

Some women get so darned frustrated trying to do it on their own that everything backfires, and their cravings actually intensify and skyrocket...

Which only leads to more weight gain, plummeting self esteem, and feeling worse than before.

So when I say that the regular price of the **Rapid Refresh & Reboot** System is only $497...

You get a **step by step easy to use blueprint** for ending your cravings for good...

Where you can go at your own pace on your own schedule...

Eat delicious foods that are also healthy for you, and you never feel like you're depriving yourself to get the body, mood balancing, vitality, and energy you WANT... You realize the incredible value this is....

You Won't Be Paying ~~$497~~...
Not Even ~~$297~~ Today...

Just $97 When You Order Right Now.

"YES! I Want To Stop The Cravings NOW!"



- 5 Weeks Of Training
- Smoothie, Snack, & Meal Recipes
- Sweet Sensation (Dessert!) Options



- Food and Mood Tracking Sheets
- Food Mood Follow-Up Guide
- Reality Check Exercise

You'll get immediate access to this complete cravings transformation system.

Now, if you're skeptical in any way about what this system can do for you, I don't blame you.

With all the so-called quick fix diet plans and food fads out there with their empty promises, you should be skeptical. Even cynical.

That's why I'm going to take 100% of the risk by offering you a whopping

60 Day No Questions Asked Money Back Guarantee



Here's why this is totally my risk...and totally **100% risk free for you**.

The **Rapid Refresh & Reboot** System is designed as a 35 day program.

As I mentioned earlier, you can go all-out and do it faster and quicker than that.

But if you go the full 35 days, the way the system was designed...

And you're not 100% ecstatic with the lift in your energy, the boost in your mood, and the end to your cravings... I'll refund your money. Every single penny.

Just email me and you'll get your entire investment back immediately, no questions asked.

You can **keep the bonus as my gift** to you.

Your guarantee is practically TWICE as long the 35 day program...from start to finish!

That means you can go through the entire system, totally risk free, on me!

The women who stick with the **PROVEN plan** I've laid out don't want it to end...

They keep going because of the amazing results, new habits, and eating lifestyle they've created for themselves.

"YES! I Want To Stop The Cravings NOW!"

You'll get immediate access to the Rapid Refresh & Reboot System.

Then go right to the Kick Start audio...

Where you'll be inspired and eager to start down the path to a brand new you.

Your cravings will begin to vanish almost instantly...

Unlock the mysteries of 'Foods and Moods'and how to easily stay on track so you can feel your moods lift right before your very eyes...

All while feasting on savory meals prepared from quick and simple recipes.

End your destructive cravings now so you can have the body and energy you've always wanted.

Never Deprive Or Starve Yourself Again. FEEL Empowered, Confident, And Super-Charged

Every Day.

"YES! I Want To Stop The Cravings NOW!"

Like the hundreds of other women just like you who've shared with me their amazing life-changing results and stories using this system...

I can't wait to hear from you, too!

Okay, if you're still reading, you probably have some questions before you get started...

So I'll address some of the most common questions I receive.

You can always email me at alex@alexandrajamieson.com if you have a question that's not covered here.

> Corinne asks, *"Alex, is the Rapid Refresh & Reboot System safe?"*
>
> **Absolutely... in fact, craving and binging on foods packed with processed sugar and loaded with chemicals far outweighs any risk of using the program.**

The plan and recipes you get with this system are designed to PROMOTE and MAXIMIZE health, healing, and wellness. And they're time-tested and proven.

Plus, I make certain that you're supported every step of the way, so that you never feel overwhelmed or over your head.

Did you know a major reason a lot of women go right back to their old craving habits is because most diets are down-right too challenging for you?

Well, the great news is that **Rapid Refresh & Reboot is deliberately created to conform to YOUR unique body**...no matter what your eating schedule.

YOU are always in complete control.

> Melanie asks, *"I'm a serious chocoholic. I honestly don't know if I can live without it. Will your system still work for me?"*
>
> **Welcome to the club, Melanie. Most of the women who use the system are...and were...chocolate fiends.**

(Could it be us women are hardwired for chocolate, or have a secret chocolate gene we don't know about?)

As a recovered chocolate addict myself, I know what you're going through and how hard it is for you.

Just the thought of going a single day without it can send shivers of sheer terror down your spine.

Rapid Refresh and Reboot helps you to eliminate your chocolate craving...without feeling like you're going through withdrawal.

In fact, it's easier than you imagine.

The **sumptuous recipes you get fill the 'sweets void'** so your body gets what it needs to perform and function properly.

When this happens, your so-called 'addiction' to chocolate disappears.

Now, I want to be completely open and transparent with you.

Does this mean you'll never again look at a piece of molten lava cake without thinking twice about sneaking a bite?

Maybe, maybe not. **The BIG difference**, however, is if you are tempted, you won't CRAVE it.

You'll be able to easily and confidently say, "Boy, that looks good. But No, Thanks!"

Rapid Refresh & Reboot **empowers you** to walk away without feeling like you're depriving yourself—or even missing out on–an indulgence.

> Finally, Trisha asks, *"I'm exhausted from trying so many diets. Nothing seems to work for me when it comes to losing weight and getting my body back in shape. I know my cravings add to the problem. But will your program really work for me?"*
>
> **Trisha, that's a great question, and one I get from a lot of women who are in the same boat.**
>
> **Please remember that no diet will really work unless you address the craving first.**

When you eliminate the craving, your body's need for junk and sugar disappears. And this is where it all starts.

It's so important to get a handle on the EMOTIONAL component of your craving before you start any kind of diet or food plan.

If you don't address the deep seeded destructive eating habit you've created for yourself...

Chances are you'll continue to bounce from diet to diet.

Now, the reason why Rapid Refresh & Reboot works for so many women just like you, Melanie, is because–unlike most diet programs–this system **gets right to the root** of the craving...

And stops it dead in its tracks. The craving creates your desire to eat, to snack, to binge.

You replace that craving with eating **fabulous tasting foods**—including sweet treats– that your body recognizes as healthy and nutritious.

Does that make sense?

Please know you're not alone. Yes, what you and millions of women go through to lose weight is exhausting. It *is* stressful.

The difference between Rapid Refresh & Reboot, fad diets, and calorie counting programs is that Rapid Refresh & Reboot is designed for long term, **sustainable health and weight loss**.

You'll Feel The Difference Within Days.

Once you 'tame the crave,' your energy skyrockets, your moods will balance, and weight loss becomes so much easier.

Try Rapid Refresh and Reboot **totally risk free** for 60 days...



And if you're not 100% thrilled with the results you get with this crave transforming system...

Simply email me for an immediate no questions asked money back guarantee.

Remember, the program is only 35 days...

So you get to **go through the entire system risk free** ON ME!

And you can **keep the bonus** as my gift to you!

Click on the button below and I'll personally greet you on the next page!

Just $97 When You Order Right Now.

"YES! I Want To Stop The Cravings NOW!"

© Alexandra Jamieson | CravingsQuiz.com