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Alexandra Jamieson Presents
MyCravingsQuiz

Today Show Interview With Kathy Lee & Alex



Read To The End Of This Letter To Find Out **How To Claim Your FREE Copy Of My New Book** "Women, Food, And Desire" **PLUS Attend An Exclusive And Private 'Transform The Cravings' Coaching Call!**

Everything You've Ever Learned About Diets And Weight Loss Is WRONG!

At Last! A Proven System That Helps You To Love Your Body, Shed Pounds, Boost Your Energy, And Balance Your Moods… Without The Frustration Of Crash Diets Or Starving Yourself!



Hi, I'm Alex Jamieson, and what you saw in the "Today Show" interview is just the tip of the iceberg when it comes to cravings and desire.

In fact, I have to be completely open and transparent with you. What I'm



TODAY

about to reveal right now is going to be very shocking, even controversial, and it's this...

DIETS & COUNTING CALORIES DON'T WORK!

How do I know? I've been there, done that. My women friends have been there, done that.

In just a moment, you're going to find out why they don't work...

And what you can do right now to lose weight, get your body back, and look and feel great again!

Over the years, I've been through my share of diets.

I stuck to the programs religiously. Did everything they told me to do.

- ☑ I followed the food plans…
- ☑ I followed the eating schedules…
- ☑ I exercised and worked out til I was one big dripping, sticky, stinky ball of sweat.

No matter what I did, my weight and moods bounced around like a beach ball at a rock concert.

I got so **frustrated and pissed** because nothing worked. NOTHING!

A lot of my friends who were dieting had the exact same 'no results' experience.

And like many women, when I didn't see results I reverted right back to my binging habits.

The Binging Gets Worse.

I would reach right for the **sweets**. My good friend, **SUGAR**. Then I'd get disgusted with myself, and I'd start a new diet.

And when that didn't work, I'd crave and binge again. And then do it all over again.

What's worse, **my sugar cravings INCREASED** with each new diet I tried.

I couldn't stop thinking, "What the hell is going on here?"

The reason I tried all these diets in the first place was because of my sugar cravings.

Chocolate, Coke, cookies, you name it, I ate it. Mounds Bars were A favorite.

The binging had me on an endless cycle of craving and crashing, highs and lows, rush and depression.

My sleeps were restless. I was cranky, irritable, and snapping at people for no reason.

What I didn't know was that the cravings also contributed to my brain fog and 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 over 30 pounds**!

My face was puffy, **my belly drooped over my belt**. "Muffin Top Madness!"

None of my clothes fit. You couldn't squeeze me into my jeans with a crane and I hated getting dressed for work!

I couldn't even bear 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 complete 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...

Because **everything jiggles when you make love**. And you feel like you don't even deserve the pleasure that might be waiting for you.

I felt like total crap. Flabby, tired, sick, exhausted, depressed, desperate, feeling alone and at my wits end.

Do you feel that way?

That's when I started on all these different diets. NONE of which helped. And for the life of me I couldn't figure out why. I thought I was failing.

Transform Your Life...Instantly

That's when it hit me. It wasn't about the diets and counting calories.

It was about the CRAVINGS!

No diet on earth would work if I didn't do something about **my body and mind's incessant cry for sugar**.

I decided then and there...in the depths of my despair...to make a change. I was on a mission to end the cravings and dieting death spiral.

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 moods, health, sex drive, 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. My **energy soared** beyond anything I'd ever felt before. My migraines vanished. And my depression lifted like a fog at sunrise.

And I won the battle against constant cravings.

No More Addiction, No More Obsession, No More Binging!

The Body You've Always Wanted

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 Keys** 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 cravings.

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."

Nonsense. 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.

Because the truth is, a **Craving is a Habit and a Message.**

Your brain has been hardwired for the 'fix' and there is important guidance in the craving that your body is giving you.

3 Critical Keys To End Your Cravings

It's important to recognize why you sustain your unhealthy habit...

Why you continue to crave and binge on sugar, salt, snacks, or sweets. Because once you understand this, you can kick that bad habit and replace it with a new, healthier habit.

Critical Key #1

Did you know that there are actual chemical reactions in our brains that cause 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, giving you that

feel-good 'high'.

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.

You've got to know what you're doing before you attempt to end your cravings.

Critical Key #2

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 that this is where a lot of women put the cart before the horse...

You start a weight loss or healthy eating program with great intentions.

You go all out for a couple of weeks, don't see the results you want...and go right back to your old "Crave Slave" binging habits.

But I get it. The reason you slip back to your old ways is because **you lack the right tools** to keep you on the right path.

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

Critical Key #3

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.

And the best way is a step at time.

See, most women want to lose the weight and feel better SUPER FAST. Like, yesterday.

"Drop those pounds NOW!"

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

Take a moment to let this sink in, because this is important.

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

AND it keeps you in a war with your body, rather than making it your beloved ally.

So whatever food is your Achilles Heel—

Whether it's chocolate, chips, pretzels, coffee, cheese, bread, cupcakes (oh my god!)—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.

Well, when you take the proper steps a little at a time, using a **SIMPLE, PROVEN step by step blueprint**, the cravings WILL disappear...

I promise.

The New You

As the 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...

I know exactly what you're going through...and have struggled with for years...because I've been there myself.

Let me ask you...

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 easily...

- ☑ **Feel peaceful and worthy of creating your beautiful body**
- ☑ **Get your sexy body back**
- ☑ **Feel light and invigorated**
- ☑ **Have a life bubbling with optimism and vitality**
- ☑ **End the mood swings**
- ☑ **Enjoy an amazing sex life?**

Imagine feeling confident, strong, and unstoppable.

You're in complete control of what you eat and put into your body...

No more depriving or starving yourself with extreme, senseless diets.

I've got some 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-Transforming System That Empowers You To Eat Delicious Foods While You Fall In Love with Your Body, 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.

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.

What Women Are Saying

Hear 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

Eat Tasty, Mouth-Watering Food

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

This exclusive system was specifically designed knowing what crave-captive women want and desire...

It **removes the restrictions** you find in most complex diet plans.

Where most diets require you to eat foods that are tasteless and unfulfilling, and leave you constantly hungry and anxious...

"Rapid Refresh & Reboot" delivers **tasty, mouth-watering meals** and foods WHILE you win back your body, boost your 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 that ANYONE can follow the steps.

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

No more obsessive cravings. You feel 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**. And you like your body, and have a loving, fun relationship with her.

Now, you're probably wondering what your investment will be today to secure this Proven system.

"Rapid Refresh & Reboot" 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.

But I've got something special for you. You won't pay anywhere near that.

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...

...Because I know the frustration and stress you're going through, **bouncing from diet to diet and not seeing results**.

So **when you get "Rapid Refresh and Reboot"**, 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.

You're going to get my **'Week in a Weekend Meal and Planning Guide.'**

This is an entire week's worth of gourmet recipes, meal plans, and videos to show you how to make easy, mouth-watering meals in a weekend!

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

So here's the deal:

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

You get the entire **"Rapid Refresh and Reboot"** System **PLUS** your bonus for just **$97**.
That's it. **Just $97** when you order right now.

Simply click the button for immediate access...

"YES! REBOOT ME NOW!"

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

100% Risk Free

Now, if you're skeptical in any way about what this system can do for you, I don't blame you. You've already been let down and disappointed countless times with ineffective diets and 'quick fix weight loss' promises.

That's why I'm going to take 100% of the risk by offering you a 60 day no questions asked money back

That's why I'm going to take 100% of the risk by offering you a 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 and Reboot"** System is a quick 35 day program.

Your guarantee is 60 days.

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

So click on the button below right now to get started immediately.

Only $97!

"YES! REBOOT ME NOW!"

And get immediate access to the "Rapid Refresh & Reboot" System.

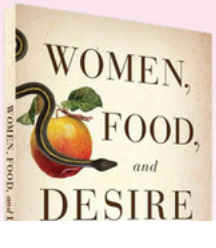
Then go right to the Kick Start audio...

And join the hundreds of other women just like you who've experienced amazing life-changing results using this system...

It's time to end the destructive cravings so you can have the body and energy you've always wanted.

Xo,
Alex Jamieson

"TODAY SHOW" Celebration Super Special



When you get "Rapid Refresh & Reboot," I'll send you a FREE digital copy of my new bestselling book ***"Women, Food, and Desire"*** ...

PLUS...

You'll receive a Private and Exclusive Invitation to **"Transform**



The Cravings" Coaching Call! I'll answer all your questions about cravings, desire, food plans, what works and what doesn't (and why!)...and so much more.

"YES! REBOOT ME NOW!"

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