

*Inside this  
Special Report...*

**Diet Pills:**

While diet pills seem like a quick and easy way to lose weight – they do carry side effects. What most people don't know is that there is a all-natural organic supplement that can be safely used to quickly drop those problem pounds...

**Starvation Diets:**

Starvation Diets would seem to work at first glance, but many have found that they actually gain weight – even though they have drastically reduced their caloric intake. See why inside...

**Vitamin Supplements**

Vitamins alone cannot help you rapidly reduce your weight but did you know that there is a common vitamin that combined with another every day beverage can trick your body into killing fat cells? See how here -

**Extreme Workouts**

Are you tired of killing yourself at the gym to only see your weight go up?! Inside you will find out how to slightly tweak your workout schedule and lose more weight in less time...

**NEW Bonus Report!**

Provide your Email and we will send you -

**“6 Weight Loss Mistakes of the Dieting Bride – And How to Avoid Them For Maximum Weight Loss”**

***Special Report Reveals...***

# THE WEDDING DAY DIET **BREAKTHROUGH!**

Millions of Brides Are Desperately Trying To Lose Weight Before Their Wedding Day – But Their Diet Will Only Cause Them To Gain Weight...

**“See How You Can Avoid this Weight Loss Trap and Shed 12 Pounds or More From Your Abdomen, Thighs, and Hips Within 7 Days!”**

*By Matt Marshall*

If you absolutely need to lose 10 pounds or more before your wedding day then this message will be the most important you will read this week!

My name is Matt Marshall, and for twenty years I've been what my clients call a “Weight Loss Troubleshooter”. I'm the guy wealth socialites call when they have put off losing weight until the last possible moment. Most often, my cell phone rings with a frantic women on the other end begging me to show her how to lose 10 to 12 pounds in under a week.

Most fitness trainers would just apologize and explain that there is no-way you can safely lose weight this fast. And That's why these filthy rich women call me instead of them.

Why? Because I am willing to reveal...

## **What The So-Called Weight Loss Experts Won't Tell You!**

Here's the story. For decades, the world leading nutritionists and fitness trainers have kept an extraordinary secret. This secret is so controversial that they only reveal it to their best clients – and only under strict rules to never reveal it to the public.

This secret is kept “under wraps” because they are afraid that many women would use their potent weight loss secrets to quickly dozens of pounds without close supervision. This is the “safe” reason.

The other “less talked” about reason is because, if every women knew what these

Find Out How To Sidestep  
the 6 Mistakes that Can  
Keep You From Achieving  
Your Wedding Day Weight  
Loss Goal!

First Name:

Email:

**Send Me The Report!**

*I hate spam as much as you  
do and will never give your  
email to anyone – ever!*

secrets were – they wouldn't need to pay the hefty fees charged by these elite trainers

For years, I've been a part of this inner circle. At times, my clients swear that my techniques will not work. But they are so desperate to fit into their "one-size-too-small" wedding dress that they are willing to try anything.

But on their wedding day, **they are shocked to tears** that they actually fit comfortably into the dress that was too small just a week earlier. Many of my clients swear me to secrecy...and until today I've promised to keep my lips sealed.

So, I bet there's one thought racing through your mind...

### **Can You Really Lose 12 Pounds in 7 Days?**

The good news is – yes you can! But I must confess that my techniques only work for a special kind of bride – "The Deadline Bride".

You know who I am talking about –

- **The Casual Dieter doesn't care when or how fast they lose weight. The Deadline Bride – has a day and time when the weight needs to be gone!**
- The Casual Dieter loves the slow methodical process of losing weight over months and years. The Deadline Bride needs to see results when she steps on the scale – TOMORROW.
- **The Casual Dieter can hide under baggy sweaters and sweat pants until she is ready to reveal her new figure to the world. The Deadline Bride has to get into a dress and present herself for the WORLD to see – she can't hide.**
- The Casual Dieter can conveniently flip off the bedroom light when things get intimate – The Deadline Bride has to look great in her "Birthday" suit – on the most incredibly passionate and important night of her life (because her new husband wants to leave the lights on!).

The Deadline Bride has a lot on the line. If you are a Deadline Bride then you will agree with me when I say –

**You cannot afford to fool around.**

I love working with Deadline Brides – just like you. And I have the exact tools you need to look your best on your wedding day.

But, I have a slight problem. You see, I'm getting a little tired of the demands that my multi-million dollar clientele is making on my practice and private life. I'm tired of being at the beck and call of women who don't truly understand the power of these methods.

So, I've decided to make my best rapid weight loss tips public. So...

**Now, "Ordinary Women" Like You  
Can Safely and Quickly Shed A Dress Size and  
Fit That Gorgeous Wedding Dress Like A Glove**

But, quite frankly, I can't help everyone. The one reason I've delayed publicizing my techniques is because I didn't want to be flooded with new clients that I couldn't serve with the one-to-one coaching that I'm known for.

To make this work, I needed to deliver my best wedding day weight loss strategies in a way that was informative, easy-to-understand, and priced drastically lower than my normal fees.

The answer was to gather all of my tips and organize them into a **breakthrough Wedding Day Weight Loss System** called -

## **The Wedding Day Diet: The Breakthrough Diet for The Bride With a Deadline**

The methods that I've spent years developing can help you today. Here are a few tips from my "Wedding Day 911" toolkit –



- **The Weight Loss Illusion:** I can show you a common household ingredient that when added to your bath water will tighten and smooth your skin. This almost magical sleight-of-hand will leave you looking radiant and slim without losing a pound!
- **The Wonder Herb:** The Prestigious University of Chicago Medical Center just discovered and confirmed in the laboratory what my clients have used for years. This powerful fat-melting herb, which is available in any supermarket, can quickly shed up to 21% of your body fat – without side-effects.
- **Metabolism Overdrive:** Ever wonder why some people can eat all they want plus two helpings of dessert and still lose weight? The key is a healthy metabolism that is set to “overdrive”. I will show you this just recently publicized technique **that can boost your metabolism by 31%!**  This means that you can lose a dress size in one week – without starving yourself!
- **The Diet Pill Secret:** Diet pills in general do not help you lose weight. We've known this for years. But do you know that **there is one overlooked organic supplement** that can be used to your advantage – I'll show you what it is – and how to use it for maximum weight loss...
- **The Fat Cell Assassin:** So-called weight-loss experts preach that fat cells can't be killed only reduced in size. This is a myth that is no longer true. I've found an extraordinary technique that combines coffee plus a household vitamin **to target and kill fat cells**. I call it the Fat Cell Assassin and you won't believe what the scale says after you've used it for just 7 days –
- **The Tanning Booth Mistake** – Millions of Brides trek to the Tanning booth to get that healthy glow – but to their horror end up looking 10 pounds heavier on their Wedding Day! Let me tell you the best time to tan – without looking bloated...
- **And this is just the beginning!**

Here's the deal – I've just listed a few of the tips, techniques, and what some call “black magic” secrets to quickly banishing fat and looking like a celebrity on your wedding day. These methods have been reserved for wealthy women who can pay my extravagant fees. I can charge this *6 figure ransom* because my methods work. If they didn't – these women would run me out of town with my hat in my hand!

But against the advice of my business colleagues – I’ve decided to share my most powerful wedding day weight-loss methods with a test group of “ordinary, everyday” women.

I did this because I wanted to answer the question

## **Can This Just Published Rapid Weight Loss Secret Work For You?**

**Absolutely!** Let my clients tell you what they experienced for themselves...

I tried everything, Atkins, South Beach... even running 5 miles a day. But I’m getting better results with the wedding day diet. – **Sarah Young – Austin, TX**

I hit my goal weight today! Thank you so much! – **Charlotte Jones, Gainesville, FL**

"Matt, just wanted to say thanks for helping me out. With your diet plan, I lost 10lbs in a week. Every morning I weighed 2lbs less than the day before! The wedding dress fits perfectly now, and I can’t wait to walk down the aisle! Thank you again" - **Amy Schoder, Detroit MI**

I lost a total of 11lbs. My waist is down 3 inches. All I can say is thank you! - **Kerry McDonnell Holyoke, MA**

It’s been just under a week and I’ve already lost 13lbs... - **Jenni Duluth Boston, MA**

My arms look great! I can honestly say I’m going to be in the best shape of my life for my wedding. – **Mya Roberts Scottsdale, AZ**

These women are ordinary gals who were desperate to lose some weight before their wedding day. And they all achieved their goal weight by simply following my almost “Paint By Numbers” method – tailor made for the Deadline Bride.

## **How To Start Shedding Fat Today and See Pounds Melt Away By Tomorrow**

Ok, I’m sure you are on a deadline. Your wedding day is right around the corner – and you want to get started right now.

I've **made it easy** to get your hands on The Wedding Day Diet. Here's what I can offer –

First: I will give you my new book at a 99% discount to what I normally charge my clients for these rapid weight loss techniques. I can do this because I'm offering the book as a digital ebook. After ordering you can download the book to your computer and start reading it immediately. Since I don't have to pay to get the book printed – **I can pass along the savings directly to you.**

This means that right now – I am offering the Wedding Day Diet ebook **for just \$37.00** – This is a trial offer for the first 100 women who click the order button below. After I've sent my 100<sup>th</sup> book – I will most likely raise the price.

Second: How about **I sweeten the offer just a bit?** Here's the deal – I've created 4 companion books that work together with the Wedding Day Diet. Take a quick look at what they'll show you:

### **Special Bonus #1: The Buff Bride Workout Manual**

Inside this manual, you'll find the most effective workout plan I've ever devised. I only included the most effective exercises so you can get sculpted quickly without wasting an extra minute in the gym.

I also made the workout “wedding dress specific”. This means I selected exercises designed to make sure you look good in a wedding dress. The Buff Bride's Workout Manual will show you how to: Sculpt your shoulders, making your arms look toned and you making your waist look tiny. **(Your husband-to-be will be amazed at how easily his arm wraps around your dainty waist.)**



The ultimate back-defining exercise – a must have if you're wearing a backless wedding dress and your wedding rings. The little known move that can actually make your breasts appear higher and fuller (most women have never done this exercise in their lives).

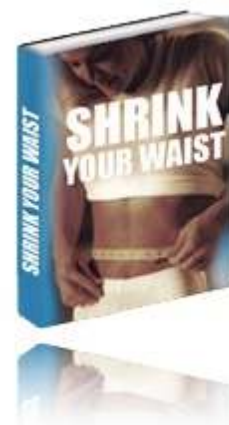
The exercise that can actually raise your butt and make it tighter! (Some women have tried this exercise, but few do it correctly). And the #1 exercise for lean, shapely legs. (Don't be surprised if the best man takes his sweet time slipping that garter off.)

Best of all, you don't have to workout for hours a day. This complete workout takes just 30 minutes, 3 times a week.

### **Special Bonus #2: “Shrink Your Waist Without Losing a Pound!”**

Would you love to lose 3 inches from your waist in just 3 weeks? Of course you would! In this special bonus book, I will show you an previously unknown Yoga technique that will drop you a dress size in just 3 weeks.

Best of all, you will not have to exercise 2 hours a day for weeks. This technique will take inches of your waist line with only 30 seconds of exercising a day. No fancy equipment either – you can perform this easy exercise standing in line at the grocery store, in the shower, or at your desk!



### **Special Bonus #3: “What They Don’t Tell Women About Ab Training”**

Are you tired of doing hundreds of sit-ups and crunches without seeing any results? Or worse, working out for hours on ab machines and not shrinking an inch?

You’re not alone. The problem is that the standard ab training exercises are designed for slow, gradual toning over time. This will just not work for the Bride on a deadline.

This Special Bonus will show you how to make a slight change in your ab training and get shocking results. After I explain the science behind this method you will kick yourself for not using it earlier! Better still will be watching your tummy go from a “love pudge” to a rock hard, trim abdomen within a couple of weeks.

Best of all, you can achieve these awesome results by training your abs just once a week!



### **Special Bonus #4: My Private “Clients Only” Email Coaching Address**

*You’ve been amazingly helpful with any and all of my fitness questions and you actually have me excited about working out! – Laura Wilder Nashville TN*



When you order the Wedding Day Diet program, my reputation is on the line. I’ll do anything I can to help you succeed. So inside the Wedding Day Diet guide you’ll find my private email address – reserved for clients only.

Anytime you have a question, you can always reach me by email. Same day responses are the norm.

It’s just like having your own personal trainer on speed dial!

### **NEW! – Early Bird Special Bonus #5 (For the First 150 Clients Only!): “The 7 Day Emergency Weight Loss Plan”**

Did you know that top Hollywood actresses and fitness models have a special "emergency" weight loss plan that they use before big photo shoots?

This private, detailed strategy "fools" your body into dropping 5-11lbs in just a few days. Best of all, this plan completely eliminates bloating and water retention so you can be sure that you'll look amazing on your big day.

A Hollywood starlet hired me at full price to show her these secrets because she was scheduled to pose for Playboy and needed to drop weight f-a-s-t. But you'll get this private plan absolutely free when you order the Wedding Day Diet.

*(Alert: This strategy will soon be patented – meaning that I will not be able to share it for free – get in now to get this special bonus before I am forced to take it off the market!)*

**Total Value of the 5 Special Bonuses: \$284.00 –  
Yours **FREE** when you order the Wedding Day Diet!**

I will give you all 5 of the Special Bonuses with your order of The Wedding Day Diet. Don't pay a dime for the bonuses. They are my gift to you. It's like you are getting 5 incredibly powerful Wedding Diet secrets for the price of 1!

One last thing, I would like to tell you about -

**My “Make the Groom Cry With Pride”  
100% Satisfaction Guarantee**

Order the Complete Wedding Day Diet Package Today And If You're Not Satisfied For Any Reason (*Or No Reason At All*), Just Send Me A Note And **I'll Refund Every Cent Of Your Money – No Questions Asked.**

This is the exact same guarantee that I offer to my wealthy clients. I don't mind taking all of the risk because only one person has asked for a refund (*she wanted to lose 10 pounds over night – I admit that was a little too fast for my methods!*)

That's it. I take all the risk while you learn the secrets of rapid weight loss for just \$37 bucks.

**Doesn't It Feel Great To Not Worry About  
Looking Fabulous in Your Wedding Dress?**

I am absolutely confident that you will achieve your goal weight before your wedding day. With the Wedding Day Diet and your determination – we can't fail. The book you are purchasing will guarantee that you will glide down the aisle, stun your family and friends, make your bridesmaid look pudgy, and fill your husband with pride.

**Download Your Copy of the  
Wedding Day Diet Today!**

- YES!** I'm ready to transform my life and look slim and sexy on my wedding day...

**Click Here to Order**

[Order now](#) through our secure server and you can instantly download the printable PDF format E-book package for just \$37.00 and start creating the slimmer you - now. Instead of waiting for your book in the snail mail, you can download this e-book package and the new you immediately!



(All Orders Processed over Safe, Secure Servers at Paypal)



Times a Wasting...

**Let's get started now!**

A handwritten signature in cursive script that reads 'Matt'.

Matt Marshall

**P.S.** I'm slowly getting overwhelmed with the Brides taking me up on my \$37 discount offer. I soon will be forced to take this offer off the table and consider raising the price to lighten my coaching load.

So, Order Now and get the Wedding Diet Plan, the 5 Special Bonuses protected by my **“Make the Groom Cry With Pride” 100% Satisfaction Guarantee**