

"How Spinning Around in a Circle Like a 4-year old Child will Skyrocket Your Weight Loss Success"

-- by Jennifer Jolan

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AUTHOR BIO:

Jennifer Jolan is a popular weight loss consultant and author of the best selling ebook, "**Secret Tactics, Tricks, and Techniques to Weight Loss and Natural Health**". Jennifer has helped over 3,700 women with her intensive 1 on 1 email coaching and unique "tricks" and "twists" on weight loss and dieting.

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Hi there. I'm Jennifer Jolan and I'm going to explain how you can spin around (like kids) to help you lose weight, re-energize your body, as well as improve your overall health.

Yes, I know it seems kinda weird and strange, but please keep an open mind.

Below, I'll give you the logic and rationale on why spinning around actually works for all of the above health benefits that I just mentioned.

And... if you still don't believe me after all that you've read, then I simply challenge you to spin around (as outlined) for 7-10 days and prove or disprove it to yourself. Not much to ask, is it?

How I Learned About This

Well, I like to read. I read just about anything and everything when it comes to health, exercise, nutrition, strange things that peak my curiosity, etc.

So how I learned this was by accident... from reading about Sufi Muslims in Turkey who are called "Whirling Dervishes".

This spinning around thing that they did fascinated me.

So I had to know more about "why" they did it. I won't get into the religious aspect of it because that's unnecessary for our purposes, however I will say that they spin around into

an ecstatic state of mind as a show of love and a drama of their faith. That is the "why" part.

Since that really doesn't account for the health benefits, I'll move along.

But one thing I did notice in researching about Whirling Dervishes was that ALL OF THEM were thin, had amazing energy, and were kinda youthful (compared to their actual ages).

So I thought to myself "Hmmmm, ok, what the heck, I'll spin around and see what the big deal is about".

So I did it once.

WOW... was that an experience. I nearly knocked over a lamp after spinning around 20 times. I had to just kinda sit and lie down at the same time (if you can picture that) on my couch to normalize myself.

So I rested and felt normal after a few minutes... but, I also felt energized.

I was like "whoa, this is interesting". The reason being, I exercise often and I feel energized from exercising, however, THIS WAS A DIFFERENT TYPE OF ENERGY that I was feeling.

I had this feeling of a tingling sensation in my head and heart. A lightness. I felt more alive. I felt good! Surprisingly, I was also kinda outta breath too.

So I wanted more.... this was too good to stop now. I needed

to take it to the extreme to see what the fuss was about.

So I spun around again... this time 15 times so I wouldn't get so dizzy. I just spun around and on my last spin I just spun onto my couch lying down right away.

I was kinda delirious with excitement. Like a child with a new toy. Good thing nobody could see what I was doing... because lets face it, it's kinda weird to see a grown woman spinning around like a kid.

Anyway, spinning around 15 times still felt like too much for me, but I wasn't going to let that stop me.

Regardless, by the time I stopped doing the spins, it was 30 minutes later. I must have done at least 10-15 sets of spins... and I never did less than 10 spins each time.

So that was then.

After that day, I was hooked... totally devoted to doing spins each day. But I still wanted to know more about what I was getting myself into. So I continued with more research.

I ended up learning some fascinating things.

I learned that those Whirling Dervishes would spin hundreds of times non-stop and that by over-doing the spinning, they would create a huge burst of ecstatic energy that put them into a different state of mind.

(Note: I never do more than 20 spins a set. I stop after 20 and rest for at least 1 minute... ALWAYS!)

Well, I wasn't after the ecstatic different state of mind thing... I just wanted the health benefits since I always seemed to get sluggish in the mid-afternoon.

But another thing that I found out was that even though the Whirling Dervishes get huge bursts of energy, they would also have their energy come crashing down within a few hours.

NOT GOOD in my opinion. I wanted a nice even, all-day energy-boost. I didn't want to have an energy-boost that was followed by a state of tiredness or exhaustion.

Luckily for me, I never went above 20 spins at a time because who knew... maybe I'd throw up or something. I didn't know... it was new to me. So I put my heart into spinning, but I still had my limits.

So anyway, I continued on with the spinning.

I felt great, had an extra bounce to my step, had the energy of a 4-year old child, and I also noticed I had become more toned than usual. Now, I've always been in good shape because that is my job... to consult and advise women on how to lose weight through diets and exercise.

And lets be clear, I've always thought outside-the-box and did things my own way. So I already had a grab-bag of "tricks" and "tweaks" to exercise and dieting that gave women miracle results for weight loss and health.

So what began for me as a way to boost my energy levels, soon proved to me that I unexpectedly attained another weight loss "trick".

"Hmmm".... I better find out if this really works for weight loss or what... not just on me.

So I tried the spins out on some of my personal clients. Besides the laughing I usually got to begin with, along with the "you're crazy" looks when I mentioned this to them, I made them do it.

Now, maybe I should've done more research before I had them do the spins, but I thought, "Geez, if kids do this naturally, what harm could it do to grown women".

So back to my clients... are you interested in their results?

Yeah, I'm sure you are.

Well, it was a 100% success, but with a few bumps along the road.

First the successes...

After 14-17 days they all had more energy, felt better, looked better, lost a few pounds (some more than others), and acted more youthful. Heck, even if they didn't lose weight, spinning would still be awesome for all of the other health benefits. So I consider the weight loss an extra benefit.

Now, are you going to lose 15 pounds in 2 weeks? NOOOO.

Anyone who knows anything about TRUE weight loss and isn't trying to rip you off by telling you outrageous lies will tell you that you can only lose about 2.5-3 pounds of **fat** a week. Nothing more. If you lose more than that, it's water-weight

and muscle.

And... If you want a little tip on losing water-weight... WELL... drink more water. Ironic, but true. Your body will then release the retained water due to ample supplies of daily water. It no longer has a reason to cling to the extra water (for survival reasons) and store it in your body. It has access to lots of daily water, so there is no need to retain water in the body "just in case". You programmed your body to forget about "just in case". Survival is not in jeopardy.

Before I go on... are you happy so far with this report? It is free, but don't you think I could easily charge people for this unique information!!

Before I even ask you to consider buying my ebook, "**Secret Tactics, Tricks, and Techniques to Weight Loss and Natural Health**" (which has lots more "tricks" like this) at <http://www.weightlossguideforwomen.com/enter> ...

I am giving you something of value that you can "test out" in the privacy of your own home.

I give before I get. Why? Because I know that if you do what I outline in this report, you'd be crazy not to want to know my other secrets for losing weight and making yourself more youthful and healthy at the same time.

Ok, back to our regularly scheduled program...

So my clients loved the spinning and got great results... and continue to get great results from it. So it's been a success for them and the 100's of other people who have since learned my new secret about spinning.

But there were a few bumps along the way and it's my duty to share those with you as well.

The feedback that I received from some of the women shows that perhaps you should ease into doing the spins. Don't do 20 the first time... build-up to that and use it as a goal.

(Note: You should be able to build-up to 20 spins in a few weeks or so.)

Why should you build up? Well, some of the women became TOO dizzy and had a hard time getting normalized. Basically, they overdid the spinning. It was too much, too soon.

2 of the women actually got sick. (I will get to the solutions to this problem shortly.)

Now, the women who did get too dizzy and the 2 women who got sick... they did get use to doing the spins within 1-2 weeks. They didn't give up and were rewarded for their persistence with better health and weight loss. So there was a happy ending after-all.

But before I get to the solutions to that and the outline of how you should do your spinning, I want to mention that I found

out more information on the dynamics of why spinning helps people lose weight and gain energy ANDDD... makes you younger at a "**Cellular Level**".

What I learned was that spinning affects your Endocrine System.

The Endocrine System consists of 7 glands:

- the Pineal Gland
- the Pituitary Gland
- the Thyroid Gland
- the Thymus
- the Adrenal Glands
- the Pancreas
- the reproductive glands (Testes in men, Ovaries in women)

The Endocrine System is important because it controls your metabolism (weight gain - weight loss), regulates your growth and development, controls your hormone levels (VERY IMPORTANT), and plays a part in your mood. It does all of this by using "cell signals" to your Nervous System.

Kinda like a cell phone making a call.

I won't bore you with the anatomy details, but I needed to mention that stuff. So anyway, those 7 glands are energy centers for the body.

Now, the cell signals kinda revolve in place... in a circle. I

wish I could explain this in more detail, however that's the simplest way I can describe it to you without boring you with page and pages of useless info.

Understand this...

When these cell signals are revolving in place, they either revolve fast, slow, or in-between.

This is important because when they are revolving fast, you're in good health and have lots of energy. Everything is going good with your body. When they are revolving slow, you aren't in good health, you don't have much energy... basically you just don't feel good.

Most people are somewhere near the middle, but leaning towards revolving slowly. So basically, most people aren't at optimal health. They're closer to poor health. Obviously this manifests itself in lack of energy and obesity.

THE GOOD NEWS....

The good news is, spinning speeds up these cell signals. Repeated spinning helps to reset the revolving speed upwards... good for your health, good for your energy, and good for weight loss!!!

READ THAT PARAGRAPH AGAIN! It's very important.

I hope I explained all of that clear enough so that you see the powerful effect spinning has to positively alter your health, energy, and weight. Now that you know the

reasoning behind it, lets move on.

OOPS, LEFT OUT IMPORTANT INFORMATION...

I got so caught up in telling you all of this stuff, I left out 1 important piece of information.

So before I get to the program for spinning, I have to tell you that you only spin 1 way. And that is to your right. Picture yourself standing in the middle of a clock, face-up on the ground.

You want to spin **CLOCKWISE**, same as the hands on a clock. So your left arm will always be following your right arm when you first start the spinning.

So your arms are out to your sides like airplane wings, outstretched and horizontal to the ground... at shoulder level. Left arm is at 9 o'clock and your right arm is at 3 o'clock.

You begin spinning in a circle (in the same spot). Your right arm starts moving from 3 o'clock to 4 o'clock, and etc. At the same time, your left arm is moving from 9 o'clock to 10 o'clock. Got it?

I don't know why it's important to spin clockwise... it's still a mystery to me.

But, I found this out because when I first was having women spin around, some of them were spinning around counter-clockwise. And after a few weeks they weren't getting the same results as other women.

I guess I never really considered which way to spin around... I just did it. So I never made that clear to them about which way to spin. At the time, I just didn't think it was a big deal.

Since most of the women I was coaching were doing these at home with no way for me to see them, they'd just spin around however they wanted since I wasn't specific enough in my instructions. Even if I did watch them, I wouldn't have corrected them because I still didn't realize the importance of spinning clockwise.

So I tried to figure out why that was... and I found that in all of the cases, they were spinning counter-clockwise, not clockwise.

So I had them switch to spinning clockwise for the next 2 weeks and BINGO, they got the weight loss, energy, and health benefits that the others were getting. **PROBLEM SOLVED.**

So I won't argue with results even if I don't know the reasoning. So when you spin, spin CLOCKWISE.

SPINNING OUTLINE:

So above, I described the correct way to spin around. Clockwise... with your arms out like airplane wings. Now, here's how you should start out spinning.

DAY 1:

Begin with spinning around just 5 times. Faster is not necessarily better... but your goal should be to spin around on the faster side. 5 times is a base level to try. If you really want to see the "real" effects of spinning, try 12-20.

However, if you want to do this properly, just trust me and do 5 spins on the first set.

Do them? Ok. How did it go?

What is your body telling you? Here is the goal... **AND THIS IS REALLY IMPORTANT, SO PLEASE REMEMBER THIS EVERY TIME YOU SPIN.**

You try to **spin enough until** you are **SLIGHTLY DIZZY.** That is the goal. That is all you need to benefit from spinning. Anything more and you may have problems such as excess dizziness, which will make you feel NOT-SO-GOOD for the rest of the day.

Just do yourself a favor and trust me.

Take it easy and ease into it. Start with 5 spins and rest at least 1 minute.

After that, you can do as many spins as you think it will take to get SLIGHTLY dizzy. Nothing more... nothing less. Keep repeating this until you've done between 50-100 total spins.

Remember, this is just day 1. Anyway, if you need a few minutes between each set of spins, take a few minutes. If 5 spins didn't do anything for you, do more.

How many? Use your good judgement and guess.
SLIGHTLY DIZZY, SLIGHTLY DIZZY, SLIGHTLY DIZZY!!!
REMEMBER THAT!

TIP: Watch TV, Lose Weight

When you watch tv, there are usually 20 minutes or so of commercials during each hour of programming. A good idea is to do your spinning during commercials. You could easily get in 1-2 sets during each commercial break and a minimum of 8 sets during 1 hour of tv. I DON'T WANT ANY EXCUSES!!

So you start with 5 spins on your 1st set.

After that, use your own good judgement on how long to rest and how many spins you should do for the next set. If you got really dizzy with just 5 reps, then consider taking a long rest and doing 3 spins the next time. Whatever you do, don't quit.

For almost every person who does this, their body usually adjusts to the spins within 7-10 days... 14 days at the very latest (if they had a hard time with extreme dizziness to begin with).

Now, for people who like to jump in the deep end right away... you're more than welcome to just go ahead and spin around 12-20 times on your first try. But I must warn you...

you may get really dizzy to the point of being nauseous and sick. My fear with you doing that is you may quit the program right away without giving it an honest chance if you are one of the few who gets sick.

So you've been warned!!

Please use your common sense. Pay attention to how your body reacts and adjust accordingly with either less or more spins per set... slower or faster spins... more or less rest between each set of spins.

Just remember the most important goal with spins... **SPIN TO THE POINT WHERE YOU GET SLIGHTLY DIZZY**. By paying attention to your reaction to spins, you'll generally know where you should be.

Just know this. You're not in a race. This is something you can and should do for the rest of your life... everyday. It's that important.

DAYS 2-5:

Gradually challenge your body more... with more spins per set, more speed, and less rest between each set.

Each person is different so don't get caught up with the numbers. The only number that is important is the total # of spins you do each day. Eventually you'll want to build up to at least 200 reps... But that may take a week or 2 for some.

THAT'S FINE. Nothing to worry about.

So try to get 200 total spins each day... by day 14 or so. If you can do 200 spins on day 1, awesome!!!

However you go about this is fine, I just don't want you to quit during the 2 week time period. I am positive that if you do the spins for 2 weeks, you will be so happy with the results that you'll do them for a long, long time.

HOW I SPIN EACH DAY:

My daily spin routine is simple. I usually spin 20 times for each set and I try to do 20 sets... for a total of 400 spins each day. That probably is on the excessive side, but I like doing them. They make me feel awesome and help tone me up.

I usually do 5 sets right when I wake up. After that, I just do them whenever I get the chance... basically when I have privacy and some room to spin. I get in a lot of spins during tv commercials also.

So I aim for 20 sets, but I really don't know how many I do.

I've turned them into a habit, so I don't need to think about it. I just do them when I get a chance. This makes it easy since I don't have to stress out about how many sets I've done and how many more I need to do.

I simply don't think about it after I get my first 5 sets in when I wake up.

FINAL THOUGHTS:

Let me demonstrate how powerful this information really is...

**Imagine Knowing of a Casino Where
the Blackjack Dealer
Tipped His Hand Before You Made Your Move
and
Didn't Care How Many Times You Beat Him.
When Would you Stop Going There?**

I hope your answer to that question would be a resounding, "NEVER"!! Assuming you're sane that is...

Well, that is a virtually PERFECT analogy on the power of Spinning!

After you discover for yourself the powerful health and weight loss benefits of spinning around in a circle like a child, why on Earth would you stop doing it?

But guess what... I've had clients who lost quite a bit of weight and had a huge increase in energy and lots of other health benefits... YET, they quit doing them.

Please..... PLEASEEEEEEE, don't you be one of them.

With that said, I hope you enjoyed my gift to you. Now go spin! **(Read below to see how you can help your friends, family, and co-workers with this special report. Not only will it benefit them, you'll have some interesting things to talk about.)**

Sincerely,

Jennifer Jolan

<http://www.weightlossguideforwomen.com/enter>

PS. If you go to the member's area of my website by clicking that link above, you'll learn:

- How to *Burn 18% More Calories* During Walks... no, has nothing to do with ankles weights, walking faster, or using dumbbells
- The "**trick**" to hibernation that **Grizzly Bears** use to lose weight -- and how to use it for yourself
- **How to use sugar to lose up to 2 pounds a week** -- yes, sugar is usually bad for you, but not if you use it this way
- A spoonful of this *obliterates fat immediately* after it enters your body -- Why doesn't your doctor tell you about it?
- **6,000 Year Old Secret** -- **How to Rub your Belly Away** with nothing more than the palm of your hand -- just 2 effortless minutes a day
- Simple 15 second exercise that shrinks your waist by 1.75 inches in 1 short month
- And many more tips, tricks, and little known secrets for effective weight loss success

PPS. If you think a friend, co-worker, or family member would be interested in this report or find it a fun and interesting read, I encourage you to send them an email with a link to my website so they can benefit from this helpful information.

Here's the link for them to sign up for this special report:

<http://www.weightlossguideforwomen.com>