

## **Product Promoting: Agora Water Pitcher**

I have a love/hate relationship with sugar.

My "sweet tooth" **loves** it... however, the rest of my body **hates** it.

I'll occasionally indulge in Ben and Jerry's while plopped on the couch watching an episode of Shark Tank (Phish Food is my favorite...Yum!).

**But**, and this is a big but... I am consciously aware that I'm eating sugar, unlike 90% of the population who is unknowingly consuming the WORST kind of sugar...

Liquid Sugar, which is *significantly* more dangerous than sugar from solid foods.

### **The jellybean study is the perfect example.**

When compared to people who drank 450 calories of soda, people who ate 450 calories in the form of jellybeans *instead* ended up eating *less* later. (9)

This research shows that when you **drink** your calories, your brain doesn't elicit the same 'fullness signals' that are generated when you **eat** them instead.

In a second study, when subjects consumed a whole apple, applesauce or apple juice on six different days, **apple juice was shown to be the least filling, while whole fruit satisfied appetite the most (10).**

### **This is really the tip of the liquid sugar iceberg:**

Soda, sweetened iced tea, **unsweetened** orange juice, **unsweetened** grape juice, fruit punch, lemonade, and sports beverages ALL have between 32 and 54 grams of fat storing sugar.

This is a huge contributing factor to the obesity epidemic because food manufacturers purposely use label loopholes like "all natural" or 100% fruit juice to trick folks into believing these sugar laden drinks are healthy.

And here's the thing... the nasty chemicals in tap and bottled water is nearly just as bad, which is why you should use **THIS LITTLE DEVICE** I'm holding in my hands in the picture below instead.



**This is the BEST, CHEAP, Scientifically Proven Water Filtering Device on the Market.**

If I can promise you ONE thing it's **this**: if you drink at least 75 to 100oz of clean, filtered water every day you'll **eat less, live longer, and burn more belly fat.**

I firmly believe **this water pitcher** is one of the BEST investments you could ever make for your future health... and the health of your family.

Keep going strong.

Your friend and coach,

Shaun