



WEIGHT LOSS STARTS HERE

WEIGHT LOSS GUIDE

SIMPLE WEIGHT LOSS. ENDLESS ENERGY.
ANTI-AGING.

WHAT YOU'LL FIND IN THESE PAGES

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- ➔ SKEPTICAL AT FIRST. CONFIDENT IN NEW PLAN.
- ➔ IMPROVED DIET, NUTRITION, DIGESTION
- ➔ SAFE & EFFECTIVE EXERCISE PLAN
- ➔ PERSONALIZED SUPPORT FROM EXPERTS
- ➔ IDENTIFIED & ADDRESSED WEIGHT LOSS
- ➔ SENSE OF COMMUNITY, NO LONGER ALONE
- ➔ FREE OF FEAR, ACTIVE LIFE
- ➔ DOES IT WORK FOR MEN TOO



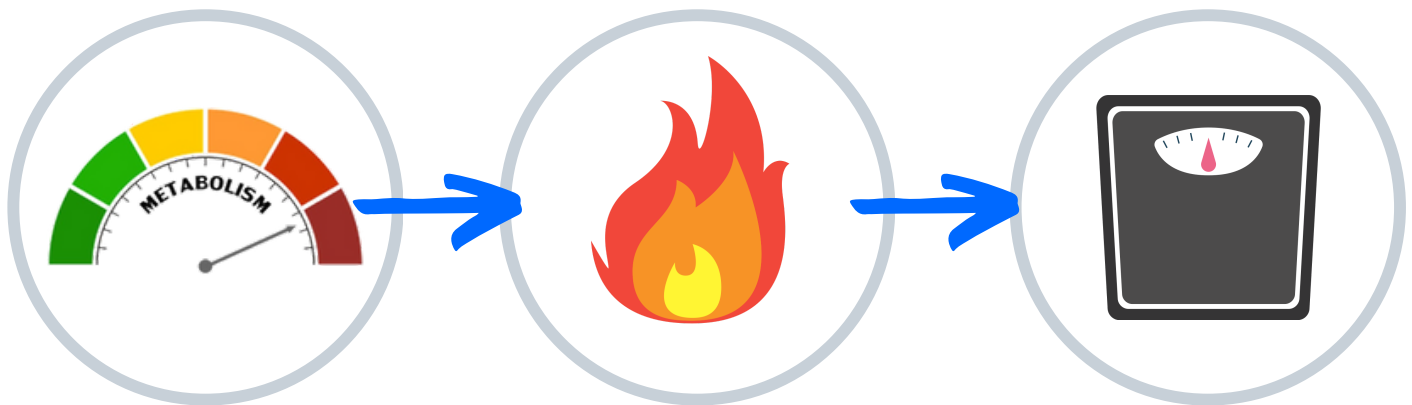
OUR FOCUS & SIMPLE 3-STEP PROCESS

We're Here To Help You:

- ✓ Reset Your Metabolism
- ✓ Burn Off Body-Fat
- ✓ Normalize Your Hormones
- ✓ Optimize Your Health
- ✓ Create Endless Energy
- ✓ Feel Confident In Your Body

Our simple 3-step process...

THE SIMPLY SLIM WEIGHT-LOSS PROGRAM



STEP 1:

RESET YOUR METABOLISM

First, you're going to eat, eat, eat, eat, EAT. You'll enjoy delicious foods all day long that reset your metabolism AND burn fat.

STEP 2:

ACTIVATE YOUR FAT-BURNING

Do some very specific body movements. Combined with the eating. You'll activate your body's own natural fat-burning mechanism.

STEP 3:

LOSE WEIGHT AND INCHES

You'll see quick and sustained weight loss and your clothes will get looser and looser. Only, this time it's natural and will be permanent!

HOW WE'RE DIFFERENT

OTHER PROGRAMS

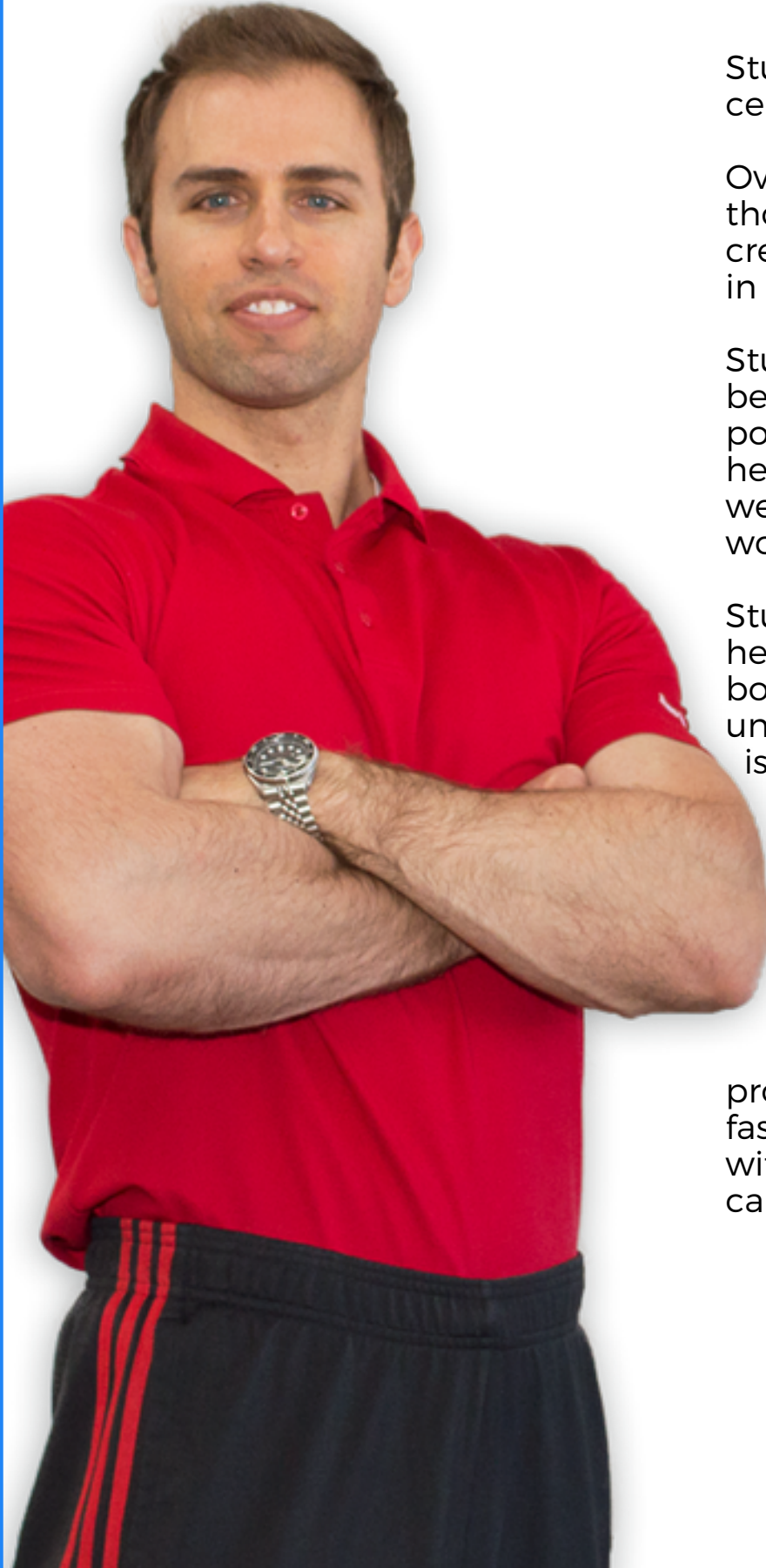
- ❌ Complex & Time-Consuming
- ❌ Restrict Calories
- ❌ Restrict Carbs
- ❌ Require Intense Exercise
- ❌ Wreck Your Body and Slow Your Metabolism
- ❌ Cause Hormone Imbalances
- ❌ Cause Cravings
- ❌ Leave you Hungry
- ❌ Low Energy
- ❌ Gain Weight Back
- ❌ Unsustainable
- ❌ Hours of Exercise a Day
- ❌ Don't Address Gut or Autoimmune Issues

OUR PROGRAM

- ✅ Simple, Natural, & Fast
- ✅ Don't Even Count Calories
- ✅ No Food Restriction
- ✅ Simple Body Movements
- ✅ Optimize Your Fat-Burning Mechanism & Metabolism
- ✅ Normalize Hormones
- ✅ Cravings Vanish
- ✅ You're Full and Satisfied
- ✅ High Energy All Day Long
- ✅ Permanent Weight Loss
- ✅ Simple & Easy Lifestyle
- ✅ Less Than 30 Minutes a Day
- ✅ Understands & Fixes Gut and Autoimmune Issues

Our simple 3-step process is the only way to lose weight and keep it off without wrecking your body

ABOUT STU



Stu Schaefer is an award-winning celebrity weight loss expert.

Over the last 20 years he's helped thousands of people lose weight, create endless energy, and feel great in their bodies again.

Stu has won numerous awards. He's been featured on news, radio, and podcasts all over the world. And he's one of the most sought-after weight loss experts anywhere in the world.

Stu has extensive experience helping women over 50 burn off body-fat and lose weight. He understands how unique your body is... and the subtle differences you require to lose weight & keep it off.

He spent years researching why people don't lose weight - and exactly how the body works.

Now, with his simple 3-step process, you'll be able to lose weight faster than ever, and keep it off without restricting foods or counting calories.

WATCH THIS FIRST

Before we work with anyone, it's important to understand the foundation of our approach. If you haven't done so already, set aside 30 minutes and then click the link below to watch your FREE Fat-Loss Masterclass!

FAT-LOSS MASTERCLASS

Discover Our **Simple 3-Step Process** That Will

- ✓ Activate Your Body's Natural Fat-Burning Mechanism
- ✓ Ramp Up Your Metabolism
- ✓ Normalize Your Hormones and Other Health Markers
- ✓ Create Energy All Day Long!



[HTTPS://STUSCHAEFER.COM/WEBINAR-REPLAY/](https://stuschaefer.com/webinar-replay/)

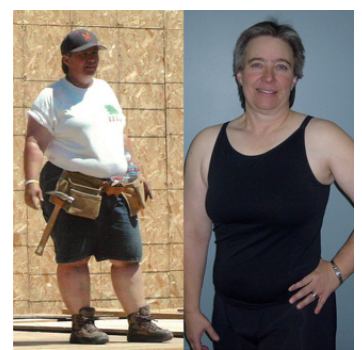


WATCH THIS NEXT

In these short interviews, you'll hear from people who did the simple 3-step process and caused their body to burn fat automatically... and how easy and quick it was.



[CLICK HERE TO WATCH HOW WE HELP YOU ACHIEVE YOUR BEST OUTCOME](#)

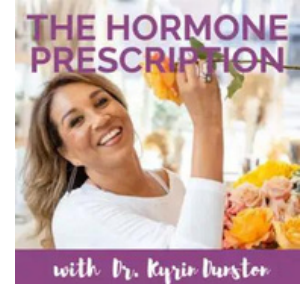


[CLICK HERE TO SEE THESE CASE STUDIES](#)

STU IN THE NEWS AND PODCASTS



THE DENVER POST



GET HELP FROM OUR TEAM

As much as we'd love to help everyone... we do have an application process to make sure the people we do work with are a good fit for our help.

Please only apply if you meet the following criteria:

WHO THIS IS NOT FOR...

- ❌ Looking for a quick fix or crash diet (these don't work)
- ❌ Not motivated to take action
- ❌ Not ready NOW

WHO THIS IS FOR...

- ✓ Need to take back control of you body now
- ✓ You're not confident in your current plan
- ✓ You want step-by-step guidance and support



→ [CLICK HERE TO APPLY](#) ←
[FOR OUR HELP ON YOUR](#)
[WEIGHT-LOSS JOURNEY](#)

WHAT ACTUAL CLIENTS SAY



Emily - a 49 year old mom - had been in shape when she was younger. In fact, she had been a beauty pageant winner.

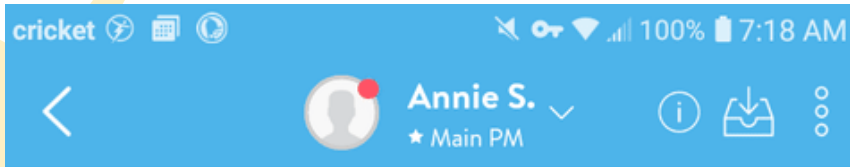
However, she had let herself go. When she saw her before picture, she actually started to cry.


She had been trying diet after diet - and nothing worked. She felt like it was hopeless. She figured her body was just not able to lose weight anymore - either because of her age or hormones.


Following our simple 3-step process, Emily dropped 20lbs in 4 weeks. Her energy went through the roof. She never felt deprived or hungry.


Best part is how easy it's been to keep the weight off!

WHAT ACTUAL CLIENTS SAY



 Stu Schaefer 6:53 AM
just checking in mid-week... how's everything going this week? you struggling with anything?

 Annie S. 7:01 AM
Going good 😁 Im pumped! My scales are down a pound from pre-vacation weight and I feel good. So syked cause the future looks bright if I can vacation and eat ice cream and it not totally derail me... 😁 So we're back to the trenches today though.... Workout went good this morning... I don't have the stability ball so the one exercise I can only do half way... but works I guess

 Stu Schaefer 7:18 AM
Ok... That's ok. Yes. This is all part of putting your body in the Thermogenic State! 🔥🔥

Type a message



"Down a pound from pre-vacation weight... and eating ice cream."

WHAT ACTUAL CLIENTS SAY



Barbie had type I diabetes. She was 52. Her joints were shot.

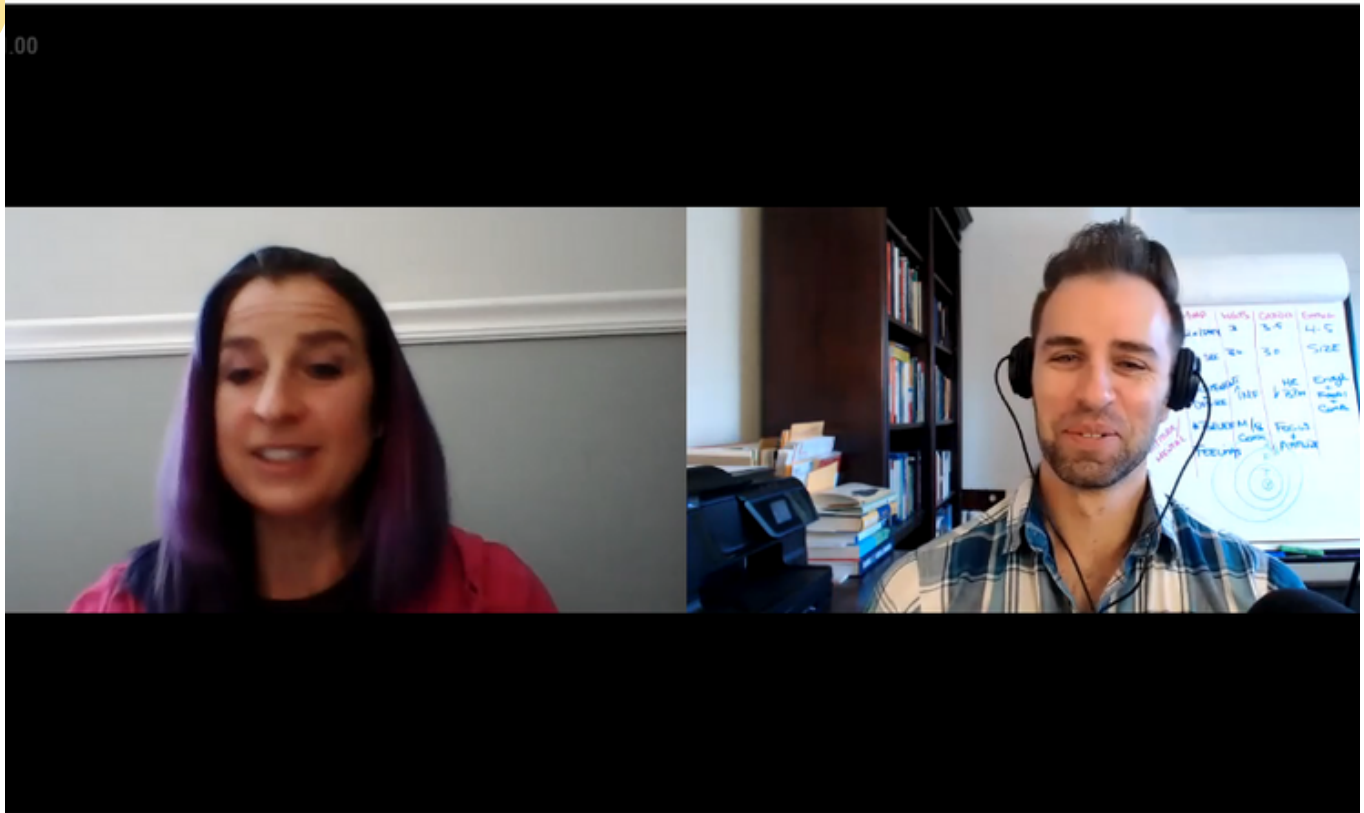
She was convinced she couldn't lose weight. And she had tried at least a dozen times before... but always gained it back.

This time, she was able to follow the simple 3-step process. It was so simple, she could actually do it - and sustain it.

In just 12 weeks, she lost 29 lbs of fat. And she was only using 1/8 her insulin!

WHAT ACTUAL CLIENTS SAY

**Mom INCREASES calories by 50%
cuts exercise in half
and drops 18 lbs in 12 weeks!**



Lachlan was exercising 2 hours a day! She was destroying her body. And she was exhausted and grouchy.

She was also eating less than 1200 calories a day - and had been doing this for 7 years with no results.

She **INCREASED** her calories by 50%, cut her exercise down to 30 minutes **OR LESS** (6 days a week), and she lost 18 pounds in just **12 weeks!**

(Click image above to watch interview)

WHAT ACTUAL CLIENTS SAY



Lynne had chronic migraines - Every night at 3:00 a.m.

She was 72 and felt hopeless. She had no energy. And no hormones. She couldn't lose weight.

After just 4 weeks, here migraines vanished! And all she did was make a few food changes.

After 12 weeks, she dropped 19 pounds of body fat. Her energy was higher than it had been 10 years.

Now she was in control of her body! Her strength went up too - and she can do 10 push-ups on her feet!



WHAT ACTUAL CLIENTS SAY



SKEPTICAL AT FIRST

WHAT ACTUAL CLIENTS SAY

52 year old nurse from New York loses 21 pounds in 10 weeks after failing for 15 years!



Kathy shares how she struggled for 15 years - and couldn't even lose a pound. She was skeptical if her body would even be able to lose weight...

And she lost 21 pounds in just 10 weeks!
(Click image above to watch interview)

WHAT ACTUAL CLIENTS SAY



Robin was 52. She had "been around the block" when it came to fitness and weight loss. In fact, she was no stranger to the gym.

But for some reason, everything that used to work didn't work anymore. And she was stuck.

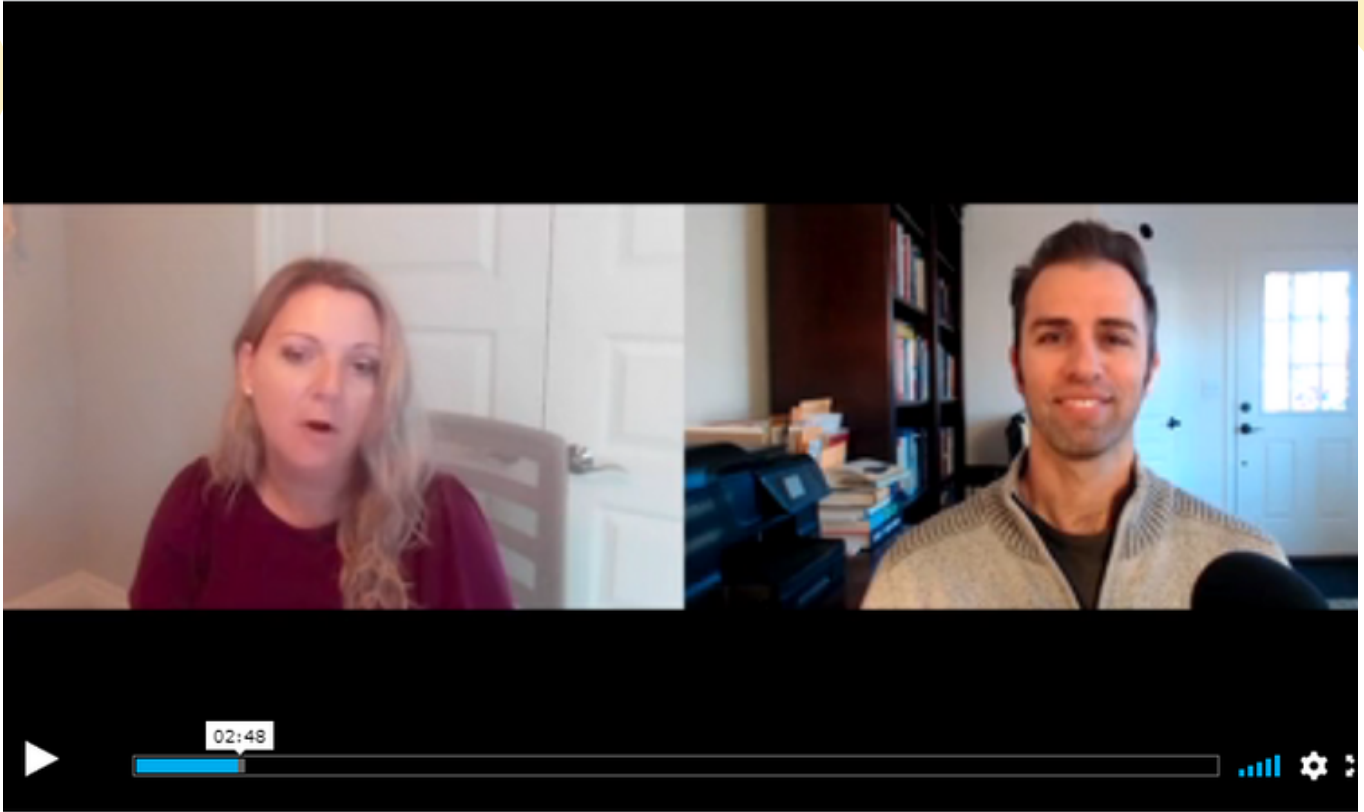
After just 12 weeks, Robin lost 21 lbs of body-fat. She got down to a weight she hadn't seen since college.

And Robin was eating more than ever. In fact, she was eating more than her husband!

She never felt deprived, had high energy, and she re-activated her fat burning mechanism - which allowed her to cheat without gaining weight.

WHAT ACTUAL CLIENTS SAY

Mom with autoimmune loses over 18 pounds after trying for over 7 years!



Carolyn had an autoimmune disorder. She was 42.

The more exercised and "ate healthy" the more weight she gained. She felt like it was hopeless.

In just 12 weeks, she lost 18 lbs! She was also able to control her autoimmune - and she even taught her doctor some things!

(Click image above to watch interview)



WHAT ACTUAL CLIENTS SAY



Summer struggled with severe histamine reactions from food.

if she would eat the wrong food, her body would become inflamed and gain weight.

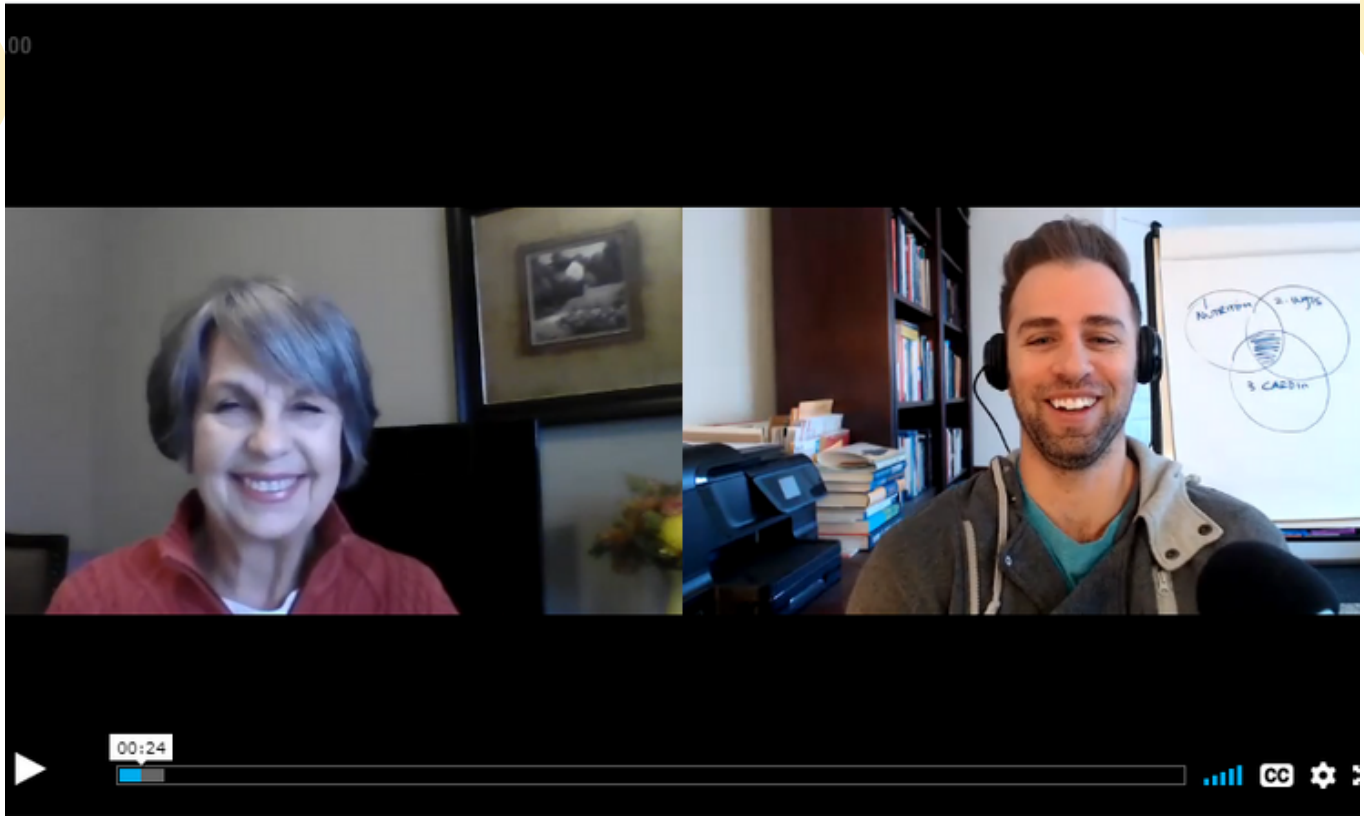
She was highly skeptical that her body would respond to "another diet."

She had tried other diets, but always had bad cravings. And she would look soft and flabby when she lost weight.

In just 12 weeks, she dropped 37 pounds of fat. And this time she looked tight and toned because she did it correctly.

WHAT ACTUAL CLIENTS SAY

67-year-old from Oklahoma drops 22 pounds of fat eating comfort food!



Niki - a 67 year old from Oklahoma - was very skeptical. She insisted on eating out at least 2-3 times a week. And the food she ate was comfort food (mashed potatoes, chicken fried steak, meatloaf, etc...).

She didn't believe she would be able to lose weight because she had tried other diets like Weight Watchers before - and they were always too restrictive.

In just 12 weeks, Niki lost 18 pounds (22 pounds of fat) and gained noticeable strength and energy!

(Click image above to watch interview)



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WHAT ACTUAL CLIENTS SAY

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CONFIDENT IN
THEIR NEW PLAN

WHAT ACTUAL CLIENTS SAY



Steph is a naturapath. She's a doctor. But she was just as confused as anyone else.

In fact, she was afraid to eat carbs. She thought they would cause her to "blow up like a balloon."

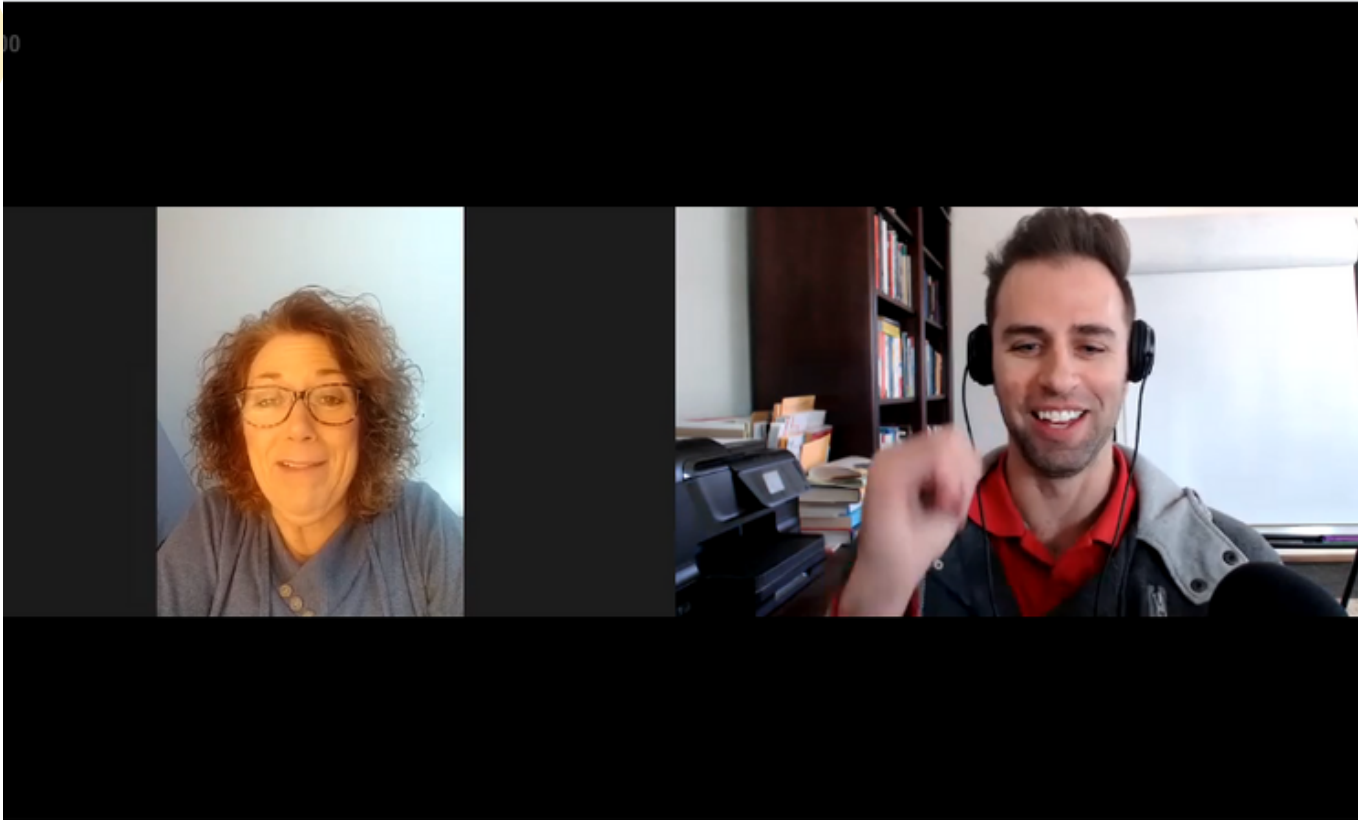
She was also worried because she had a lot of food sensitivities.

In just 12 weeks, she released 16 pounds and 4 inches from her waist. She toned her body.

Best part is... now she is confident in her body and her eating. Plus she has so much more energy... and how she can help her patients with first-hand experience!

WHAT ACTUAL CLIENTS SAY

Mom in her 50s drops 30 pounds in 12 weeks eating more than ever!



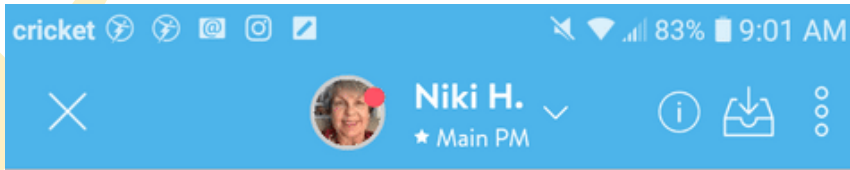
Suzanne had tried just about every diet. The latest was keto.

But she was consistently **GAINING** weight. Now, she needed to lose 30 pounds - and she did!

Suzanne ate more than ever (she even felt stuffed a few times) and lost weight faster than before. The best part is, she's easily keeping it off (and she got her husband involved!)

(Click image above to watch interview)

WHAT ACTUAL CLIENTS SAY



Stu Schaefer

2:30 PM

Ok Niki... how did the day go? What were your top wins from the day/week?



Today



Niki Higgins

8:48 AM

Good Morning Stu, just wanted to say thanks so much for assisting me the last 3 months. I've made some big changes and plan on continuing my progress. Today 3 months after I started I weigh 140! That's 15 pounds in the scale. I've lost 3 1/2" off my waist, 4 1/2" off my stomach, 3 1/4" off my hips and 2" off each thigh. The pictures don't really show the improvement. I'll keep on the process moving forward. Thanks



Type a message



67-year old is now easily able to keep her results and is confident in her plan!

WHAT ACTUAL CLIENTS SAY



“Before I began working with Stu, I had given up and slipped into my comfort zone.

My weight was 156 lbs (after fasting). I couldn't get under 150 without starving myself and this was unacceptable. I tried to diet but failed twice in three months. I was always hungry and felt deprived. Then, I found out my cholesterol was 287!

In 8 weeks, my cholesterol dropped 30 points and I cut my triglycerides in half. I lost over 40 pounds and 8 inches off my waist after 12 weeks.”

WHAT ACTUAL CLIENTS SAY

Woman in her 50s resets her metabolism and burns off her belly fat in a few short weeks!



Ann had tried all the diets and all the pills. Nothing worked.

When she was younger, she never had to worry about food. She was always thin and in-shape. But after too many diets, her metabolism had shut down. Now, she couldn't lose weight.

In fact, she was slowly gaining weight - and felt embarrassed to wear a bathing suit.

In just 12 weeks, she lost 21 pounds and her body started burning fat like it did in her 30s!

(Click image above to watch interview)

WHAT ACTUAL CLIENTS SAY



Sheri had a desk job and sat all day long. She barely had any energy and didn't know how to start.

She followed the simple 3-step process and started losing weight the 1st day!

After just 8 weeks, she had lost 34 pounds, had high energy all day long, and was eating more than ever before.

She never had any cravings. Nor did she ever feel hungry or deprived.

Even her family got on board because of how easy it was!

WHAT ACTUAL CLIENTS SAY



Lori is a mom, a wife, and she works full time. She never had time for herself...

And over the years she had put on about 40 pounds. She was tired, her body ached, and she felt very self-conscious in her own body.

Her family's favorite activity was camping - and drinking beer around the campfire.

Lori needed a change, but she thought it would be too hard - and that she'd have to give up the things she loved.

However, she found out how easy it really is to lose weight and reactivate your body's fat burning mechanism....

And Lori lost 32 pounds in just 8 weeks!

WHAT ACTUAL CLIENTS SAY



Amy - a 51-year-old mom - worked full time at a desk.

She was exhausted. And she could barely get in and out of her car because she was so fat. Her legs could barely bend.

She couldn't do much exercise because her joints hurt so much. And she wasn't sure she'd be able to eat due to her work schedule.

However, once Amy started the simple 3-step process to activate her body's fat-burning mechanism. She realized how easy it was.

She lost 43 pound in just 12 weeks. All she was doing was eating foods that she enjoyed, and doing simple body movements. She never felt deprived or hungry. And her energy went through the roof.

WHAT ACTUAL CLIENTS SAY



Mary was depressed. She worked as an oncologist and years of being around sick people had really affected her mindset.

By the time she'd get home at night, she had no energy - so she'd eat takeout or go out to eat.

She had no idea how she'd find the time or energy to do any type of exercise.

But after a few weeks of doing the simple 3-step process, Mary's energy was noticeably better. And the simple body movements were easy for her to do at home - after work.

Before she knew it, she had lost 23 pounds... and her mindset had completely changed. She was more positive and her confidence had significantly improved!



WHAT ACTUAL CLIENTS SAY



IMPROVED
DIET, NUTRITION,
& DIGESTION

WHAT ACTUAL CLIENTS SAY



Denise had tried every diet - Keto, Paleo, Fasting, and counting calories. Nothing worked.

She knew it had to be possible to lose the weight. But she didn't know how. And other experts had let her down.

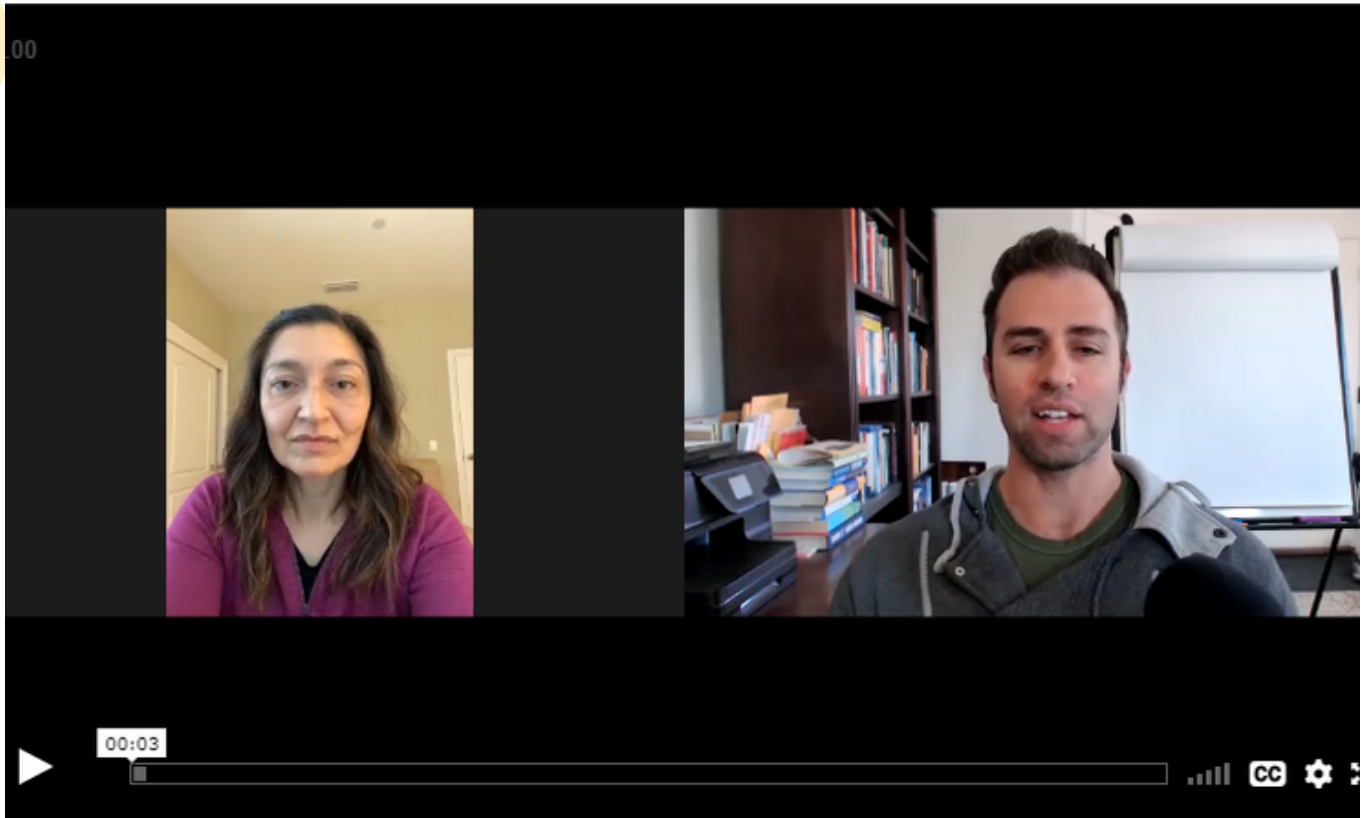
She took a leap of faith and jumped into Stu's program.

In just 12 weeks - she lost 26 pounds and almost 5 inches off her waist.

When she saw her before and after pictures, she could hardly believe how much she changed in a just a few months!

WHAT ACTUAL CLIENTS SAY

54 year old woman with Ulcerative Colitis (UC) fixed her gut and lost 3 inches off her waist



Sonia had Ulcerative Colitis (UC). She had seen numerous doctors, but none of them could ever fix her gut.

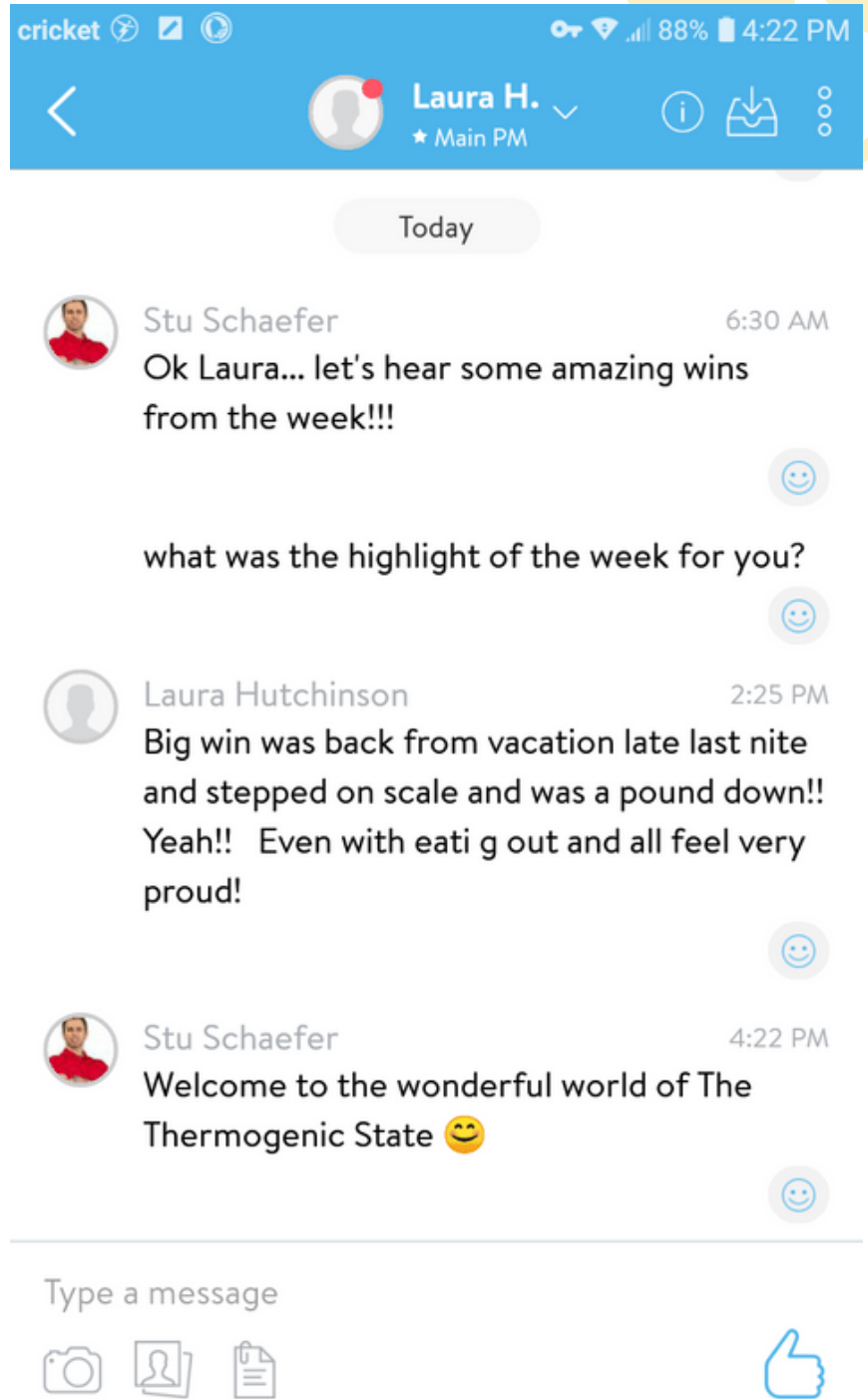
She was afraid to eat carbs, and had very low energy. Plus, she was always worried about having a flare-up - so she lived a very restricted life.

In just 12 weeks, Sonia completely fixed her gut. She had zero UC symptoms (and was eating carbs). Now she was in control of her body. She ate carbs. And she lost 3 inches from her waist!

(Click image above to watch interview)

WHAT ACTUAL CLIENTS SAY

"Back from vacation... and a pound down!!"



WHAT ACTUAL CLIENTS SAY



Mary had been doing Keto for 8 years. She started doing it to get rid of seizures - and it worked.

But 8 years later - keto had left her tired, fat and without a metabolism.

Mary bred puppies. And she had gotten such a big tummy, that she couldn't see her feet anymore - and was worried she'd crush one of her puppies.

After 12 weeks, Mary's entire body changed! She lost 27 pounds of fat, her energy was through the roof, she was stronger than ever, and she was sleeping better than she had in years.

The best part was how easy it became to maintain her results.



WHAT ACTUAL CLIENTS SAY



SAFE & EFFECTIVE
EXERCISE PLAN

WHAT ACTUAL CLIENTS SAY



Niki was in her late 60s. She didn't exercise. And she was a bit hesitant to do any type of weight training because she thought it was dangerous.

After just a few weeks, she realized how easy it was. All she had to do was a few simple body movements in the comfort of her own home.

After about a month, she could tell how much stronger she was. And she no longer feared any of the exercise.

Not to mention she lost 18 pounds in just 12 weeks!

WHAT ACTUAL CLIENTS SAY



Emmie had let herself go. And she was depressed.

She had been a former athlete - a figure skater. And now, she could barely keep her balance on the ice.

She knew she needed to do something different or she would be in trouble. But she had tried the typical diets before - and they always made her feel starved and lethargic.

This time, it was different. She dropped 34 pounds in just 12 weeks. She was never hungry. She had all of her energy back. And she was even able to start skating again!



WHAT ACTUAL CLIENTS SAY



PERSONALIZED SUPPORT
FROM EXPERTS

WHAT ACTUAL CLIENTS SAY



Jaime was a mom of 3. She had spent all her time focused on her kids, that she neglected her body.

She was trying things at home like Beach Body, Peloton, and other videos - but her body never changed.

In just 8 weeks, she lost 32 pounds!

She was in better shape than when she was in high school... and she was eating more than ever before.

Plus, she never exercised more than 30 minutes a day - so she could spend time with her family!

WHAT ACTUAL CLIENTS SAY



Valerie had NEVER done any type of exercise. But she was a serial dieter. She had done just about every diet known.

Because of all the dieting, she had developed Repressed Metabolic Syndrome. In other words, her body didn't burn fat anymore - so anything she ate turned to fat.

Now it was almost-impossible for her to lose weight. And she just kept gaining and gaining.

After just a few weeks, Valerie re-activated her body's natural fat-burning mechanism - and her body started burning.

She burned off 19 pounds in just 8 weeks and now her body burned fat automatically!

WHAT ACTUAL CLIENTS SAY



Leah's body would not lose weight. She couldn't even lose 1 lb!

She had a nutrition coach, a life coach, and a fitness coach.

None of them could help her.

She was skeptical (to say the least). After all, if these other coaches couldn't help... how would Stu be any different?

But, she decided to jump in - reluctantly. And in just 12 weeks, she dropped 24 pounds!

Leah was eating more food than ever. She was exercising less - just doing the simple body movements. And she lost weight easier than ever before.

WHAT ACTUAL CLIENTS SAY



Patricia weighed over 200 pounds. She needed to do something quick. But she had already been trying to lose weight for more than 2 years.

Nothing seemed to work.

She needed personalized support - someone who could guide her and make changes depending on how her body changed.

And everything clicked.

After a few food changes... Patricia was able to reset her body. And she dropped 36 pounds in 12 weeks!

She can easily keep it off because she didn't restrict anything or starve herself. It was completely natural.



WHAT ACTUAL CLIENTS SAY



SENSE OF COMMUNITY...
NO LONGER ALONE

WHAT ACTUAL CLIENTS SAY



Candy had been through a lot of emotional trauma. When she looked in the mirror, she felt like a loser.

She felt ugly and disgusted with herself. She was totally depressed.

In 12 weeks, she completely turned her life around.

She lost 27 pounds! And she healed her mindset.

Now she was confident and optimistic. She went from wearing black all the time... to wearing bright colors because she felt so energized.

She was a better wife, a better friend, and she started loving herself again.



WHAT ACTUAL CLIENTS SAY



FREE OF FEAR
& ACTIVE LIFE

WHAT ACTUAL CLIENTS SAY



Debbie was frustrated. Her body didn't represent how she felt inside.

She was young at heart. And she was a busy women. But she was feeling old - and her body looked beat-up.

She tried Keto and Fasting, but they made her feel even worse - no energy and cranky.

Debbie made a few simple changes. She followed the 3-step process and reset her body completely.

In just 12 weeks, she lost 24 pounds and turned her body into a fat burning furnace. She's still losing weight just as easily as when she started!

WHAT ACTUAL CLIENTS SAY



Katrina was about to give up hope. She tried diet after diet... after diet. And she **GAINED** weight with each diet.

She was beside herself. Whenever she'd catch a glimpse of her body, she'd spiral into a depression because of how fat she'd become.

Katrina's problem was two-fold. She had food intolerances, and she had shut down her body from too much dieting.

In just 8 weeks, Katrina reset her body. She followed the simple 3-step process and lost 15 pounds!

Her body completely changed! Plus, she had way more energy and confidence. She was now in control of her body.

WHAT ACTUAL CLIENTS SAY



Sara wanted to look good in a bathing suit. And she wanted something that was sustainable.

She knew how to lose weight doing a crash diet. But she'd always gain it back.

The thought of resetting her body - and activating her body's own fat-burning mechanism was really appealing. So she jumped in.

And in 12 weeks, she dropped 25 pounds - eating more than she ever ate. In fact, she felt full sometimes and couldn't eat all the food!

Now her body burns fat automatically. And she's got a completely sustainable lifestyle!

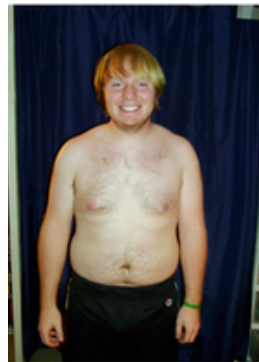
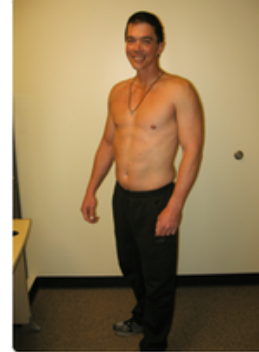
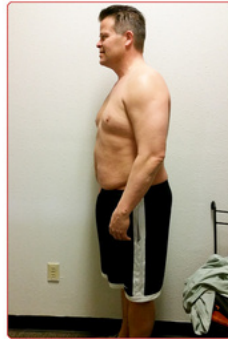
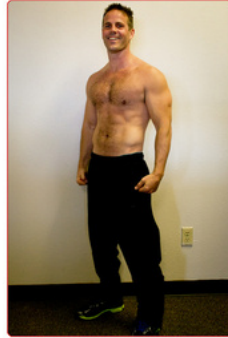
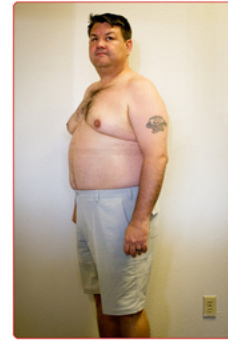
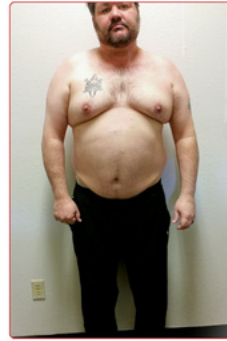
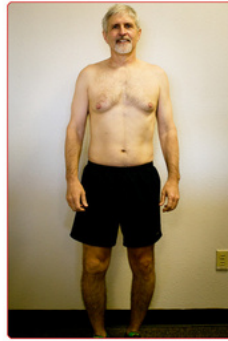
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WHAT ACTUAL CLIENTS SAY

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DOES IT WORK FOR
MEN TOO??

WHAT ACTUAL CLIENTS SAY



GET HELP FROM OUR TEAM

As much as we'd love to help everyone... we do have an application process to make sure the people we do work with are a good fit for our help.

Please only apply if you meet the following criteria:

WHO THIS IS NOT FOR...

- ❌ Looking for a quick fix or crash diet (these don't work)
- ❌ Not motivated to take action
- ❌ Not ready NOW

WHO THIS IS FOR...

- ✓ Need to take back control of you body now
- ✓ You're not confident in your current plan
- ✓ You want step-by-step guidance and support



→ [CLICK HERE TO APPLY](#) ←
[FOR OUR HELP ON YOUR](#)
[WEIGHT-LOSS JOURNEY](#)