

THE 90'S CALLED...

THEY WANT YOUR ATKINS DIET BACK

*I said "bye Felicia!" to my
love handles and
"Heeeeeey!" to a healthier
body in just 30 days...*



*Without stepping foot
inside a gym!*



FIRST NAME

LAST NAME

EMAIL ADDRESS

**SHOW ME HOW TO
LOSE MY FIRST 15LBS!**

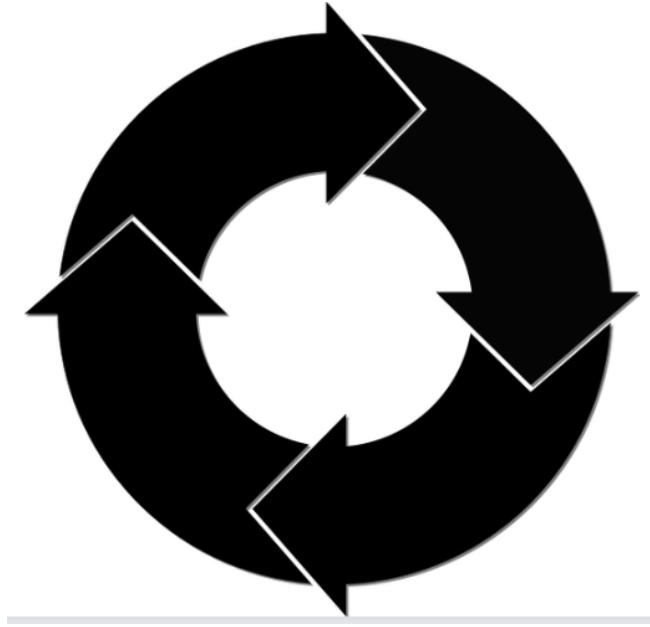
HOW TO LOSE 15LBS IN 30 DAYS
WITH 8 HOURS OF SLEEP &
WITHOUT STEPPING FOOT INTO
ANY GYM

5 yrs ago - I was right where you are right now: sitting in a chair, watching a presentation on how to lose the 30 lbs I had just regained.

Needless to say - \$500, **another 10 lbs**, & a sore butt later...I was still heavy.

I was heavy & depressed. Which triggered my stress eating, which made me even **MORE** heavy & even **MORE** depressed, etc

A never-ending cycle...



And when you're in a never-ending cycle, you aren't exactly motivated to stop. Why stop when I got Facebook right here in my right hand, bag of baked Lay's (you know, to give the illusion of healthy) in my left.

Anyone else like to doom scroll?



You just look at all of the other horrible things happening in the world, cause surely someone else's life sucks worse than yours.

Because that's what you do when you're fat and sad. You're sad cause you're fat and you're eating cause you're sad.

So I'm doom-scrolling and I see it. **Psyllium husk!** Full of fiber and fiber is known to suppress hunger and that stops you from eating more food.



...and they said it would work

And I said screw it → I tried everything else...what do I have to lose? Except for more money, maybe some weight.

So I tried it. And it **DID** work...

This is a fluke! It's magic! I'm gonna give it to my BFF.

My BFF wanted to be in better health and lose a few pounds. And it worked for her.

Okay, we're weirdos. *Of course it works for both of us.* Let's give it to Jim - Jim is Karen's husband. He'll eat anything. Let's see what happens. He was 3 for 3, y'all.

Then I gave it to my other friend - 4 for 4, then a couple more friends - 10 for 10...I had something that was changing lives.

It even saved my mother's life.

WHO IS THIS FOR?

- **YOU!**
 - If you want to lose weight FOR GOOD!

- If you want to improve your health overall, so your doctor stops looking at you weird
- **Gain control over your weight!**
 - **So it will stop controlling you!**

In the next 90 minutes, you're going to see that my supplement, MetaZZZs, is the **KEY** to finally unlocking the door to your weight loss. I've made losing weight simple and easy. I've made achieving better health simple and easy.

Better yet - MetaZZZs will ensure that you **never** have to sit in front of another weight loss presentation again.

So who the heck am I?

My name is Sarah Roberts and I'm the founder of FitPro Solutions. I am a clinical nutritionist, inspirational speaker, and a weight loss survivor.



I've always been a little hefty. You remember what we used to call it → I was '*big boned*' as a kid and when I got older, I had some 'junk in the trunk.'



As you can see, I had A LOT of junk in my trunk.

From 12-22, I tried ALL the diets: Atkins, South Beach, apples for breakfast, water for lunch... at one point I just ate 1 salad a day.



Wanted to do a lot of things, but couldn't cause I was 'a big girl'.

And being 'a **big girl**' starts to make you feel really, really small.

Yo-yo diets started great until a CW teen drama happened in my life and I gained more weight than I lost.



That's me at nearly 200 lbs. But I was young and I had plenty of time to lose the weight, right? That's future Sarah's problem.

And then my mother had a heart attack.



I love my mom. She's a single parent - shout out to my single parents watching! - and she was always there for me.

She went through all the break ups, mean girls, mean boys, and unfortunately, all the cake, ice cream, burgers, pizza, candy...my mom was 43, 210 pounds, and 5'3. Her doctor said the fact that she made it **at that weight, at that height, to that age WITHOUT a heart attack was incredible.**

My mom could've died.

That could've been me.

We could've shared a funeral. And I couldn't do that to people, my friends, the people I love.

I had to change. I had to! I was on the line towards diabetes, I already had high cholesterol, and if I kept going...the same heart attack that nearly killed my mom...

Was gonna kill me.

That's why I was doom scrolling...

And that's how I came across psyllium husk. I had never heard of it and, to be honest, I was depressed and fat and said, "***what do I have to lose?***"

So I bought some. It was \$50. It was cheaper than the presentations and the GNC pills, and the LA Fitness subscription that was bleeding me dry despite only going once (no hassle cancellation my butt).

It took about two weeks, but I had managed to drop 2 lbs. I gave it to my BFF, Karen, and her husband Jim, they dropped about 5 lbs. I let my other friends try it...they lost weight too!

This was great!

There was ***only one problem...***

This was a liquid drink. It tasted like NyQuill & Robitussin had a baby in an alley full of skunks. There were unpleasant side effects - whatever you're thinking right now...yeah.

And I had to take it 3x a day, like...medicine.

This was the way, but the method was wrong.

It took 3 years and nearly \$10,000 to find the scientists and nutritionists that could narrow this down into something simple and easy.

I BECAME a nutritionist just so I could figure out how to do just that.

All that work was absolutely, totally worth it because instead of a foul-tasting drink 3x a day [direction - hold up a MetaZZZs] you can take this one pill, at night, once a week, and drop 15 lbs in a month.

If you have ***ever*** struggled with your weight or your health - first let me tell you

IT'S NOT YOUR FAULT!

The weight loss industry is [\\$154 billion](#) - with a B - dollars globally. Its main goal is ***to make you fail.***

Their goal is to make you believe that you can't do it! That you can't keep the weight off, that you can't have delicious things like cookies or cake, your life is now this piece of lettuce, Bugs.



You're failing because the industry wants you and needs you to fail.

"We're gonna take your money, but you keep that weight."

If you want to lose weight - if you DREAM of losing weight...

YOU! CAN! LOSE! WEIGHT!

And I will help you get there.

I lost 10 years and [chuckles] thousands? of dollars on weight loss cookies, diet plans, whatever book Oprah was hocking that week...

Future Sarah - that's me - now knows that I can lose weight and I can lose it while snuggled under my blankets...sleeping... for 7-8 hours.

Whatever stresses I might have during the day...losing weight is no longer one of them.

Everything that I've done, that's led 22 year old past me to 32 year old me, all boils down to 3 things. And the rest of this time, I'm gonna tell you what these three things are.

Secret #1:

How to Lose 15 lbs in 30 Days with 8 Hours of Sleep & Without Stepping Foot into Any Gym

Secret #2:

How to SILENCE Your Inner Demons, Lose the Pounds, & Still Enjoy the Food You Love Without Eating Stuff You Hate

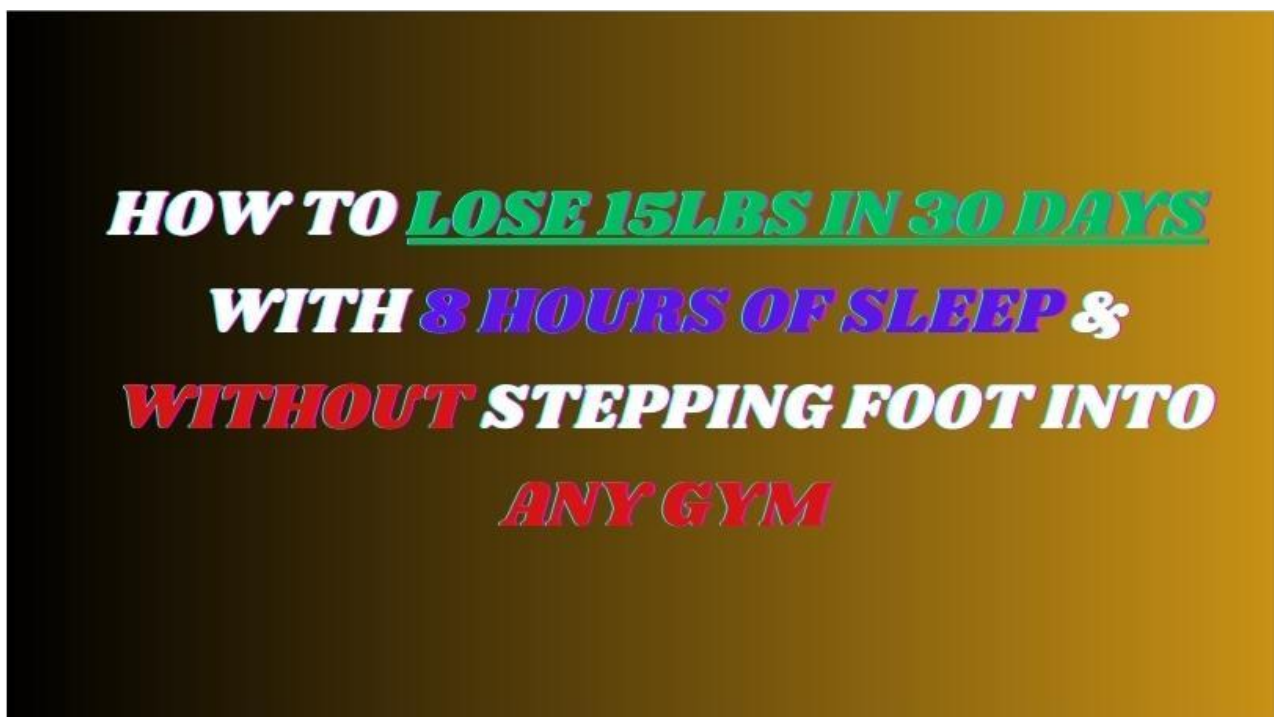
Secret #3:

How to Maximize Your Support System When They're All Laughing at You

Remember earlier when I told you how, after I stumbled across this seemingly new way to lose weight, I created something even better?

I'm gonna channel my inner Oprah here and tell you to look under your chairs - you're going to find a mini notebook and a pen. You're gonna need them, unless you have the memory of an elephant.

The reason you're taking notes is because I'm going to walk you through this new thing which I call MetaZZZs. So here's that first thing I said I would discuss:



**FRAMEWORK NAME: THE SLIM WHILE YOU SLEEP METHOD
(MetaZZZs)**

[direction - explain backstory] So you'll remember that I spent about 10 years trying to lose weight. If you include a good portion of my 20s, it's probably closer to 15 years. And I tried it all - every new diet, every new fad, every new piece of advice someone gave me on losing weight.

If I calculated the amount of money I spent on just the weight loss plans I saw on late night TV, I could probably pay my rent... for the next 3 years. Combine that with anything I found online or in the checkout line while reading People [side smirk “or National Inquirer”], I could’ve paid off my student loans by now.

Despite all of these plans and diets, the only thing I was losing was **MONEY**. And a lot of it. It got to the point where I was depressed about doing this over and over again, but also depressed that I wasn’t seeing any results. I’d do the diet, but I already knew the outcome - disappointment, self-loathing, and another trip to the corner market for my comfort foods.

[direction - explain journey] Even when I discovered psyllium husk and understood the underlying component that made this a completely different weight loss method, I had to subject myself - and my friends - to this disgusting drink, 3 times a day. Yes, this method was working, but the amount of hassle that I was putting into it made me want to stop, if I’m honest.

How many of you have done that? *[direction - pause]*

It’s a pain, right?

But that’s what weight loss is - if there’s no pain, there’s no gain, right?

NO!!!

That’s a horrible mantra, by the way. And I didn’t want that. I wanted quick, simple, easy...something I could just take once, that wasn’t going to interrupt my schedule.

So I said to myself, “*Self! How do I get this great thing in my body without this **DISGUSTING** concoction?*”

[direction - explain the new opportunity for people] I did research and then... I did some more research. I just really like research, y’all. It’s fascinating! And the things I found with psyllium husk started me thinking that yes, there was a better way to take this and better yet, there’s a way I can take this while sleeping and the effects carry over to the next day.

The only way to make the most effective use of this method was to discover how to make it easy to use. That meant going back to school to get certified as a clinical nutritionist.

I had just spent 4 years previously in college, which was evident by my dwindling bank account. Whatever measly amount I had left from my monthly routine of fad diet purchases went into paying for another two years of college.

Luckily, I already had a bachelor's in chemistry, with a minor in psych, so jumping into this was like a Sunday afternoon, if you can believe it.

But that's how committed I was. You know when you see the answer, but it feels impossible to get to it?

That's where I was and the only way to get to it was to make something myself.

I was so committed, so determined to figure out this...**SECRET**...this hidden secret that had alluded me and countless others...

I was so committed, I willingly went back to school - not because I enjoyed it, mind. I hated college with every fiber of my being - but I went back so I could ensure no one else has to go through what I did.

And even if you have...if you're sitting in these seats right now...then you can **STOP** going through what I did.

So I developed this little pill [*direction - hold up pill*]. I made this little pill because

1. I hate taking pills and I especially hate taking large gigantic pills that could choke me to death and
2. I wanted something simple, quick, and easy.

[direction - explain the framework] And it is simple, quick, and easy. So check this out: MetaZZZs works like this:

1. Take 1 MetaZZZ with liquid about 30 minutes before bedtime
2. Go to bed!
3. Rinse and repeat!

That's it!

[direction - explain achievement (external)] For all that work with the liquid dumpster fire we were drinking, this one little pill managed to drop the pounds while I slept. And guys, I had to apologize to my scale because I have called it a liar numerous times, but after taking MetaZZZs for about 2 weeks straight, my scale wasn't lying...

I was **FINALLY** dropping pounds.

Transformation (internal): I told you I was the big girl as a kid and a teenager. That does something to your psyche. Do you all remember that feeling the first time you stepped on a scale and saw that you lost some weight?

But it wasn't just the weight you were excited about, was it?

The confidence that I felt, not just when I looked at the scale, but when I was able to put on pants and noticed I needed a belt. Do you guys know that feeling?

That *"oh my! My pants could fall down at any minute cause they're so big!"*

Or the *"I walked up a flight of stairs and no body part screamed in agony."*

Fantastic feeling...a fantastic feeling that only takes 3 steps. MetaZZZ is the Slim While You Sleep Method and it works in 3 steps, literally and figuratively, simple as 1, 2, 3.

About 30 minutes before you go to bed, take 1 single pill. You can take it with water, you can take it with milk, tea, whatever - just drink it down. It's small enough so that you don't have issues swallowing.

Once you've taken the pill, go to bed! Go to bed at whatever your usual time is and sleep.

Step 3 - just rinse and repeat!

That sounds crazy, right?

You take one pill and you literally lose weight while sleeping?

[direction - relate a case study story]

"This sounds too good to be true, Sarah!"

That's what I thought, too. Cause I went through all of this before, so obviously I needed a human guinea pig that wasn't me to test this on. That's what best friends are for, you guys!



Remember I mentioned I roped Karen, my BFF, into trying that delicious mixture of deep regret and fire?

Yep that's the one.

Karen and I are complete opposites in physical composition - she's an Amazon giant, I'm 5 feet nothing; she's allergic to just about everything on the planet, I could - and did - eat anything that was deemed edible; more importantly...I was trying to lose like 80 pounds, she just wanted to shed like 10 to 20 without having some sort of allergic reaction.

So after many a gift and many lunches to say, "sorry for making you drink that horrible mixture of deep regret and fire, I love you", I uh [laughs]...we have dinner together and I'm like, "have I mentioned you're my BFF and that I love you? You wanna take this pill I made? Give you \$5."

You know you're friends for life when the answer to that question, "Do I? Of course I'll take some weird little pill you made!"

You guys, my BFF is still my BFF because she is also still alive. Felt like that needed to be said in case you thought the next slide was this:





2 weeks. 2 weeks later, not only had she lost the 10 pounds she wanted, but she started noticing that some of the food intolerances she had were starting to wane.

And you know what? She was also feeling more confident, just overall.

But like I said earlier, we're weirdos, so we go to her husband and I was like, "Jim! Hi! Also love you, sorry about that drink. Try this pill. Remember that I love you."

Same thing - he just wanted to lose a few pounds. Took him about a week to lose 7 pounds because guys are jerks [laughter]

Now I know what you're gonna say...

"Sarah...these are your friends and you literally just had the Simpsons tell us that you can't make friends with salad."

I'm glad you brought that up because that brings me to the 2nd thing I wanna discuss:

HOW TO SILENCE YOUR INNER DEMONS, LOSE THE POUNDS, & STILL ENJOY THE FOOD YOU LOVE WITHOUT EATING STUFF YOU HATE

**FRAMEWORK NAME: YOU CAN MAKE FRIENDS WITH SALAD WHILE
KEEPING YOUR OTHER FOOD FRIENDS METHOD**

[direction - explain backstory] So I was doing all of these fad diets and the number one thing they tell you is that you can only eat salads. Or only veggies or only fruit...or like... lemon water...

Lemon water? Honestly! Tell me, what in God's good name is the nutritional value of lemon water?!

Basically, anything that I loved to eat was not something I could eat. So you can imagine how fun I was at parties or dinners or any type of celebration that included a cake, a pie, a cookie...

Heck, just **LOOKING** at a donut was forbidden!

You know when you just **look** at something delicious and somehow, you've gained 5 pounds?

Any stress eaters here? Bored eaters?

Yeah, me too. I get stressed out - I eat; I'm bored - I eat. And it's not like I'm reaching for an apple or a piece of broccoli. And that was the problem.

[direction - explain journey] I'd eat and feel horrible about eating. And because I felt horrible about eating, it would push me to eat even more. One piece of pie turned into 3; one cookie turns into 4; a single chip turns into, "*How did I eat this whole bag?!?*"

It was a never-ending cycle, and that little annoying voice in my head - that kinda sounded like the worst bullies in school - wanted to remind me that this was how things would ALWAYS be. I would always be heavy, I would never change, and it would be **my mom standing by my side at my hospital bed**.

Or worse.

Let me segway for just a bit - I'm not at all saying that you shouldn't eat your fruits and veggies. You absolutely should and you should eat the ones you enjoy. I love broccoli; I hate carrots. It's better to eat the stuff you like, then to completely abandon food entirely.

That might seem like an extreme choice, but this is what we do!

If I can't have my cake and ice cream, then I'm either going to overindulge and eat more of it out of spite or I'll just stop eating altogether. And that's a problem. That was **my** problem. Losing weight isn't just about losing weight.

[direction - explain new opportunity] Let me say that again - **losing weight isn't just about losing weight**.

All of those weight loss plans and fad diets and platforms only looked at the symptoms...not the actual problem. When I started developing MetaZZZ I didn't want to be like all the other platforms.

I didn't want to just SAY you could lose weight. **ALL THE WEIGHT LOSS FADS SAY THAT!**

I could just as easily say, "you can fly" and how many of you would jump out a window to check?

Please don't, because no one is able to fly unless they're in plane or hot air balloon or a millionaire with a lot of time on their hands to build machines that can fly so they can fight crime...

So yes - you can absolutely start losing weight as you sleep and when you get up in the morning, you'll start to feel those effects. However, one of the best side results is how that little annoying voice you hear - the one that says you'll never lose weight, this is how it will be forever, you don't deserve to lose weight... blah, blah, blah...

That little voice gets reeeeeaaaaalll quiet when the numbers on the scale start getting smaller.

That little voice doesn't have a lot to say when clothes start getting loose.

And you know what?

That little voice keeps its mouth shut when your doctor comes back impressed at how you've managed to start a change that results in you NOT having diabetes, you DON'T have high blood pressure, you WON'T have a heart attack next week.

And this method has a funny name, but how else to truly make people understand the message, right?

Framework: Make Friends with Salad while Keeping Your Other Food Friends Method

This is 4 step process and it goes like this:

1. You get a MetaZZZ daily journal and track your food intake.
2. Eat your food
3. Take MetaZZZ before bed
4. Make friends with a salad, while keeping your baked good friends

Does that make sense?

[direction - explain achievement (external)] Here's why you keep a journal - so you can see what you've been eating throughout the day. When you're aware of what you're eating, it actually helps keep you accountable, because when you're on the go, you don't think about the 3 sodas you had or the 4 pieces of pizza you ate.

"Wait, hold up! You said I could eat what I want!"

And you can!

In moderation.

I can still eat a piece of cake at a birthday party, but now my little voice isn't viciously encouraging me to eat another and it's not tearing me down if or when I do. When I first started tracking what I was eating...it was sweets.

All sweets, all the time.

I may as well have just been pumping straight sugar into my veins. You ever feel like that?

Don't worry - I've never got that desperate for sugary sweets and I won't again because I can see what I'm putting into my mouth and my body.

[direction - explain transformation (internal)] But here's the crazy thing - when I could see what I ate during the day, I started making changes. Small at first, but significant enough that my little evil voice shut up whenever I got off the scale.

Because the scale showed I was losing weight, my clothing showed I was losing weight, and even my eating habits started to change. And the little voice....guys.... It doesn't like it when you change!

How will it beat you down if you stop listening to it!?

Right?

So let me tell you how to get the little voice to back that stuff up...

Step 1 - start tracking what you eat. Breakfast, lunch, snacks, dinner. Get in the habit of doing it.

Step 2 - eat! ***Eat your food!*** Eat your bacon and eggs, eat a taco on Tuesday, celebrate a co-worker's birthday. It's **OKAY!**

Step 3 - take a MetaZZZ 30 minutes before bed.

Step 4 - you can eat a salad, whatever kind of salad you like and you can have a piece of cake.

"But Sarah, I don't want salad! It's my natural enemy!"

Okay, okay. So maybe you don't make salad your ***BESSSSSSSSSSST*** friend.

You sound just like my friend Nate...

[direction - explain a relatable case study] My friend Nate, like me, also had a very unhealthy relationship with food. It wasn't just for comfort, it felt like an actual friend for him. It was there when he needed it and, ultimately, it never truly let him down.

And like me, when he got stressed, he reached for a pack of Oreos, a bag of Cheetos, or an entire box of Cinnamon Toast Crunch (which, gross by the way. Oh, we have fans? You guys are gross! *laughter, hopefully*). Stress was a trigger for him to eat and the little voice he heard egged him on - *"get another bowl", "you know what would make this day better? A blizzard."*

"Go on, fat boy, may as well finish the rest of the pack."

Knowing that he had the same struggles I did, I gave him MetaZZZs. Now Nate was very skeptical - he is NOT someone who would make friends with a salad. In fact, he would constantly use that exact Simpsons quote. The healthier the food, the less likely he was to eat it.

"What do you have to lose?" I asked. *"Except the 50 pounds you've been saying you've wanted to get rid of for a year now."*

So he took a MetaZZZ every night for a straight month.

He lost about 11 pounds.

He - very reluctantly - started to track his food, while still taking MetaZZZ.

In month two - he lost 23 pounds.

He was looking slimmer, he was feeling better, and when he saw his doctor during the third month, high cholesterol and borderline diabetes were gone. Best of all - he started to drop out of being morbidly obese.

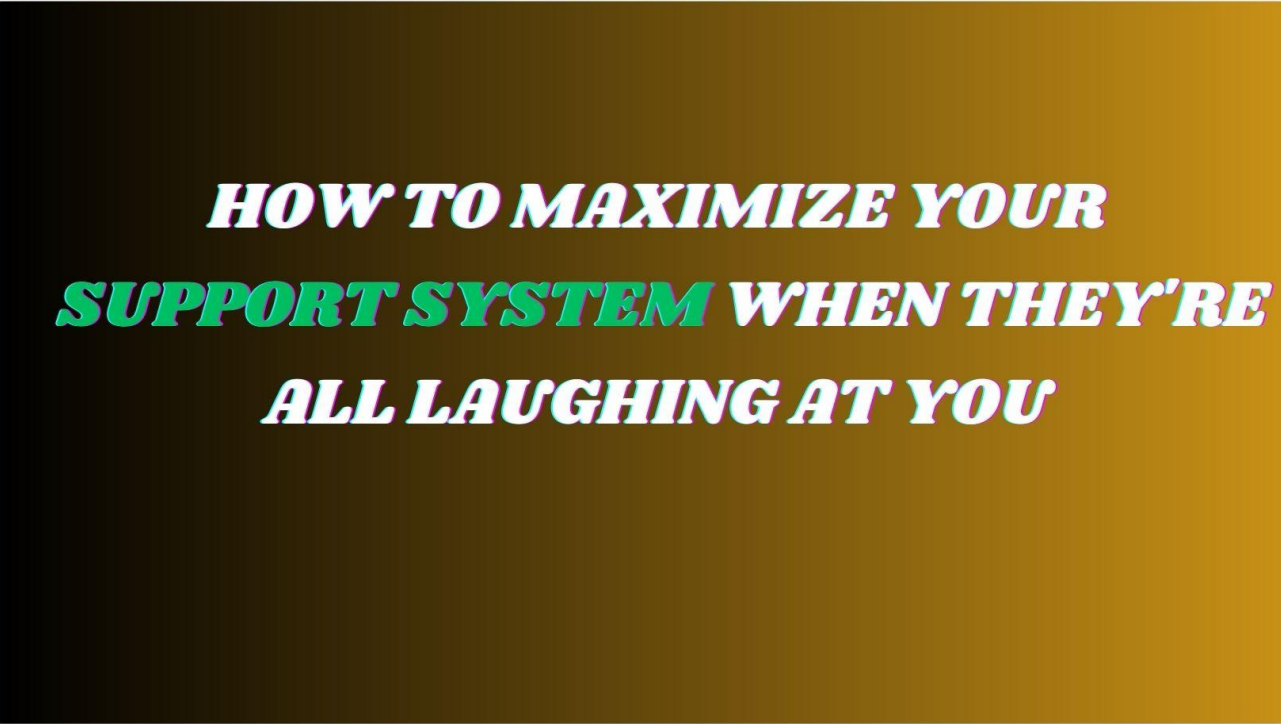
That's incredible!

Do you see how incredible this is?

Now while Nate and Karen and Jim all had me as a partner in crime in this journey, I'm literally one woman. And that got me thinking...

Everyone is better when they are working together.

So let me tell you about my 3rd thing...



***HOW TO MAXIMIZE YOUR
SUPPORT SYSTEM WHEN THEY'RE
ALL LAUGHING AT YOU***

FRAMEWORK NAME: INTRODUCING THE CLAIRE ROBERTS' TEAM SLEEPZIES METHOD

[direction - explain backstory]

When I started this presentation, I told you about my mother. Now, I'm not gonna say my mom is my best friend (I think we all know it's Karen, was very clear about that)...

But she holds a HUGE place in my heart.

My mom wasn't always heavy. If you remember, she was a single parent and she took on a lot of the burden as a one-woman show - coach, teacher, employee, boss, and a host of other things so we could have food on the table and a roof over our heads. She was a waitress so she could work her way through college before working at a local office as the receptionist.

As things happen, meals got eaten at her desk, they got eaten in the car...honest to God, they knew our names at Carl's Jr. Knew our names AND had our order ready to go. On one level, that's pretty dope to have a neighborhood diner...

On the other hand, it's not great when it's partly the reason you're unhealthy.

[direction - explain your journey]

My mom had a heart attack at 43 years old. About 10 years prior to that, she ended up getting a stress fracture in her left ankle, specifically the 5th metatarsal. In laymen's terms, this is an extremely high-risk bone and takes forever to heal.

For my mom, she left the injury untreated aside from some Advil. The funny thing about the body is that sometimes the most innocuous of injuries can cause the most damage. So here she is, walking around on the stress fracture and not knowing what she has and also how the weight she was gaining was affecting it.

At her age and height, she should've been maybe 120, 150 at the high point; she was 263 pounds!!

As you can imagine, the added weight did not do her ankle any favors. And to pay her back, that stress fracture ended up creating a blood clot.

That blood clot is the reason my mom had a heart attack.

There is nothing more terrifying than riding along in an ambulance and watching EMTs do everything they can to save your mother. So much respect for the EMTs that day and all EMTs and health care pros because they were able to save her life.

I'm sorry...save her life *that day*.

Because of this, my mother would need to change her lifestyle and, like Nate, it was a hard road. While she knew what she had to do, she was also reluctant to start eating leafy green salads when what she REALLY wanted looked more like pie and ice cream.

[direction - explain new opportunity] When I told her about MetaZZZs, she didn't believe that a little pill could help her do anything, other than solve a headache. And not even then at some points.

And regardless of my concerns or even her own, that naggy voice - you know the one - would rear its ugly head. Now, I am and always will be my mom's biggest cheerleader, just like she's always been mine, but how much cheer are you going to get with just ONE cheerleader?

Have you ever been to a football game and saw just ONE cheerleader?

Of course not!

I wanted my mom to have the same kind of support that she gave her, but unless I've been looking in the wrong places for cloning technology, I can't clone myself.

I didn't have a cloning machine...but I was growing a steady community of people who had tried MetaZZZs and found success.

Framework: THE CLAIRE ROBERTS' TEAM SLEEPZIES METHOD

The process for this is stupidly simple - it's just two steps:

1. Join our community of other Metas
2. Interact and follow our members for support, guidance, advice, and just straight-up talk about whatever

That's simple, right?

Is this making sense to everyone?

[direction - explain the achievement (external)] When my mother started taking MetaZZZs, she was coming off a heart attack at 263 pounds.

She was already on a few meds just to watch her health and her heart. When I developed this supplement, I had Karen in mind and I had my mom in mind - these are the people that want to lose weight, struggle to lose weight, but have underlying conditions that make exercising a literal life or death experience.

My mom was 263 pounds when she started taking the pills. In the first month, she was down to 252 pounds.

Once I introduced her to the community...guys, seriously, I don't know why I was worried about her. When I created the community, I was calling everyone Team Meta...my mom joins and now they're Team SleepZies.

Apparently, these were the people my mom needed to ensure that she was healthy, she was doing well, and she was being accountable.



You're gonna hear from her in a bit, but this is my mom today - she's currently 157. She's healthy, all the charts are green across the board, and...I still have my mom.

[direction - explain the transformation (internal)] I did not know this about my mom, but she told me that the reason she was so reluctant at changing her eating behavior was because she didn't think she deserved it.

She didn't believe she deserved to be healthy and happy.

Her grandparents, weren't that positive when it came to her weight, especially when it fluctuated. You have to remember this was like the 1950s and 60s, so it wasn't like there was a lot of positive imagery she could turn to.

Understatement doesn't begin to cover the nagging little voice that my mom had about her weight. And while taking MetaZZZs would've been enough, she didn't want to lean on me all the time - though I wouldn't have minded it at all - and wanted to find people who understood what this meant for her.

When my mom joined, it was just a few people and now, if you couldn't tell by her completely changing the name of the group, she's where she needs to be, with the people she needs to be with.

Claire Roberts (that's my mom's name) could've been a case study all by herself, but she's not alone in this.

[direction - explain a relatable case study] This is Mary Ann. Like a lot of us, she has struggled with her weight for decades. When she first heard about MetaZZZs, she was already tipping the scale at 368 and she was trying to convince her doctor to let her have gastric bypass surgery.

There were a few reasons why she was denied - first and foremost, there was a high history of heart disease in her family. 3 of her uncles and 2 aunts had died from heart attacks and strokes; her grandfather had died of a heart attack; her mother had suffered her own heart attack a year prior.

The 2nd was a chronic respiratory illness that had been present since childhood.

For Mary Ann and her doctor, losing the weight was a far more healthier and safer option, so she decided to give us a try.

That first month, Mary Ann managed to lose about 6 pounds. It was a small victory for someone who didn't believe she could lose 1 pound with this tiny little pill.

Two months later, Mary Ann was at 342 and four months after that, she was clocking 277. More than that, the danger she faced with her own heart attack started to lessen and surprisingly, the respiratory issues she had suffered with all her life began to disappear.

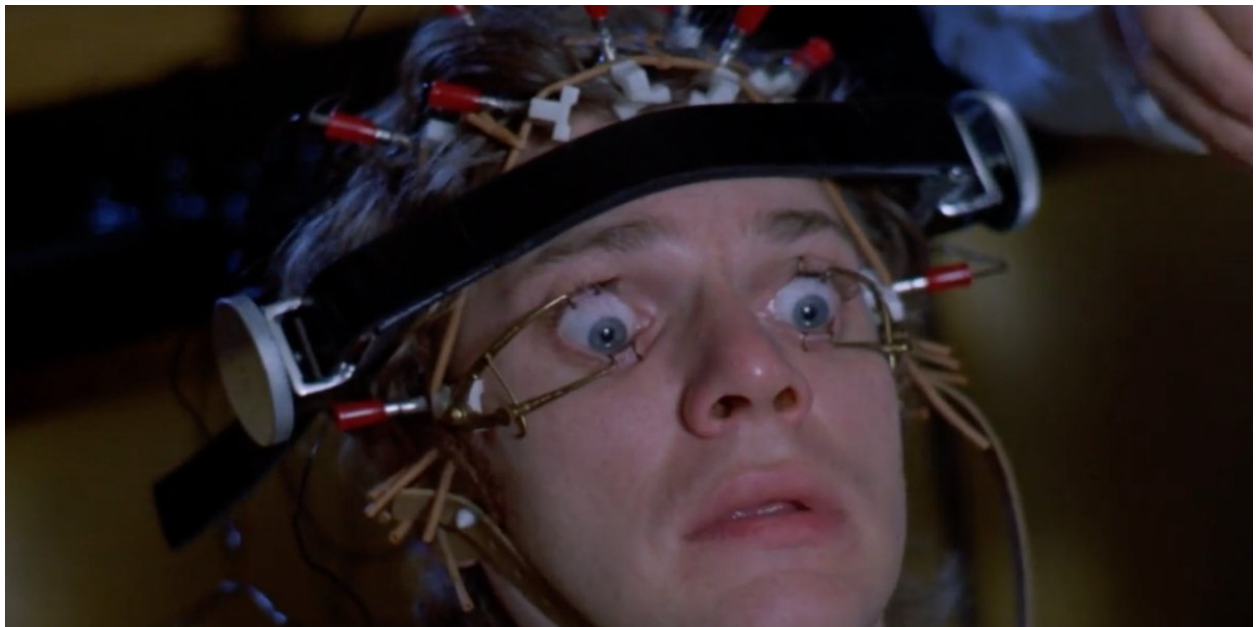
Mary Ann has been using MetaZZZs for a little over a year and she's now at 248.

For someone who thought the only way to lose weight was through surgery, ***this is phenomenal!***

Do you guys see how incredible this is?

Okay...who's stoked at seeing what they can achieve?

Who's totally feeling like this right now?



I get it and I totally understand because that was literally me.

It's a lot, I know, and for a lot of you, this is a completely different way to approach weight loss. And it's overwhelming, right?

Like, I'm obviously selling some magic beans that are gonna get confiscated by a giant at this point.

So here's what's up - would it be cool if I just took another 10 minutes to show you how to implement MetaZZZs in your life?

It's cool, if you say no; you continue doing what you've been doing and I wish you luck, make sure you take some free swaggy stuff at the tables and Imma bounce...

Y'all cool if I stay? Alright...I'm glad y'all said yes cause this is where I go into the super secret stuff that only you and me get to know...

I want to make sure that when you all leave here, that you leave with something that leads you to losing the weight you want and being the healthy person you want to be, but without taking the same boring, unappealing path you've taken in the past.

So I put together a special package, just for everyone who showed up today, to ensure that path. This is what you're gonna get...

[slide] MetaZZZs - The Slim While You Sleep Method - 30 day supply

I'm going to give you a 30-day supply of MetaZZZs. That's 30 days of slimming down while you sleep and valued at \$1250.99.

Every night you take it, you're going to slim down and by the time you get to the last week of those 30 days, you'll be at least 15 pounds lighter. Sound good?

When you use this product, you'll be able to get rid of that pesky weight that's hanging around you like an albatross, but that's not all...

You know what else you can get rid of?

- Gym memberships
- Expensive personal trainers
- Expensive nutritionists
- Your fat pants
- Running shoes
- Braces (leg, arm, waist)

- That nagging, negative voice telling you're too fat to do anything

Getting rid of that voice alone should make you want to get MetaZZZs.

Because that voice is the reason we all have fat pants! You guys have fat pants? Those pants that you're locked into wearing cause you can't fit into anything else? I had 3 pairs of fat pants.

I'd spend hundreds of dollars for brand-name jeans and dresses and skirts, only for them to sit in my closet for years because I couldn't fit in them anymore.

Cause I had gained the weight back.

Now, gaining 1 or 2 pounds is not the end of the world. Gaining 10 to 20 is bad...gaining 100 to 200 is demoralizing.

And that little voice made sure to remind me that I had never done any of this before. I'd never created a pill to help you lose weight while you sleep, I didn't know how to do that.

All I knew was that something had to change and change always, ALWAYS comes from you. So if I wanted to avoid that nasty tasting concoction I was making everyone drink, I needed to create something myself.

Earlier, I told you I went back to school in order to figure out how to make MetaZZZs. I had already gone through 4 years of college and I hated it. With the passion of a thousand suns on a hot day in Texas - that's how much I hated it.

I took on another student loan for about \$5,000 so I could, once and for all, find a solution to my weight problem. All because I didn't want my friends or family go through what I did.

And I don't want YOU to go through what I did.

So I came up with this proven pill and I'm gonna give it to you.

And I know what you're thinking...

"Sarah, this is great. And I can see how it's helped you and your friends and your mom...but I don't think is gonna work for me because I'm...well...me."

And I'll tell you what I said at the beginning of this presentation...

IT DOESN'T MATTER WHO YOU ARE!

YOU! CAN! LOSE! WEIGHT!

You can lose weight. And I **believe** you CAN lose weight. That's why when you sign up TODAY, you're going to get that 30 day supply of MetaZZZs.

That's normally a value of \$1250.99.

You've heard how I was able to use it, my best friend used, my mom has used it. You've heard that.

Now I want you to hear from actual members of our community...Team SleepZies, from my mom.

This young lady is Lauren [image]. She just celebrated her 72nd birthday, if you can believe it, cause I'm honestly convinced she is far younger than what she's telling people.

She's been a SleepZ for about 6 months and her transformation from 342 pounds to 133 pounds was so inspiring, I asked her to tell you guys the story:

[video testimonial]

That's incredible, right?

This is Pete and his wife Jan. They joined after having their third child and it was actually Jan who wanted to get back into shape. She just wanted to drop about 20, 30 pounds.

But she's a mom of three kids, sometimes four depending what Pete's doing [laughter]

She didn't have time to go to the gym, not with work and kids. Pete had the same problem - so much to do and so little time to do it in.

So they both signed up and started taking MetaZZZs. Both of them dropped a **combined 50 pounds** - Jan lost 22 pounds, Pete lost 28. They are the healthiest they've ever been.

And like my mom, they started side communities - if you're a mom, join Jan's MomZies and if you're a dad, join Pete's DadZies.

These are great, but I want to make sure y'all realize who MetaZZZs is for.

MetaZZZs is for people who:

- Want to lose a small amount of weight (10-50 pounds)
- Want to lose a large amount of weight (50-200+ pounds)
- Want to be healthier
- Young
- Old

- Black
- White
- Latino
- Asian
- Purple
- yellow

I feel like I'm in a rap song right now. Like I'm hippin, I hoppin, to the hip hip hop and I don't stop.

METAZZZS IS FOR EVERYONE!

It's for you [point], it's for you [point], it's for you [point], it's for your dad, your mom, your uncle, your uncle's sister's brother's cousin's college roommate...

Everyone!

Do you guys get that?

Does that sound awesome?

Now, I could hear some of you suck in a breath when you saw that price for a month supply of MetaZZZs and I can feel those wallets tightening from up here.

And yeah, that seems pretty steep, but I'll tell you what. Let's put this into perspective...

The **average cost for a personal trainer for a year is \$9,600.**

That's about \$2,000 shy of a *semester of college*.

If you're **in-state**.

Hiring a clinical nutritionist, like me, can run from the low end of \$2200 a year to \$6500.

I'll tell you right now, I know some nutritionists that charge \$120 an hour a session. That's \$980 a month, which **equals \$11,520 a year.**

That's a lot, right?

Do you know what has a **higher cost** than all of these?



Your life.

The Agency for Healthcare Research and Quality showed that heart attack patients paid **\$21,500** for about **5 and a half days** in the hospital.

The **average cost for an ambulance ride**, for basic life support, is **\$768**; if you need more advanced life support, that's **\$862**.

The **average cost for a funeral** that includes a viewing is **almost \$8 grand**, if you do **cremation**, it's **only \$7 grand**.

That piddly \$1250 dollars doesn't look so scary now, does it?

But I don't want to just have you walk away with a month supply of pills.

So along with a month supply of MetaZZZs, I'm gonna give you the daily journal.

[slide] Daily Weight Tracking Journal

"Sarah, I'm here to lose weight, not start journaling!"

Here's why you need a daily weight tracking journal. It's exactly how it sounds - you are going to track the stuff you put in your face on the daily.

"OMG, Sarah, you said I could eat what I want!!!"

You can eat what you want. But I'm gonna challenge you to discover that's not all of what you're eating - that's a big part - but it also comes down how much of that is what you're eating.

Think about today.

What did you eat today?

What did you eat yesterday?

Did you have a breakfast sandwich from McDonalds and then followed it up with lunch at Burger King?

Did you have 2nd breakfast like a hobbit? Elevensies?

If you remember, I am a bored and stressed eater. Not gonna lie, knowing I was going to be standing in front of you today was kinda stressful. I totally had one more extra donut that I should've.

In the past, that extra donut was two extra donuts.

[image] This is my friend Mark. Mark works in insurance and it can be stressful. I mean, insurance in general is stressful without WORKING in the industry.

When he gets stressed, he reaches for whatever plate of food is nearby. And guess what? He gained like 100 pounds.

He started tracking his weight at the same time I did. And you will be amazed at what you discover when you track your food intake. For Mark, he was literally ***eating all day long***.

And because he was eating all day long, he felt horrible at the end of it.

Mark was somehow King of the Month for 5 months straight at Burger King. **He does not work at Burger King.** He was just there, on a daily basis, so they gave him an award. We literally joked that should he stop going there, that location would go out of business.

That was a revelation and that's what keeping a daily journal does - it holds you accountable to what you're eating and how much.

The daily journal is so helpful, but you know what's even better than that?

Someone to help you on this journey.

Now, I said that getting MetaZZZs would help you get rid of expensive personal trainers.

Personal trainers are great, I'm not saying they aren't. But they are expensive. And they're expensive because they are or should be trained to help you get into a healthier routine.

So MetaZZZs is great, tracking what you eat - great...but wouldn't it be awesome if you had someone making sure that you're doing what you can to not only lose weight, but keep it off?

If I gave you guys personalized coaching, would you want that? [cheers]

[slide] 6 weeks Personalized Coaching

Cool.

So now if you sign up today, I'm gonna give you:

[slide] MetaZZZs - The Slim While You Sleep Method - 30 day supply:

\$1250.99

[slide] Daily Weight Tracking Journal: \$29.99

[slide] 6 weeks Personalized Coaching: \$4500

You will get a person, an actual coach person specialized in helping and supporting you on your health journey.

And it's personalized cause you are not your neighbor, you're not your spouse...so why in the heck would you do the same thing they are?

I was talking to my mom's friend, Gloria. The two of them met, ironically enough, in the hospital. Gloria was the attending nurse when my mom had her heart attack.

Despite working in the medical field, Gloria had some medical issues. Like my mom, she'd also had a heart attack like 3 years previously. So she was well aware that she needed to be healthy and maintain that health if she wanted to see her grandchildren grow up.

When she was my mom's nurse, she was dealing with hypertension aka high blood pressure and she was having some knee issues because of her weight.

Gloria was one of our first members that started using personalized coaching and her plan was tailored towards her age - she was 52 when she joined - and the health issues she had. In one month, Gloria had not only lost 32 pounds, but when she hit 53 a few months later, her hypertension was gone and she no longer experiences pain in her legs.

And on the days when Gloria faced the hardest of cases...her coach wasn't her coach - they were her friend.

[image] If you sign up today, you have the chance to not only talk to Gloria in the community, but you might get her as a coach. Cause that's where her journey has led her

Signing up today gets you:

[slide] MetaZZZs - The Slim While You Sleep Method - 30 day supply:

\$1250.99

[slide] Daily Weight Tracking Journal: \$29.99

[slide] 6 weeks Personalized Coaching: \$4500

All of that together is worth \$5780.98.

Would that be enough to get you guys to sign up?

Some of you, okay. I get it, this is fine. This is what the other guys give you.

I'm not like other guys.

Let me ask you guys this - how many of you get your daily vitamins?

I'm talking your iron, your fiber, your B12s, your Vitamin D if you don't live some place with sunshine...

You already know that the core of MetaZZZs is using psyllium husk fiber, which helps to curb your appetite.

Fiber is great, but so is all the vitamins you need to be taking.

[slide] Complete Multivitamin supplement - 30 day supply: \$2250.99

"Sarah, I take multivitamins."

And that's great!

How much are you paying for those?

That number you see up there is most likely how much you're paying for multivitamins a year.

The difference with my multivitamins, for one, is that it's the same size of the MetaZZZ - it's small, you aren't going to choke on it when you take it and I guarantee you aren't going to choke up when you see it.

Secondly, my multivitamins will do something yours currently don't...

Work.



This is Stephanie. If you ever wondered what would happen if you weren't getting enough of your daily vitamin intake, she will be the first person to tell you what happens



This was Stephanie in the hospital after falling to the ground during one of her classes. After being rushed to the hospital, it was discovered that this was an anemic reaction brought on by an iron deficiency. That iron deficiency also caused a level of chest pain that most doctors don't see in 20-somethings, brittle nails, extreme fatigue, and a weird craving for ice.

Stephanie thought it was just stress brought on by her exams, hence why she was chomping on ice so she'd be able to get her water intake up. On the very limited college student budget she had, she was taking multivitamins, however the type she was taking only gained a small amount of iron...

The thing she needed more of.

My complete multivitamin supplement was designed to give you at least HALF of the daily nutrients and vitamins you need, while the other half is filled by the foods you eat.

After her hospital stay, Stephanie learned about MetaZZZs and our multivitamins. She was able to turn her habits around, starting with making sure what she ate held the nutrients she needed, aided by the multivitamins, and then at night, she'd take a MetaZZZ.

Her iron levels are where they should be and while that time was stressful, you're looking at a recent grad with an engineering degree.

Let's recap, cause I've been saying a lot of stuff here. When you sign up today, you get:

[slide] MetaZZZs - The Slim While You Sleep Method - 30 day supply:

\$1250.99

[slide] Daily Weight Tracking Journal: \$29.99

[slide] 6 weeks Personalized Coaching: \$4500

[slide] Complete Multivitamin supplement - 30 day supply: \$2250.99

Right now, that's a ***total value of \$11,331.92***

You could totally walk out of here with just those four things.

Why have 4 things when you could have 5?

[slide] 1 month Personalized workout plan: \$3299.95

So you remember Pete and Jan, right?

They had a baby. Busy parents, doing work, raising kids...

how many of you do that?

How many of you are Stephanie?

You're doing school, you're head down, chest high in all things learning...

How many of you are Gloria? Or Lauren? Or my mom?

You have some sort of medical condition that prevents you from doing heavy gym work.

How many of you are just allergic to the gym?

I have found that most people hate going to the gym mainly because they don't know what they're doing. They hear "leg day" and they just hit the machines over and over and over until their legs look like Ahrnold's, but they have a tiny little top portion. [laughter]

When people have a clear plan of what to do, they are more likely to do it.

More importantly, when you have a clear plan that is personalized based on your level, you enjoy it more. My mom isn't going to be running up and down a treadmill; she hates running up and down the stairs!

But she loves doing stretches and things to help her flexibility, like Yoga. Puts her in her 'zen'. And physical activity goes a long way in losing weight and maintaining your healthy lifestyle.

So NOW... you get:

[slide] MetaZZZs - The Slim While You Sleep Method - 30 day supply: \$1250.99

[slide] Daily Weight Tracking Journal: \$29.99

[slide] 6 weeks Personalized Coaching: \$4500

[slide] Complete Multivitamin supplement - 30 day supply: \$2250.99

[slide] 1 month Personalized workout plan: \$3299.95

"Sarah, how am I gonna workout if I don't have a fancy gym machine?"

I'm about to blow your mind...

You ***don't need a fancy gym machine.***

But I'm not gonna let you start a workout plan without some weights...

[slide] Resistance Bands Set of 3: \$129.99

These bands had been specifically designed for FitPro Solution members and were created with input from some of the top professionals in strength training.

I'm talking boxers, I'm talking trainers, I'm talking doctors...

You can not get this level of resistance bands, cause you know what happens when you do?

My mom, the super popular face of Team SleepZies [laughter], shockingly made a new friend. Guys, you should sign up just to meet my mom. She's fantastic.

Anyway, she makes friends with this girl named Casey. Casey's a member of Team SleepZies and she was doing her own workout routine and using these resistance bands from Walmart.

They cost \$20. She had them for about a week before they snapped and popped her in the face. [image of Casey with a black eye] There are still people who think she was in a fight, she's being abused, all manner of things that aren't as crazy as, "I popped myself in the face while working out."

After that experience, she wasn't sure if she wanted to go that route again until she saw that we offer resistance bands that have been designed, tested, and approved to not kill the people using it.

[image] This is Casey, flexing dem arm muscles. Apparently, they call her 'The Flexinator' in the group.

[transition to reveal slide]

In case you forgot your grab bag of goodies, when you leave here today after you have signed up, you get:

MetaZZZs - The Slim While You Sleep Method - 30 day supply	(\$1250.99)
Daily Weight Tracking Journal	(\$29.99)
6 weeks Personalized Coaching	(\$4500)
Complete Multivitamin supplement - 30 day supply	(\$2250.99)
1 month Personalized workout plan	(\$3299.95)
Resistance Bands Set of 3	(\$129.99)

TOTAL VALUE	\$11,461.91
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Now, let's be honest - I'm not about to charge you \$11,461.91...

But guys, if I did charge this and all it did was change the trajectory of your weight loss, would it be worth it to you?

If you could **LOSE 15 POUNDS** in 30 days and **GET RID OF YOUR GYM MEMBERSHIP**, all by sleeping, would this price be worth it?

If you could **SILENCE** that angry, negative little voice that makes you feel guilty about the food you eat and **STILL LOSE WEIGHT**, would this price be worth it?

If you could **FINALLY HAVE SUPPORT** as you lose weight, with a community of like-minded people who have been where you are, who are **WHERE YOU ARE NOW**, and finally be able to feel good about your weight loss journey...

Would this price be worth it?

When I was putting this presentation together, I had two choices...

I could totally make this as cheap as possible. Cause if it's cheap, then everyone and their mom would be over it, right?

But if I did that, then it would just continue the cycle we're used to, so I decided to take the second choice...

That meant this is a slightly higher price on your end, but here's the thing. That price is the investment you're making in your future.

If after 30 days, if you could stand in the mirror and see the result of that weight loss, see that all of your clothes are now hanging off you to the point that you need a belt, and could maintain that change into a lifetime...

Would this be worth it to you?

How much would you pay to see that success?

This is a cost that's not as high as your death and what you'll put your family and friends through.

Cause if that's the cost you want to pay, then there's nothing I can say or show you that will change your mind.

This is the usual price, but you know what?

You guys showed up.

You showed up because you want to stop this never-ending cycle and that needs to be rewarded.

So because you showed up, I'm gonna do something crazy...

I want you all to have the same success that I did, that Karen had, that Jim had, that Nate had, that my mom had, that Rula had, that Margo had, that Dennis had...

I WANT YOU ALL TO HAVE THE SAME SUCCESS AS THE MEMBERS OF THIS FANTASTIC FITPRO COMMUNITY

So I'm gonna be a little crazy.

You guys want me to get a little crazy?

MetaZZZs - The Slim While You Sleep Method - 30 day supply 60 DAY SUPPLY	(\$100)
Daily Weight Tracking Journal	(\$29)
6-weeks Personalized Coaching 12 WEEKS	(\$600)
Complete Multivitamin supplement - 30 day supply 60 DAY SUPPLY	(\$150)
1-month Personalized workout plan 2 MONTHS	(\$150)
Resistance Bands Set of 3 SET OF 5	(\$79.99)

TOTAL	\$1,150.99
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You saw how much it would cost for the average personal trainer to give you a FRACTION of this. If you go to the FitPro Solutions website right now, that value price is \$12,500.00.

But like I said...

You showed up today.

You said, *"I'm done. I'm done with this. This is going to happen."*

For some of you, this might be your first steps...for the rest, this is the last resort.

And for all of that...I want to say thank you for hanging out with me today.

And I want you to thank yourself.

THank yourself for investing this time to changing your life. Because you don't want to do this anymore.

Because right now, you have two choices...

You can get up, right now, go to the nearest exit, pick up your free thing, and leave. If you do that, on the surface it'll feel like you wasted an hour. But eventually, that hour price is gonna come due and it'll be in the form of a hospital stay or a funeral.

Or you finally decide you're gonna double down and stop letting your weight control who you are.

I am so confident in not only **YOU** losing weight, but that MetaZZZs will help you in that, I'm gonna promise you this...

If you haven't lost 15 pounds in one month, **I will give you your money back.**

No questions, so hard-core selling or pleading...

You try it, you don't lose weight, **here is your money back** to do whatever you want with it.

But the real question is this...

Is it worth 90 minutes of your time to check this out?

Even if this only does HALF of what I've said, the end result is more time with your family and friends in this life versus you missing out because you aren't around.

MetaZZZs - The Slim While You Sleep Method - 30 day supply	(\$1250.99)
Daily Weight Tracking Journal	(\$29.99)
6 weeks Personalized Coaching	(\$4500)
Complete Multivitamin supplement - 30 day supply	(\$2250.99)
1 month Personalized workout plan	(\$3299.95)
Resistance Bands Set of 3	(\$129.99)
TOTAL VALUE	\$11,461.91

This is the total value of what I'm offering, but let's be real...

This price isn't the actual value of what you'll get. Because the actual value is the time you can spend with your family, the confidence you feel when you step on the scale or look in the mirror...

It's the value of being able to walk out of your doctor's office with a smile or walk into without the dread of what you know he might say.

You know the value and you know the actual price I'm willing to give this you, but again, this is just for you, **RIGHT HERE, RIGHT NOW.**

That means if you walk out that door without signing up and you go to the website, you're paying full price.

And you're gonna have about 30 minutes to do it, cause I'm gonna answer some questions, we're gonna close this presentation, but as soon as those doors open and they kick us out here, that's it.

MetaZZZs - The Slim While You Sleep Method - 30 day supply 60 DAY SUPPLY	(\$100)
Daily Weight Tracking Journal	(\$29)
6 weeks Personalized Coaching 12 WEEKS	(\$600)
Complete Multivitamin supplement - 30 day supply 60 DAY SUPPLY	(\$150)
1 month Personalized workout plan 2 MONTHS	(\$150)
Resistance Bands Set of 3 SET OF 5	(\$79.99)
TOTAL	\$1,150.99

This is the moment you waited for, so why would you continue waiting?

[points] There's the table, get this package, come back if you have questions.

Remember, this is only for **30 MINUTES!**