



# MOBIV8

THE LAST WEIGHT LOSS PROGRAM YOU WILL EVER NEED

# CRAVING KILLERS

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# A TYPICAL DAY...

The day is going just fine... you're keeping busy, relaxing or simply just winding down to sleep... and all of a sudden it hits you. You're in clutches of desire.

Your brain is calculating, your mind racing and at the same time it is laser focused on only one thing... Chocolate and cakes.

Or... you've got the strong desire to just eat!

The next thing you find yourself licking fingers ... and not so long after, all is calm again.... At least for now.

What just happened?

You were ambushed by the munchies, the irresistible cravings and will power isn't going to help.

Recent research studies have identified that these urges are fuelled by feel-good brain chemicals such as dopamine that are released when you eat these kinds of foods. Your brain seeks this rush of pleasure over and over again, which can cause you to overeat.

So does it mean it's out of your control?

What you need is a plan that stops this natural cycle—and helps prevent unwanted weight gain.

Sometimes cravings can be about emotions.... [Here's a video that talks about comfort eating and how you can defeat it.](#)

So the next time you're hit with an insatiable urge for those chocolates and cakes. Remember that you've got the tools, support and resources to help you end those cravings for good... and it's called MOBIv8

MOBIv8 is different... that is why **we've got such a high success rate** because we does what no other weight loss solution can do....

**MOBIv8 is the only program that helps you lose weight, keep it off for good without a diet, any expensive workouts or any of those drastic solution you see out there.**

Sure you can lose weight with some diets... But for how long can you sustain the diet? Is it even safe to carry on dieting for that long? Countless medical studies show that diets simply don't work.

To find out more about how [MOBiv8 has changed dozens of lives. Amazing! Click here to see how they lost weight without any diet at all!](#)

But before you do, let's deal with your immediate problem by offering you some of our proven Craving Killers

**NOTE: We don't prescribe any specific diet, you get to eat what you want and still lose weight. However, these are some of the alternatives that our clients really enjoy to replace their old, less healthy choices with.**

This report is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.

**Give these ideas a shot:**

FOOD	HEALTHY SUBSTITUT
<b>Candy / Sweets</b>	Nuts, fresh berries, homemade dried fruits
<b>Ice cream</b>	<ul style="list-style-type: none"><li>• Unsweetened 0% fat yogurt with fruit or almonds</li><li>• Unsweetened 0% fat frozen Yogurt cubes with strawberry bits or 85% dark chocolate</li></ul>
<b>French fries</b>	<ul style="list-style-type: none"><li>• Baked zucchini bites</li></ul>
<b>Chocolate bars</b>	<ul style="list-style-type: none"><li>• 85% dark chocolate</li><li>• <b>Protein Bars:</b> - Protein bars will help you feel energized and active. The chewy texture of the bars will make you feel like you are eating a lot</li></ul>
<b>Crisps</b>	<ul style="list-style-type: none"><li>• Organic popcorn popped at home. No butter, no sugar</li></ul>
<b>Lasagne</b>	<ul style="list-style-type: none"><li>• Stuffed peppers baked low fat minced meat</li><li>• tomatoes with lean protein</li></ul>

<b>Mashed potatoes</b>	<ul style="list-style-type: none"> <li>• Mashed green plantains or mashed cauliflower or boiled peas</li> </ul>
<b>Carbonated Soft Drinks</b>	<ul style="list-style-type: none"> <li>• Naturally flavoured seltzer water or seltzer water splashed with a hint of juice</li> </ul>
<b>Milkshakes</b>	<ul style="list-style-type: none"> <li>• 0% fat yoghurt with fresh fruit</li> </ul>
<b>White crackers</b>	<ul style="list-style-type: none"> <li>• Low-carb almond crackers or quinoa crackers</li> </ul>
<b>NUTS</b>	<ul style="list-style-type: none"> <li>• Go for almonds and pistachios they are an essential part of a heart-healthy diet.</li> </ul>
<b>Pasta</b>	<ul style="list-style-type: none"> <li>• Spaghetti squash</li> </ul>
<b>Fried foods</b>	<ul style="list-style-type: none"> <li>• Baked foods</li> </ul>
<b>Cake</b>	<ul style="list-style-type: none"> <li>• Homemade protein chia bars</li> </ul>
<b>Ice Lollies</b>	<ul style="list-style-type: none"> <li>• Dried fruit alternatives, like figs, apricots or dates.</li> </ul>
<b>Smarty's or M&amp;M's</b>	<ul style="list-style-type: none"> <li>• Frozen blue Blueberries</li> </ul>
<b>White bread</b>	<ul style="list-style-type: none"> <li>• Whole Wheat Bread which is high in fibre and easier to digest</li> </ul>

## **How about we curb those cravings for good?! ... What do you say?**

Knowing why you get that insatiable urges is the first step to beating it

**[Click here let's get started...](#)**

**FREE – see results in as little as 2-3 days**



**Amazing!.. See how these guys lost weight without a single diet ...**