

Weight Gain For Women

2 FREE CHAPTERS

**How to Naturally Gain Weight for More Curves
A Program for Women Only**



Brought To You By: Womens Weight Gain

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ATTENTION:

You are about to read chapters 1 & 2. All other chapters are restricted to paid customers only. [CLICK HERE](#) to upgrade so you can start gaining weight immediately!

Chapter 1: Introduction

Hello and thank you for purchasing this guide. Soon you'll be aware of just how you've been sabotaging your own weight gaining efforts without even knowing it. You'll also discover how to put on weight quickly in the healthiest way possible.

In short, you've made a wise decision by deciding to learn from this guide. Your life is about to change for the better, so lets get started!

Most people are shocked to hear that people actually want to gain weight, because it's so uncommon in our society to feel "too skinny". I've gotten so many "I hate you ... you're so skinny" remarks from envious women, but all I wanted was a curvy hourglass figure that I could feel proud to show off.

There are many reasons for you being underweight right now. For some people it is natural and has been a long-lasting problem, while for others physical illness and eating disorders result in excessive weight loss and malnutrition. Many people lose weight because of their improper diet habits and other health conditions which may remain unknown.

The first thing I want to make you aware of is that these methods are designed exclusively for women (and men who might desire a more womanly shape). This isn't your typical "gain weight/muscle" course that targets skinny guys.

The main goal of this system isn't to bulk you up so that you look like a body builder ... its about putting more weight on your body so that you look as feminine as possible.

That's why this report is different. The methods were developed just for you, by someone who had the exact same problem. We're not following the standard protein overload and weight training routine that men use.

Chapter 2: Dispelling A Few Myths

You've probably heard a lot of things about gaining weight that just aren't true. I've heard so many ridiculous theories and techniques that I can't even count them all. But what's really embarrassing is that I've tried just about every trick you could think of ... even the really goofy ones.

Myth #1: "Eating more food will make you gain weight."

While this might be true for some people, it wasn't true at all for me. My metabolism just kept melting the extra food away before it ever had a chance to fill me out. If you're here reading this guide today, you can probably identify with this problem.

Myth #2: "Eating more calories will make you gain weight."

This one sounds like it should be true, right? Based on experience, this is only partly true. Where the calories came from is a lot more important, because calories from certain food will work better than calories from other food at helping you to gain weight. Some food gets digested more quickly while others take longer to digest; and whenever digested food enters your bloodstream quickly, it promotes weight gain (although usually in an unhealthy manner). Later in this guide, we'll discuss exactly which foods work best and which ones don't.

Myth #3: "If you want to put on weight, eat more fatty foods."

Not only is this information inaccurate, it is potentially dangerous. Imagine what binging on fatty foods in order to gain weight will do to your arteries! Consuming fat does not mean that the fat will stay in your body, and when some of it isn't burned off – the chances that it will go to the body areas where you want them are extremely slim.

Myth #4: "Eating carbs will help you put on weight."

When most people hear this they think of white bread, pastas and other similar food. Eating these foods for the purpose of gaining weight is dangerous to your health and can lead to VERY UNATTRACTIVE weight gain. Overdoing it on refined carbohydrates will just make you look lumpy in a few years, and lead to major health problems in the long run.

Myth #5: "The only way someone with a fast metabolism can gain weight is to put on muscle."

This is most certainly not true, nor should it be applicable for a woman. While muscle is great, most women don't want to look more muscular than their husbands. And most women don't want to have to bother with weight training 5 times a week. The truth is that you can put on weight with a combination of methods, that do require some exercise (and I'll explain why later in this guide), but don't require any weight training.

Myth #6: "Sitting around on your butt all day causes you to gain weight."

This one, too, might be true for people with different metabolisms, but for most naturally skinny people the lack of activity can actually hurt your weight gaining efforts.

So, throw these silly myths right out of the window, because from now on we're only going to talk about methods that will bring real results. You know how we're NOT going to go about our weight gain plan, so read below to find out what you should be doing to gain weight.

ATTENTION:

There's a lot more to gaining weight than than you can imagine. Want to get your hands on the rest of my women's weight gain formula so you can fill out your clothes nicely? [CLICK HERE](#) to upgrade and start gaining weight now!



Why you should upgrade:

- How to successfully **gain 2-3 lbs each week** with a special combination of techniques that boosted me out of my most desperate (meaning skinny) times.
- Why the standard weight training men use may not be the best thing for you, and why it could be **100 times more beneficial** for you to stick with exercises that you actually like!
- **6 facts** I have to alert you to, concerning how hormones dictate practically your entire body. Get them to work *for you* instead of against you!
- **3 weight boosting balancers** you've been ignoring! You can use these to improve your health and look better ... and you probably pass them by every day Well, no more of that, because once you discover what they are you won't want to keep your hands off of them!

- How using **this unconventional plan** instead of the same old rehashed weight gaining garbage that you usually hear can actually help you gain faster!
- How to gain just the right amount of muscle, fat & tissue that the female body needs to remain shapely, *minus the double chin & belly flab*.
- How to **slow your metabolism** seemingly overnight with one tiny change.
- Tested & effective tactics that can give any girl that distinct womanly shape - *whether or not* you naturally have curves.

Additional Resources

Detox and Cleanse

Digest It is an all natural herbal colon cleansing treatment that has changed hundreds of thousands of people's lives through our gentle and effective whole body safe and effective internal cleansing. Digest It is formulated to maximize one's elimination without causing loose stools or uncomfortable cramping via frequent healthy bowel movements while assisting in cleansing the vital organs and lymphatic system.

[Read More Here](#)

Women's Vitamins and Minerals

Our Women's Formula contains a specially formulated combination of adaptogenic herbs, vitamins and minerals to meet the unique nutritional needs of women, while balancing the hormone system, stimulating the immune system and enhancing energy levels.

[Read More Here](#)

HgH Supplement for those who find diet is not enough...

Recent studies suggest that HGH plays an important role in multiple body functions. By the time you reach 60, your natural production of HGH is most likely to be half of what it was when you were 20. This means that you will may experience less energy, more body fat, and have a weaker immune system. HGH Energizers Health supplement provides nutrients that may be lacking due to the strain that is often put on the body's health. Each serving provides important nutrients to support your overall health and vitality.

[**Read More Here**](#)

Catch Him And Keep Him

For some of the best knowledge out there on what's inside a man's mind, how to identify good men (or the wrong guys), and to read more about the common behaviors most men have when they're either smitten with a woman or desperately unable to get it together, then check out our ebook "Catch Him And Keep Him".

[**Read More Here**](#)

Have The Relationship You Want

Rori Raye's FREE NEWSLETTER is packed with tools and advice to help you connect to your man, inspire his love and devotion, and finally have the relationship you want...starting today!

Simply fill in your name and email at the link below and start learning the tools that will make a man commit to you for life.

Your information is kept confidential and there is no obligation... just valuable, free advice:

[Read More Here](#)

Smart Womans Guide

Discover The Secret Techniques You Can Start Using Today To Quickly Get Your Man To Fall Madly In Love With You And Fulfill Your Heart's Romantic Desires.

If you are tired of trying to figure out the quickest way to get your man to be more romantic, to desire you more intimately, and fall madly in love with you, then check out the Smart Womans Guide.

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