

SPECIAL REPORT: How Rachael Dropped 25 Pounds and 4 Dress Sizes

This report was created by Everyday Health & Wellness to expose the truth behind a very weird diet

Note: [CLA Safflower Oil](#) has been sold out in most stores. As Of **Wednesday, September 23, 2015** It's Still [Available Online](#).



Rachael investigates a weird weight loss solution that is quickly gaining popularity in the United States and around the world.

Consumer (Everyday Health & Wellness) – Safflower is the latest buzz in the "battle of the bulge". With millions of people praising this so called "miracle pill" that you take as a supplement to lose weight, it has been getting a lot of attention since it was recently featured on The Dr. Oz Show. Surprisingly, many people who struggle daily with their weight have yet to hear about this powerful option. Those that have heard of Safflower are confused about what it is, how to use it, and how to avoid falling for ineffective formulas and downright scams.

According to Dr. Oz, Safflower works in more than one way. The first way is that it goes in and causes the body to burn fat from within "like a furnace," literally melting the fat away. The second feature, and the most important one, is that after Safflower has burnt the fat, you're left with the sleek, lean muscle that was buried underneath. The third feature is its ability to strengthen not only the muscles, but the bones as well.

"This thing is lightning in a bottle; it's a miracle flower to fight your fat" – Dr. Oz



Adobe Flash is disabled for this page, click player area to enable.

Video Credit: Dr. Oz has not endorsed any specific product, only the ingredient .
[Click Here to get CLA Safflower Oil.](#)

Well, we here at Everyday Health & Wellness, were a little skeptical of this Safflower, even after pouring through mountains of research and a 12-week clinical study. While I had an educated opinion, I still had no personal proof that the Safflower option was worth the time. So, with my editor's blessing, I decided to go out and put the product to the test myself. What better way to find out the truth than to conduct my own study?

To get started, I volunteered to be the guinea pig. I applied online for a bottle of CLA Safflower Oil. CLA Safflower Oil is one of the most credible and trustworthy diet supplement suppliers on the market. There was a 30-day money-back guarantee. Another reason why I chose CLA Safflower Oil is because it is the most concentrated and purest Safflower on the market. This would give me the most accurate results for my test.

Here is what [CLA Safflower Oil](#)™ claimed on their website...

Results of a 12-week clinical study published in the [US National Library of Medicine](#) (National Institutes of Health).

- Safflower contains no stimulants.
- Safflower contains 10% Pure Safflower, the active ingredient in CLA Safflower Oil.
- Safflower has been found to burn belly fat from within your body, boosting weight loss by more than 33.77%.
- Studies have shown that daily Safflower intake can increase lean muscle and bone density.

CLA Safflower Oil arrived 4 days after having my order placed online.

The bottles I received held a month's worth of pills which worked out perfectly as I was to follow the supplement routine for 4 weeks time and document my progress throughout.

My 4 Weeks Test: Safflower

[Take one CLA Safflower Oil pill per day \(in the morning\)](#)

My Results

Week One

After one week on the diet taking Safflower, I was surprised at the dramatic results. My energy level was up, and I wasn't even hungry; that is an apparent side effect which curbs the appetite.

I honestly felt fantastic.

And I didn't even change anything about my daily routine. On day 7, I got on the scale and couldn't believe my eyes. I had lost 7 lbs. But I still wasn't convinced as they say you lose a lot of water at the beginning of any diet. I wanted to wait and see the results in the upcoming weeks. But it sure was looking up! I now weighed under 140 lbs for the first time in years!

Week Two

After two weeks of using CLA Safflower Oil, I started the week off with even more energy and was actually sleeping more soundly than before. I was no longer waking up during the night and tossing and turning because my body was actually able to relax. Plus, I still managed to lose another 7 lbs, putting me at an unbelievable 14 lbs of weight loss, in just 2 weeks.

I must admit that I'm starting to believe that this pill is more than just a gimmick.

Week Three

After 3 weeks, all my doubts and skepticism had absolutely vanished! I am down 2 full dress sizes after losing another 6 lbs, and I still have a ton of energy. Quite often, around the third week of other diets, you tend to run out of steam. But with the CLA Safflower Oil, my energy levels don't dip, but remain steady throughout the day. I no longer need that cat nap around 3pm in the afternoon! And I am even noticing that my stomach is digesting food so much better. No bloating or embarrassing gas after having a meal!

Week Four

After the fourth week, my final results were shocking. I lost an unbelievable 25 lbs since starting the CLA Safflower Oil! Actually, everyone at Health and Wellness is kicking themselves for not having volunteered to be the guinea pig. Using the CLA Safflower Oil during week 4, I lost 5 more pounds, but to be honest, I really didn't have much more than that left to lose, and I am definitely going to continue taking CLA Safflower Oil afterwards because it has so many antioxidants and vitamins that make my skin look unbelievable.

"I couldn't be any happier with the results.

I Lost 25 lbs in 4 Weeks, No Special Diet, No Intense Exercise"

Conclusion: Like us, you might be a little doubtful about the effects of this pill, but you need to try it for yourself; the results are real. After conducting our own personal study, we are pleased to see that people really are finding success with it (myself included). And you have nothing to lose. Follow the links to order your CLA Safflower Oil I have provided and be assured that you are getting a quality product that works; no strings attached!

Good Luck with your weight loss!

- Rachael

EDITOR'S NOTE: For a limited time, the Official Suppliers of CLA Safflower Oil have agreed to offer a Special Promotion to our readers. This comes with a 100% guarantee to lose weight or your money back!



[Click Here to Get a Bottle of CLA Safflower Oil](#)

[Use this exclusive link to get free shipping!](#)

LAST DAY: Due to high readers' demand and dwindling supplies, this promotion will expire on Wednesday 23 September 2015

These promo links have been verified to work as claimed.

Would you like to share a consumer tip for next week? If so, please send us an email.

683 comments

[Add a comment](#)



Tohloria Lewis

I saw this report on tv the other day and was amazed at the results. I am getting married next month so the timing couldn't have been better!! thanks for the tip!

[Reply](#) á 3 á [Like](#) á 25 minutes ago



Tanya Porquez

I've gone ahead and placed an order. I can't wait to get started and see what happens.

[Reply](#) á [Like](#) á 5 minutes ago



Jennifer Jackson Mercer

I've been following diet fads all over. I even heard my mom talking about this CLA Safflower Oil a few days ago since one of her friends has lost like 6 lbs in the first 15 days! I definitely have to try this, thanks.

[Reply](#) á 4 á [Like](#) á about an hour ago



Kristy Cash

Yes this stuff is amazing! My best friend Gina uses CLA Safflower Oil and lost an incredible amount of weight... i couldn't believe it and had to do some research on my own which is how I found this news article. I can't believe they are offering this at such low prices! I know Gina spent something like \$500 and was thrilled... imagine how excited she would be if it cost her under \$60. This is a godsend, thanks so much!!

[Reply](#) á 7 á [Like](#) á 1 hour ago



Katy Barrott

I've been struggling my whole life with my weight and I really hope this is the answer. I've gone ahead and placed order

and signed up to the gym as well. I really hope to lose at least 50 pounds before the end of the year.

[Reply](#) á [2](#) á [Like](#) á 2 hours ago



Julie Keyse

Hey all! I just placed my order. I can't wait to get them!! Thanks! xoxoxo.

[Reply](#) á [22](#) á [Like](#) á 2 hours ago



Brad Williams

A friend of mine used CLA Safflower Oil and recommended it to me 3 weeks ago. I ordered the products and received them within 3 days (although I didn't get the discounted prices). The results have been incredible and I can't wait to see what weeks 3 and 4 bring.

[Reply](#) á [15](#) á [Like](#) á 2 hours ago



Kirsten Bauman Riley

I love the CLA Safflower Oil this has been the only thing that has worked for me, I cant believe it. My first week I lost 7 pounds.

[Reply](#) á [37](#) á [Like](#) á 2 hours ago



Celia Kilgard

worked for me! I worked just like I thought it would. It was easy enough and I just want others to know when something works.

[Reply](#) á [42](#) á [Like](#) á 2 hours ago



Alanna 'martin' Payne

I cant believe what I am reading about CLA Safflower Oil. This is sooo crazy. I did it and lost 25 pounds in 3 weeks. My mother has been on it for 3 days and has lost 6 pounds already. She is never hungry either. I was a little hungry at times but so what!!! A lot of it was emotional/mental hunger anyways. This worked when NO other diet would. Tell me what other diet method in the entire world where you can lose this weight with 0 exercise and without feeling extreme hunger. There is no such thing.

[Reply](#) á [20](#) á [Like](#) á 2 hours ago



Alice Chang

Well, I posted earlier in this comments thread and came back because I wanted you all to know how I did! I lost 28 lbs in 3 rounds over 6 months and am keeping it off. The results speak for themselves. CLA Safflower Oil is life-changing Ð thanks for the great idea

[Reply](#) á [17](#) á [Like](#) á 2 hours ago



Mark Fadlevich

I am 28 years old, and I need to lose 20 pounds. Today is my first day and I am having my fingers crossed that CLA Safflower Oil supplements are gonna work for me. Wish me luck

[Reply](#) á [42](#) á [Like](#) á 3 hours ago



Ashley O'Brien Berlin

I am currently on a 40 day program using CLA Safflower Oil supplements (which I ordered from this website). All I can say is that it is working for me. As of day 26 I have released 26 poundsÉI never want it back! Much more energy, sleeping thru the night, my achy joints no longer ache, etc. are some of the positive results. Negatives: planning ahead in case I will be away from home during meal time. I have a long way to go (57 more pounds to lose). I will say that nothing tastes as good as being skinnier feels. I'm rapidly approaching 50 and even though I have totally neglected my health, I am now putting myself first. This CLA Safflower Oil protocol seems to be a perfect choice for me. Anyone out there have words of wisdom?

[Reply](#) á [26](#) á [Like](#) á 3 hours ago



Brittany Jackson

Today is my 8th day being on the program and I am 5 lbs down!!:)

[Reply](#) á [38](#) á [Like](#) á 4 hours ago



Shellie Wilson Hodge

This is my 6th day on the sub-lingual version of the diet and I have lost a total of 9 pounds. I am excited to see it work. I have plenty of energy and eating 500 a day is becoming easier. Last night for the first time, I had to force myself to finish my apple. Good luck to you all!

[Reply](#) á [27](#) á [Like](#) á 6 hours ago



Molly Murley Davis

I purchased CLA Safflower Oil supplements to lose 10 pounds. Yep, only 10 pounds. It only took 1.5 weeks to lose the weight I desired then I stopped the drug. Here is the kicker. I ate whatever I wanted. I know you are supposed to follow a 500-calorie diet but I didn't like the idea of eating too few calories. I ate healthier than ever (only eating fruit, veggies and lean meat such as chicken and fish) and I worked out like a beast. After the first week, I noticed my appetite decrease while my energy increased. I was pleased. The good thing is: once I stopped taking CLA Safflower Oil, I continued to lose weight. I think it was my lifestyle change with a little boost from CLA Safflower Oil. Now it is difficult for me to gain weight but I am not crying about that. I do recommend it to my friends but I recommend diet and exercise and a physician consultation too!

[Reply](#) á [28](#) á [Like](#) á 8 hours ago



Jenna Ponchot Bush

From what I can tell CLA Safflower Oil, especially while under the care of a doctor, not only works, but is safe. Probably

best not to do it past 40 days and I don't think this is customarily done. The low carb diet done after the VLCD is one done by many with success and good healthy. Fatty foods are discouraged. I think for those who have not had any luck with traditional methods and are starting to have health issues related to being overweight, CLA Safflower Oil is a very positive and hopeful alternative.

[Reply](#) á [67](#) á [Like](#) á 8 hours ago



Laura Kelch Miranda

You can say 1,000 times that there is no clinical evidence to substantiate the claims of the CLA Safflower Oil protocol and that anecdotal claims are not "evidence". But none of that really matters. It doesn't matter to ME whether clinical studies indicate that it helps weight loss or not. All that matters to ME is that CLA Safflower Oil helped me lose the weight when nothing else could.

[Reply](#) á [62](#) á [Like](#) á 8 hours ago



Sara Bergheger

This product is phenomenal, I travel a lot and it is really hard to keep a regimen. This product is good science.. you will lose weight. I have lost 20 pounds in 19 days.

[Reply](#) á [72](#) á [Like](#) á 8 hours ago



Lauren Kirschenbaum Silver

I just got off the CLA Safflower Oil supplements and I lost 18 pounds and I feel fantastic. I have done different diets and different weight loss strategies' and with this one I didn't have to exercise. I just took the supplements and the weight came off.

[Reply](#) á [38](#) á [Like](#) á 9 hours ago

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