



VISUAL IMPACT
==MUSCLE BUILDING==

Muscle Building Special Report #9

How to Lose Water Weight for a Special Event

I'm going to give you a simple approach to losing water to make sure you look your absolute best for an event (like the beach, a vacation, wedding, etc.)

Let's start with a picture...



[Mario Lopez is a bit leaner in the right picture, but a lot of the difference in appearance is due to lack of water retention under his skin.]

Do you ever notice and some days you look way better with your shirt off than on other days?

There are 2 reasons for this.

- Minimal Water Retention Under the Skin.
- Maximum Water Retention in the Muscle

It's easy to lose water weight, but if you do this wrong you will lose all muscle size and definition in the process.

So how do you lose water under the skin without losing muscle volume?

The way to do this is actually increase water intake until 24 hours out from an event (then limit water intake). You don't want to limit water intake too early, because not only will you lose muscle volume...it isn't healthy.

...but you don't want to increase water intake too early either.

(This “water deal” is kind of tricky)

So I am going to make this report a little different. Instead of just giving step by step tips, I'm going to tell this in a “story format”.

This story takes place in Mexico. Here goes...

Your Summer Beach Vacation: Cabo San Lucas, Mexico



You've seen this picture or variations of this picture countless times.

...the aqua blue waters of Cabo San Lucas, the light yellow sand and that amazing arch of contrasting white rock.

You think to yourself:

“I'm 29 and STILL haven't been to Mexico. It has been 10+ years since I graduated high school. Is life passing me by?”

This isn't your typical thought. This is a DEEP emotional feeling. Time to

take a stand! You can't let another 10 years go by without grabbing life by the balls and doing something big.

2012 is the year that you and most of your best friends turn 30. You decide you are going to organize a group trip.

You so some research online, and find a CRAZY beach house to rent...

“Casa La Laguna”



This cozy little beach villa has 6 bedrooms, 8.5 bathrooms, an infinity pool, jacuzzi, a chef, a water slide, etc. (It's real too... [Here's the Link](#)).

The Cost? \$2,800 per night (between May and September)

...that sounds like a TON of money until you do the math.

7 Nights and 8 Days: $\$2,800 \times 7 = \$19,600$

It sleeps 12 people, but let's assume that we can only get 8 total to commit. That equals roughly \$2,450 per person.

You realize that \$2,450 isn't pocket change, but again...you feel that the last 10 years have flown by without anything “really big” happening.

The cost to fly there round trip? \$550

The total cost of the trip with tickets and spending cash = \$4,000 each.



It seems like a lot, but you just keep thinking of this beach house...

It seems like a struggle, but you figure you can put the flight on a credit card and pay that off month, by month.

...So really you need to gather together, \$2,450 each to lock in and reserve this place. You have 9 months until summer, but you probably need to book this in about 4 months.

Can you each save \$600 per month for 4 months straight?

It won't be easy! You make \$3,000 after taxes...and \$2,000 of that goes to rent, car, insurance, and bills. So can you save \$600 of that \$1,000 each month?

That leaves \$400 each month for food and entertainment.

Will you “suck it up” and live on \$13 per day for 4 months?



...You will if you want to experience a “High Impact” life experience!

You will have to give these things up for 4 months:

- **No Going out to Eat.**
- **No Going out to the Movies.**
- **No Shopping for New Clothes.**
- **No Going out to the Bar.**
- **No Dance Clubs**

The positive? You will have a lot of time to train (funny how that works).

You can spend your money doing A BUNCH of low-impact activities or A FEW high-impact activities. The choice is yours!

You have made the decision, but can you talk your friends into it?

This may or may not be easy. It helps if you show them the picture of the water slide at “Casa La Laguna”...



Drink a blended margarita made by the Chef and use the water slide to enter the pool...instead of the stairs. Sounds like a tough day :)

So 8 friends commit to coming up with \$2,400 each in 4 months!

This is a BIG sacrifice, but you only turn 30 once. What better way to spend that time than with your 7 closest friends?

...you don't realize it at the time, but this will become a once in a lifetime trip. Life is getting busier and many of your friends will start families. This trip will mark a time where all of your lives are changing...and you will never go back.

So Why Not Look Your Best for This Rare Event?

Since you really won't have money to do a whole heck of a lot, you should spend some of this extra time...getting in the best shape of your life.



You decide that you will leave for your trip on Saturday, June 30th...



...Let's go forward in time to the week before you leave on vacation.

On Sunday June 24th you will stop talking creatine. You will take it again at the beginning of your vacation, but we are just going to make sure that you don't hold any water under the skin.

This is a tweak that I had a few guys try recently before photo shoots.

What happens is that they were still creatine loaded for the whole week leading up to the shoot, but at no risk of holding water under the skin for the actual photo shoot. It has worked well.

Note: They began taking creatine 3 weeks before they stopped. So in this case, you would take creatine from Sat June 2nd to Sat June 23rd (also known as the “Bonus Phase”).



Begin limiting sodium intake 5-6 days before your trip.

So beginning on Monday, June 25th we will limit our sodium intake. The meals now are going to be a bit bland. No sauces, salsa, ketchup, etc. We will eat things like grilled chicken and brown rice with broccoli. Chicken salad with rice vinegar....etc.

Excess sodium is what causes water retention.

Fluid trapped under your skin (subcutaneous fluid) is caused by water molecules bonding on to sodium ions. If you have less sodium for the water to bond on to, you will have less water under your skin.

Focus on working up a sweat in all of your workouts this final week.

Do what it takes to work up a sweat this week. What this does is flush out all of the salt under your skin. You actually want to keep drinking a normal amount of water at this point. Not too much water until...

48 Hours Before Your Event, Increase Your Water Intake.

Since your trip begins on Saturday, this means you are going to want to begin to drink more water than normal on Thursday morning. You don't want to overdo this...the goal will be to drink enough to where you need to use the restroom every 2 hours or so.

Ideally...You're going to wakeup several times Thursday night.

You will naturally have to getup during the night to use the restroom. As soon as you get done peeing, drink another large glass of water. You are doing this to train your body to get rid of excess fluids.



Friday Morning take Dandelion Root and Stop Drinking Water.

24 hours before your event, you will take one serving of dandelion root

(found in most supplement stores). You will also drastically limit water and keep all other fluids to a minimum.

Take Dandelion Root Again Friday Night and Saturday Morning.

What will happen is that your body will be in “fluid removal mode” already from all the water you drank...the dandelion root will push this even further...but now you have stopped water intake.

Water pouring out, but not coming in...

Be prepared to look sharp as heck on Saturday morning!



Possibly Reintroduce Creatine on Sunday.

This is optional. Either way drink lots of water once your trip has begun. This will flush out all of the salt from margaritas, chips, salsa, etc.

You will look better than normal for 6-7 days.

This effect will last for a good week. You will look your sharpest on

Saturday, but I've found that just those 3 initial doses of dandelion along with the 24 hours of water restriction is all it takes to look sharper than normal for about a week.



Hope this helps you for your next trip!

-Rusty

PS: Keep an eye on your inbox. Another Visual Impact “tweak” coming soon!

Special Report Links so Far (in case you missed them)

Special Report 1: [Same Workout, More Fat Free Muscle](#)

Special Report 2: [When to Go “Nutty” With Workout Volume](#)

Special Report 3: [Deep Six Pack Abs Report](#)

Special Report 4: [Olympic Style Lifting for Muscle Density](#)

Special Report 5: [Fat Torching Cardio](#)

Special Report 6: [The Supplement “Short List”](#)

Special Report 7: [Style Tips](#)

Special Report 8: [Develop the Body Language of An Alpha Male](#)