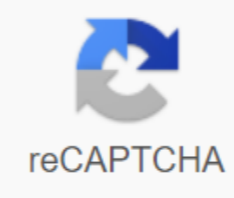




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Greer childers death

GymBar | Deep breathing | Healthy Meal Plan | Greer Childers For over 20 years Greer Childers has been sharing the secret of her amazing inch loss program. Millions of people have learned the secret and have experienced life-changing results of rapid inch loss and have transformed their bodies through the power of deep breathing, weight training and Greer's delicious meal plan. Greer developed BodyFlex years ago out of frustration with being a size 14 to 16 no matter what exercise program she tried or what diet plan she followed. Within 90 days, this mother of three, was able to slim down to a size 4 to 6. She lost 10 inches over her midsection too during this short time. Greer is now 59 years old and still practices BodyFlex every day, and she has maintained her size 4/6 for over 20 years. She is a well-known speaker and presenter, as well as the author of the bestselling book *Be a Loser*. A message from Greer Childers • Back to About BodyFlex Greer Childers Overview Greer Childers has been associated with three companies, according to public records. The companies were formed over a four-year period and the last was incorporated twelve years ago in February 2008. Zero of the companies are still active while the remaining three are now listed as inactive. Known addresses for Greer Childers Source What happens now? Follow Receive an email when changes are made for Greer Childers. Announcements include: New business roles Change in active status Location updates New connections Create account Create a free account to access additional details for Greer Childers and other profiles that you visit Benefits include: Access to more records Full screen network visualized Follow profiles See how people are connected BOOK: *BE A LOSER* by Greer Childers (NEW, The 1998 review by SueW Greer Childers, now at the age of 71, and apparently greatly enhanced by plastic surgery and botox, has reappeared in infomercial ground with a revolutionary (she claims) new program. Having a lot of trouble not honoring requests for returns from those who found her programs less than effective and with the FCC shutting her down for falsely advertising weight loss without dieting, she seems undeterred in her ambition to sell the product. Her new program called *Abdonda* is probably the first to have a certain history of being somewhat effective at sharpening her abs. But it is far from new. Cory Everson wrote about a similar technique in her book on exercise, published in the 1990s (Cory was one of the first Ms. Olympia's), it's called a vacuum cleaner and you pull your abs tightly and hold for a few seconds and then let it go. Cory pointed out that you can do these anywhere – in the car or at work. Greer calls these vacuum cleaners, deep (aerobic) abdominal breathing and suggests making them for 7 minutes a day, emphasizing her usual sales closer – do these standing and that's all you need to do. But the amazing weight loss results, testimonials in infomercial give are likely, not from making vacuum cleaners but rather from strict dieting. It's not really clear and if you look at the number of CD-CDs offered in *Abdonda*, it looks like the program is more complex than they want you to think about infomercial. Although infomercial mentions it teaches you a way to eat but doesn't indicate much about it. This is the first infomercial Greer has made, which allows dieting to be necessary for weight loss. The interesting thing about Greer Childers is despite many challenges to her claims, she has been around for 20 years and is probably making a good buck from the sale of her devices and programs. The following history of Childers' various programs, challenges from customers and the FCC, makes interesting reading. Greer Childers, a pixie-ish blonde, first appeared on stage in the mid-1990s. In her 50s, she claimed that her svelte appearance was due to a program that she claimed to have basically invented, called *Bodyflex*. This program consisted of something she called aerobic breathing (that's what you really do when doing cardio, she explained, saying you could get the fat loss effect without cardio if you did your breathing correctly). And about 15 or less minutes of sit-ups, crunches and other light calisthenics a few times a week. Her claims in infomercial were pretty amazing... lose 10 lbs in 7 days she claimed and so easily, without starvation and heavy exercise (while she gave this line, later infomercials ran small print that weight loss would only happen if the person went on a reasonable diet). Her book was a little more candid about the origins of her program, *Bodyflex*. She had apparently taken a class in Pilates, California and adapted some of the techniques to *Bodyflex*. Recently divorced and broke, she desperately needed an income and this looked promising. She had muscular thighs and legs and said she had run enough miles to run around the world. But she never said in the book that she had stopped running to keep off her weight and likely she hadn't. I joined a yahoo group called *bodyflex* – but found all the people there who attributed their weight loss to Greer's getting calisthenics or aerobic breathing, also did other types of cardio and dieting. I put my first article on her up in 1999 (last revision – April 2011). She was an interesting character, whether her claims were true or not. My article drew a certain amount of complaints from a group of fans of Greer's. So far, only one lady who wrote to me, claims a great weight loss with *Bodyflex* ONLY and there was another letter from an individual who said that their mother lost some weight with it but did not do the exercises (the older mother was disabled) her lung capacity increased significantly. She seems to have a small group of fans on the web who said that her program has worked for them, some of whom get very angry at the suggestion that it might not be as effective as Greer claimed it was. A doctor opined that the deep breathing was probably a healthy practice, but that she had seen no evidence that breathing alone would cause a weight loss, i.e. that just didn't make medical sense. Several of the letters I received about this program were not positive. Some said they had tried to return the program but the company was almost impossible to get a refund from. Others said they had worked for her and with her and knew the lady from whom she um... lifted her aerobic breathing program and that Greer had never received permission for this or had she paid the lady some royalties while she went to the bank from her infomercials. According to at least one unhappy customer we're going to call Margaret, the body bar wasn't sturdy at all. Hers broke and it took her years to get something from the company. Since the program hadn't worked for her, she wanted her money back (as Greer promises in infomercial) however after about 5 years of bugging the company she just got a new bodybar. Margaret gave it up as a lost cause. A channel on Russian Fit TV apparently contained the *Bodyflex* program but it was removed from youtube. A lady in response to a Yahoo Question said she had tried *BodyFlex* w/o for a month and had seen no results but she thought it could be of no use to someone who wasn't fit if they stayed with it. This lady switched to *Weight Watchers* and *Leslie Sansone* cardio to get the desired results (Leslie has moved to Facebook but still advocates her walking program). Interestingly enough but the story grows even more exciting. In November 2003, the FTC announced that it was suing Childers and the group for false marketing claims. In part, this complaint reads: The FTC asked the court to issue an immediate temporary restraining order for all defendants, except Greer Childers, to prohibit them from making the disputed false claims, and freeze their assets, and require an immediate accounting. Defendant Greer Childers has stipulated that a temporary decision prohibiting her from making the disputed claims, freezes some of her assets, and requires a financial statement. The FTC is also seeking preliminary and permanent injunctions, including indeenbility for *BodyFlex* buyers. According to the FTC, *bodyflex* infomercial has been among the top 10 most frequently aired infomercials in this week's U.S. rankings, and has aired over 2,000 times from February to September 2003 on national cable channels such as Bravo, The History Channel, and Home & Garden Television. The defendants have spent about \$22 million to promote *BodyFlex* through infomercial, to the FTC. The defendants have sold *BodyFlex* for \$39.90, plus \$14.95 shipping and handling (totaling \$54.85) directly to consumers via their toll-free number or website. The product has also been offered for sale on third-party websites, such as www.tvproductsonly.com. The Commission voted to authorise staff to lodge the complaint 5-0. The complaint was filed in u.S. District Court for the Central District of California, in Los Angeles, on November 7, 2003. (FTC file No 022-3212) (Civil action No. LACV 03-8159 FMC (JTLX) ()) The above case apparently settled out of court the following year, with Greer and her company, ordered to contact all *Bodyflex* buyers and offer a refund. FTC Settlement paper September 2004 from the FTC site Greer disappeared from infomercials for a while again and then appeared back on TV in 2006 but this time, with a brand new program and no mention of the aerobic breathing or *bodyflex* that she had previously stated was the only program that had ever worked for her. The new program was called *Shapely Secrets* and included 7 secrets of weight loss that promised to give you, according to testimonials, (again all claims were made by customers and not Greer) a loss of 10 lbs and 10 inches in 7 days. How... than that this very claim was being made, small prints in a row flashed at the bottom of the screen which stated typical results are 1 size and 6 lbs in 14 days. Greer now 61 years old looked wrinkle free in infomercial. She still had that long flowing blonde hair and face that says you have to believe me – would I lie to you? The exercise with *Well-shaped Secrets* was made stand still, is 7 minutes long and seemed to be, from the short description given, some type of isometric exercise The small print on the infomercial told me two muscle groups are worked - arms - triceps biceps etc and thighs etc. A comment on a website stated that *Shapely Secrets* workout, albeit only 7 minutes was a not fun w/o and the author preferred traditional cardio. Another said the program had not worked for her but she was having trouble getting a refund for DVDs. A couple of other commenters said they loved the program and had lost weight with it. Several commented that imetry was nothing new and that there were several sites on the web you could learn them for free. There are 20 pages of comments on this site, probably worth reading for those considering buying any of Greer's programs (which are essentially the same with different packages.) On the *Shapely Secrets* website Greer claimed 7 minute isometric exercises are much more effective than traditional exercise as proven in 5 university studies but she gave no cites to the studies. Her website also showed the following disclaimer: VARY. Typical Typical IS 1 SIZE AND 6 POUNDS IN FIRST 14 DAYS. RESULTS BASED ON 7 MINUTES OF EXERCISE AND 7 SECRETS OF DIET/LIFESTYLE PROGRAM. Message - there was a diet involved with the program. To the average American, fast weight loss without doing much and only 7 minutes of exercise done standing still is attractive and isometric works especially along with a calorie restriction diet. Greer has his small group of enthusiastic followers although it seems most folks are losing interest after a short time. If you order her program[s], be aware that her company has a poor track record of processing returns so don't expect to get your money back if it doesn't work for you. Say hello! Obesity Page Slimming Page Page

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