



# FAT BURNING HACKS

[www.KetoLifestyleForWomen.com](http://www.KetoLifestyleForWomen.com)

When I first started to see patients in my office over 20 years ago losing weight and keeping it off was a lot easier. So what changed?

- Social Media
- Instant Gratification
- GMO's
- Big Pharma

We compare to other's success and have been programmed to get everything we want almost instantly. We are being poisoned by our food and medicated to stop feeling the effects of the poor quality food we eat and the lack of sleep we get.

1-2 hours of exercise in the gym daily, liposuction, fat reduction modalities are not the answer to a life long journey of maintaining a strong and healthy body.

A few simple strategies:

## 1. MOVE & GET EXERCISE

Our bodies were created to move. Short period of intense exercise stimulate growth hormones and help you burn fat at night while sleeping. Move around during the day. Take a 5 minute walk every hour.

## 2. EAT LESS FAT

Once you are fat adapted cut down on the fat and increase your protein for body recomposition.

## 3. SLEEP!

Get good quality sleep of 7-8 hours. You are in an anabolic state, building muscle, healing therefore slowing down the aging process. Yes! This is when fat burning occurs.

## 4. FASTING

Fasting once or twice a week will help break a weight loss plateau. The 16/8 model works great for many. The 16 hour time frame is only water throughout the day or black tea or coffee in the morning.

## 5. REDUCE STRESS

You can eat right, exercise and sleep 8 hours a day but if you aren't managing stress the body will not release the weight and you will also get the loose belly fat and love handles. Stress can be physical, chemical and emotional. Take the time to nurture your mind, body and spirit.

## 6. EAT FOOD THAT LIKES YOUR BODY

You may like pizza and you feel bloated and inflamed after you eat, this is a sign your body doesn't like the food. When you eat eggs, fish, steak and vegetables you feel amazing! This is eating food your body likes

All of these affect your hormones and your hormones are responsible for weight loss or maintenance. When you balance your hormones the body functions at it's optimal capacity.