

What's Really Behind Your Belly Fat?

**Diet Pills and
Fat-Burning Stimulants**

More Exercise

**Eating in Moderation
(Balanced Calories)**

Reduced Calories

Appetite Suppressants

Drinking More Water

Lowering Dietary Fat

**STUBBORN
BELLY FAT**

Wrong Eating for Your Body Type

Different bodies need different eating plans.

Incorrect Exercise for Your Body Type

Sustained high-pulse-rate exercise can work against fat burning.

The body burns fat when hormones are triggered correctly.

Incorrect Exercise Pattern

Optimum exercise can be determined by measuring the person's activation and recovery periods.

Overtraining

Fat burning occurs 24–48 hours later in the rest period, not during exercise.

Low Potassium Foods

Potassium assists in inhibiting fat storage.

Poor and Inadequate Sleep

Fat burning occurs in deep sleep, not during the day.

Environmental Hormone Mimickers

Endocrine disruptors can inhibit hormone function.

Dieting over Cravings or Hunger

High-nutrient-dense foods turn off cravings and excessive hunger. Hunger triggers cortisol.

Wrong Protein

Consumption

Poor-quality or excessive protein can inhibit the liver's ability to store fat.

Poor Enzyme Consumption

Foods that are cooked, processed, refined, pasteurized and roasted inhibit enzymes.

Hidden Fluid Retainers

Hidden sodium content in MSG as modified food starch and artificial sweeteners can influence fluid weight gain.

Gland Inhibitors

Alcohol, drugs, chemicals and synthetic sugars in foods can inhibit gland and organ function.

Hidden Sugars

Sugar triggers insulin and in the presence of insulin, fat-burning hormones are inhibited.

High Stress Equals High Cortisol

The high-stress hormone cortisol can inhibit fat-burning hormones.

Eating for Calorie Reduction and Not for Health

It's not "Lose weight to get healthy."
It's "Get healthy to lose weight."

**THE REAL
CAUSES OF
YOUR
BELLY
FAT**