

Natural Healing Express Weekly

Column 242 Stubborn Belly Fat

This week we will start a series on Stubborn Belly Fat. I think the number one issue that gets discussed weekly, if not daily by clients is weight loss. We have held classes on healthy eating, we have hosted 8 week programs on monitoring weight loss, and I have personally reviewed almost every Johnny-come-lately capsule, garcinia, coffee, or “system” and the like that is being advertised in today’s market. And most of these programs work against your body not FOR it. Think that through. Against, not FOR.

As we are about to celebrate our 5th year here in Lena, I bet I have seen over 50 ways to leave your lover, errr, fat behind....and how many of them really work? Just slip out the back, Jack. Making new plans, Stan. Well, let’s just say you have a better chance of your dish/cable guy showing up at 9:00 am during your 9:00am to 1:00pm window than the weight staying off consistently from these quick fix plans. They are not designed to be sustainable or you wouldn’t have to buy MORE of them. And if you don’t buy MORE, that doesn’t make a profit if it’s the only thing that company does. See the irony?

Am I a pessimist? Hardly. But what I do know is that weight loss is hard? Heck ya, and even when you are trying, it just doesn’t involve going to the gym or starving yourself. Most of us in God’s country could stand to lose 15-20 pounds. We are sturdier folks then our coastal friends and we are harder workers as many of us live off the land. So guess what? We EAT more because we DO more. And that’s ok. It’s when the scales start to tip for other reasons. Such as too much of Grandma’s pie! We are also creatures of habit and most housewives have it sorted out that the way to a man’s heart is through his stomach. His ever-growing too lazy to prowl stomach. Get my drift?

On top of that, we are a bit hypocritical in this regard. We want to look “good” and lose that muffin top. But we also want to live the good life and have three glasses of wine and two bites of tiramisu dessert with dinner. That’s the quagmire. But, I have good news! I have been researching David Zinczenko’s Zero Belly Cookbook and he offers us some hope, mostly because I am not giving up my wine any time soon!

Zinczenko offers four principles which I have discussed with clients for years on how to lose that stubborn belly fat. And once that fat goes, the rest of our “fatty areas” seem to follow suit. We will discuss all four of these principles during our series, but only two this week. They are as follows:

Zero Belly Principle Number One – BOOST METABOLISM

When you boost metabolism you need a fat burning furnace of powerful protein, fiber and healthy fats. What this does in the body is encourages lean muscle growth and it helps to maximize the thermogenic effects of eating. Ok, what does that mean? It means how many calories you burn just by eating what you eat. There are two types of fat burning foods – those that decrease blood sugar spikes (when your blood sugar spikes, the hormone insulin rushes in and tries to store the sugar calories as fat) and those that increase metabolism. The key is to attack the fat from both ends. You need to prevent more from forming while burning off the reserves you already have. Next week, we will discuss these foods in detail.

Zero Belly Turbo Charge- Add A Cup of Green Tea Daily

Green Tea helps to fire your fat burning furnace in both ways. It also helps to control hunger. The unique catechins found in green tea can blast adipose tissue by triggering the release of fat from fat cells. Meaning, they help break down and burn off your fat and you don't have to do anything other than drink the tea.

Zero Belly Principle Number Two – HEAL YOUR GUT

If you are long time readers of mine, you are familiar with our multiple discussions regarding our bone broth. It is quickly becoming the easiest and quickest way to heal the gut. Come on in and we will teach you how to use it. Or email me and I will send you a copy of the benefits.

But, don't just listen to me, Zinzenko goes right at it, "happening right now inside your belly is an epic power struggle worthy of Shakespeare. But instead of Tudors and Plantagenets, you have different sorts of microbes battling it out to become the monarchs of your midsection – about five hundred tribes to be exact. Some of them break down your food and extract nutrients, others hunt for food pathogens that snuck in on a bad bit of bratwurst, and still others protect you from colds and flus."

As many of you have experienced, this battle he references often leads to leaky gut, inflammation, ibs, bloating, gas, diarrhea and ulcers. We are finding that our bone broth helps to flood the gut with protein while helping to reduce inflammation.

Too much junk food can knock your system out of whack and make the good bacteria struggle allowing the "fat" to win. This is when the Firmicutes take over, this can also happen when you have too many antibiotics, heartburn remedies and anti-depressants. This is why the foods we will be discussing in this series are high in fiber, low in sugar, preservatives and bloating foods like dairy. So the very first measure in healing the gut is to stop putting in things that irritate it!

Next week, we will discuss the remaining two principles and begin talking about the Zero Belly Super Foods.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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