

Natural Healing Express Weekly

Column 243 Stubborn Belly Fat, Part 2

Last week, we started a series on Stubborn Belly Fat. We discussed two of the principles of David Zinczenko's Zero Belly Cookbook with those being: Principle Number One – BOOST METABOLISM and a Zero Belly Turbo Charge- Add A Cup of Green Tea Daily. Then we spoke about Zero Belly Principle Number Two – HEAL YOUR GUT. We then discussed at length the benefits of bone broth to heal your gut.

This week we will chat about the two remaining principles. Zero Belly Principle Number Three –Cool Inflammation. We have all experienced red and inflamed gums. And what causes that is “bad” bacteria that builds up in and around your mouth. This same holds true for the gut, but you cannot see it. However, many times you can feel it and much the same way, the lining of your stomach gets red and irritated which causes distress. Sooner or later, this bacteria can spread to other parts of the body and create bigger issues such as major disharmonies.

When the belly fat itself becomes inflamed, this raises the risk of a host of other diseases but most specifically diabetes. In early 2015, Australian and Japanese researchers found they could reverse diabetes by dampening the inflammatory response in fat tissues. This is done in a myriad of ways, but one of the more successful approaches is to provide additional protein to the body.

Hence – another Zero Belly Turbo Charge= Double down on Plant Protein. In the Journal of Diabetes Investigation (2015) researchers discovered that patients who ingested higher amounts of vegetable protein were far less susceptible to metabolic syndrome (combination of high cholesterol, high blood sugar and obesity). This means that eating whole foods from vegetables and supplementing with vegan protein powder is one of the best ways to keep extra weight at bay.

Zero Belly Principle Number Four – Turn Off Your Fat Genes. Yet another study in the International Journal of Obesity (2014) proves this theory. The participants were split into two groups, one that is metabolically healthy and a second that showed elevated total cholesterol. Then they did a precise variance study between the two through a series of medical tests and found one primary difference- Those in the unhealthy group had more actively expressed genes for inflammation. Makes sense? Keeping the inflammation low in the body is key.

And, here's another Zero Belly Turbocharge – Add some red wine to your diet. Now, this is very good news for most of my girlfriends. Zinczenko asks for one to two glasses of red wine a week. Around these parts, I am ok with one to two glasses a day. Everything in moderation, though, going beyond that creates a counter effect.

Red wine is the best possible source of a micronutrient called resveratrol, which works on the genes responsible for obesity and liver steatosis. What that translates to is the belly fat that forms around your liver. Resveratrol is found primarily in the skin of grapes and the alcohol in wine draws the resveratrol out of the skins creating a concentrated dose that is greater than just grape juice. Not that this EVER

happens at my house, but if you leave a splash of wine sitting in a glass overnight, you get a flaky burgundy deposit at the bottom. That is resveratrol! So, finish your wine!

Next week we will discuss the Zero Belly 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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