

Natural Healing Express Weekly

Column 244 Stubborn Belly Fat, Part 3

Two weeks ago, we started a series on Stubborn Belly Fat. In article one; 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.

Next, we chatted about the two remaining principles. Zero Belly Principle Number Three –Cooling Inflammation. We discussed “bad” bacteria that builds up and how it can irritate the lining causing distress. Hence – another Zero Belly Turbo Charge= Double down on Plant Protein. This means eating whole foods from vegetables and supplementing with vegan protein powder.

Zero Belly Principle Number Four – Turn Off Your Fat Genes was discussed in detail followed by my favorite Zero Belly Turbocharge – Add some red wine to your diet!

This week we will discuss the Zero Belly Foods. I thought it might be easier to list the foods and what they do in a concise matter, so here it is!

Cut and Paste Alert

Eggs- Turn OFF Visceral Fat Genes

Eggs =Great Source of Vitamin B (choline) Choline Deficiency is linked directly to fat in the liver

Red Fruits-Turn OFF Obesity Genes

Examples=Ruby Red Grapefruit, tart cherries, raspberries, strawberries, blueberries,

Blackberries, Red Apples, watermelon, plums, peaches, nectarines

Olive Oil /Healthy Fats – Vanquish Hunger

Examples=Skinny Coconut Oil, Extra Virgin Olive Oil, Avocados, Walnuts, Cashews, Almonds,

Almond Butter, Wild Salmon, Sardines, Ground Flaxseed, Chia Seeds

Beans/Rice/Oats and Other Healthy Fiber – Turn OFF Diabetes Gene

Examples = Canned black and Garbanzo Beans, French Green Lentils, Rolled Oats, Quinoa,

Brown Rice

Extra Plant Protein- Boosts Metabolism

Vega One – All in One Nutritional Shake, Sun Warrior Blend

Leafy Greens/Green Tea/Bright Vegetables-Stop Inflammation/Turn OFF Fat-Storage Genes

Examples =Kale, Spinach, Watercress, Romaine, Carrots, Swiss chard, Zucchini, Red Bell Peppers
Tomatoes, Cucumber, Celery, Asparagus

Lean Meats and Fish – Build Muscle /Turn OFF Fat Storage Genes

Examples=Chicken, Lean Ground Turkey, Lean beef, Wild Salmon, Shrimp, Scallops, Cod, Tuna,
Halibut

Favorite Spices –Turn OFF Genes for Inflammation/Weight Gain

Examples=Black Pepper, Turmeric, Cinnamon, Unsweetened Cocoa Powder, Cayenne,
Dried Thyme, Dried Rosemary, Dried Oregano

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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