

# FAT BURNING SOLUTION

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**The 9 Vital Nutrients To Quick  
And Long Lasting Weight Loss**



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9 Vital Nutrients To Quick And  
Long-Lasting Weight Loss

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# Introduction

Weight loss can be a struggle for many.

You may be doing everything right, but STILL can't lose the weight.

Perhaps you've been hitting the gym, or even doing more cardio.

And yet, the scale hasn't moved whatsoever.

Why is that? What is the reason behind it?

Well, an astonishing new reveal may hold the answers to why you're not losing weight.

The key to weight loss is 80% diet, and 20% exercise.

Essentially, the 80/20 ratio means you're burning calories 80% through dieting 20% through exercising.

Dieting is part of the reason why many don't lose weight. It takes a lot more activity to cut out calories and eat right, than to work out.

But here's the thing: while you are losing weight through dieting and exercising, the right nutrition also plays a part here.

Do you ever look at your own nutrition? Plenty of us don't.

We actually may not be taking in enough of certain nutrients.

And one big thing to understand is that nutrition is the secret to weight loss.

Sure, cutting calories is good, and we'll get to that, but if you really want to lose weight, look at what you're eating.

Part of the reason why people struggle with losing weight is what they eat.

Most of us are living with a nutrient deficit.

And it's far more than taking magnesium to help with sugar cravings, it's counteracting the different biological factors which may be there.

And we'll tell you how to do this quickly, and easily.

# Chapter I

## Insulin



First, let's talk about insulin.

Insulin is, of course, a hormone used to counteract sugar that's in the blood.

It's a hormone that you can use to help control your blood sugar.

With insulin, your body naturally produces this in the pancreas. Unless, of course, you have diabetes.

Those with diabetes don't produce insulin at all.

But there's another aspect to this, which is insulin resistance.

Your pancreas can only do so much work. If it is frequently under stress by producing insulin all the time, it can get burned out.

Your body won't be able to control the blood sugar as well, and in many cases, causes the blood sugar levels to rise.

This is the beginning of diabetes for many people.

The ideal blood sugar levels are as follows:

- Normal: under 100 mg per deciliter
- Prediabetes: 100-125 mg per deciliter
- Diabetes, over 125 mg per deciliter





So basically, if you're eating a lot of sugary food, you're not only potentially ruining your diet on a weight loss level, but also on a blood sugar level.

Insulin resistance can be changed, however.

There is a reason why those who are overweight or obese are at risk for diabetes.

If your body is not processing those sugary foods, it'll get trapped in the fat stores of the body.

And of course, that causes weight gain.

Even with a 5-pound loss, you can decrease your insulin resistance by 5-7%.

Insulin resistance isn't something to be taken lightly because it's a sign you're at risk for diabetes.

And usually, with insulin resistance comes weight gain.

## How does it Happen?

How it happens is simple:

- You eat foods high in carbs and sugars
- Your body uses insulin to process it, so it goes out to break down the sugars since you're not using the excess
- Your body takes some of these carbs for fuel, but insulin takes it out of the blood
- However, too much sugar causes the insulin to work harder.
- Your insulin has to work harder, and sometimes isn't as effective
- It slowly breaks down, causing your body to have higher
- This puts you at risk for diabetes, weight gain, and obesity

So of course, with insulin resistance, if you fix it immediately, you'll have a much better experience.

## How do I fix It?

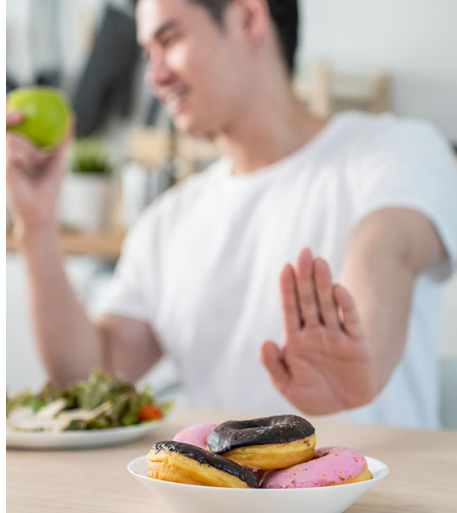
The simple solution is the DASH diet.

The DASH diet is made for controlling blood sugar.

A “crash diet” doesn’t fix insulin resistance.

DASH stands for “dietary approaches to stop hypertension.”

While it’s generally used for hypertension, it can also be used for blood sugar control.



This provides a lifelong means to help you control your blood sugar and to feel better.

Some of the foods you can eat are:

- Nuts and seeds
- Legumes
- Low-fat dairy products
- Veggies and low-sugar fruits
- Lean meats including fish and chicken



Essentially, eating these foods will reduce insulin resistance and help you do better with weight loss.

## **Food to Fix it**

While it isn't necessarily a food, apple cider vinegar is a great way to fix insulin resistance.

It's been proven to help reduce insulin resistance and control blood sugar.

Taking this while eating a high-carb food will help reduce the instance of blood sugar spikes and drops.

Two tablespoons before a meal promote feelings of fullness and lower blood sugar after a high-carb meal.

The longer you feel full, the better you can keep your blood sugar levels stable.

How to have it: drink it directly, or use it as a dressing with some veggies.

# Chapter II

## Stress Hormones



Ahh stress.

Something that we used to use back in the day as an evolutionary tactic, but is now a big problem for weight loss.

One of the reasons you may not be losing weight is because of the stress in your body.

And this of course, causes a stress hormone called cortisol to secrete.

## That Pesky Cortisol

Cortisol is a stress hormone that is secreted in your pituitary gland.

It controls our “fight or flight” responses.

It also controls how our body uses foods.

Cortisol controls so much of our body, including the following:

- Carbs, fats, and protein uses
- Inflammation
- Blood sugar
- Sleep/wake cycles

Cortisol is a hormone that responds to stress or adrenaline, to be exact.

When there isn't enough, your body signals for it.

Or, if you need to be on high alert, this will notify you to get ready, and to face the danger.

However, it's since become an evolutionary tactic that's hurt us.

## **From Tool to Trouble**

Now, we do need cortisol for those dangerous situations.

Back in the day when we were fighting animals that could kill us, it was used to protect us.

When we had to go days without food, this helped our body go into survival mode to dampen the effects of hunger pangs.

But the problem is, we live in a completely different time now.

We just have daily stress in the form of busy schedules, taking care of the kids, and other drama.



When the danger passes, your cortisol levels slowly go down, but this takes time.

And in many cases, some of us are so stressed all the time that they **NEVER** go down.

So, of course, your body holds onto excess weight, reduces digestive functions, and causes rapid weight gain.

And the thing is, if that's turned on, you will not be able to lose weight effectively until you turn it off.

Cortisol is suitable for those dangers but isn't always needed.

## **The Solution: Control Your Stress**

The best way to control your stress hormone is to handle the stress in the body.

There are a few things you can do, such as putting together a valid schedule and maintain it.

But there are other activities you can do too, including the following:

- Meditating
- Practicing gratitude
- Relaxing for 30 minutes each day
- Doing some light exercise
- Practicing mindfulness to slow down your thoughts
- Write out a plan to handle the problem
- Handle the problem instead of procrastination



But there's also foods that can help too, and eating right and eating less sugary foods and less carbs will also help here.

## Green Tea: The Magical Elixir

Green tea is a wonderful way to de-stress.

A recent study shows that if you drink green tea five times a day, it will reduce your stress by 20%.

This is full of antioxidants, which are good for reducing stress and free radicals, helping with aging.

It helps with reducing adrenal fatigue too, which can be used to help control cortisol levels in the body.



Plus, tea is good. have you ever sat down with a nice, warm cup while reading a book or watching an uplifting video?

It can help.

Try to consume more green tea while also working on handling your schedule.

And you will notice the difference.

# Chapter III

## Calories



It's simple math, but if you're burning less than you take in, that energy will have to go somewhere.

Part of weight loss is calories.

You could be eating amazingly, but you might be eating too many calories.

In general, a 2000 calorie diet is recommended, but some of us aren't that active.

If we're eating 2000 calories of good, wholesome food and the scale isn't moving, that's a problem.

It's a problem with how much you're eating, too.

Remember, with the 80/20 ratio, 80% of your weight loss is via diet.

So, you need to monitor how much you can lose via your diet, which is done by tracking your calories.

While calorie counting isn't everything, reducing your caloric intake is worth considering.

This especially applies if you're already eating decently.

## **What is a Calorie?**

A calorie is a unit of energy your body uses.

It's a measure of energy to raise the temperature of a gram of something by a Celsius.

Our body uses calories to exist, maintain homeostasis, and to feel good.

But the thing is, you may not need as much to function.

Calories are used for virtually anything in the body, but you only need so much.

Too many calories cause weight gain. After all, what's your body gonna do with them.

The calories are stored in the fat, and that causes those fat cells to get bigger.



On the flip side, less calories means your body needs to tap into those fat stores.

And that causes weight loss, which is what many who want to lose weight are going for.

This is simple math of course, look wat what you eat, and eat a little bit less.

However, you do have to be careful with how little you eat.

Too few calories cause survival mode.

Survival mode means that your body holds onto those fat stores and slowly sucks away at those.

This cause muscle loss too in many cases, but will kill your metabolism.

The idea here is to look at what you need and from there eat slightly less than that.

You do need calories to run the machine, but It's a matter of eating the right amount.

You need to burn 3500 calories in order to lose a pound, so monitoring your calories and making them balanced is how you lose weight.

It is watching what you eat, but consider different foods that you should eat too.

You should look at foods that make you feel full, but also ones that will create negative calories so you can eat more while also feeling full.

## Best food for This



The best food for this one is actually apple slices and peanut butter.

This is an awesome snack, and both are healthy options.

Peanut butter does have the protein, fat, and healthy carbs you can use.

But apples are some of the best for weight loss because they can naturally make you feel full.

This creates a one-two punch situation, and helps you effectively lose weight.



# Chapter IV

## Nervous System



Your nervous system holds the key to weight loss.

According to a study done on 42 obese women who cut their calories by 30%, they had rising sympathetic nerve activity.

Your sympathetic nerve is crucial to regulating digestive function.

Those who had higher sympathetic nerve activity started to lose more weight.

They also had higher metabolism too.

Your nervous system may not be fully activated, and that could be holding you back.

## **All About Balance**

You need balance between your sympathetic and parasympathetic nerve activity.

You have your central nervous system, which is your brain and spinal cord.

Then of course, you've got your peripheral nervous system which is everything else.

Imagine you're trying to communicate, but the message gets obscured.

You tell someone to bring you lunch, and they never get the message.

Or maybe, they bring you a latte instead.

That's not going to fix your hunger, that won't fix the situation.

And that's how the nervous system, when it goes out of wack, creates a problem.

You need your sympathetic and parasympathetic nervous system to work together.

Your sympathetic nervous system stimulates digestion, metabolism regulation, and also your hunger hormones.

Your parasympathetic nervous system reduces these.

If you're in danger, your hormones will be geared to 11, and you may feel hungry all the time.

On the flip side, if your parasympathetic nervous system is working, you're going to always feel full, and not as active.

Your brain needs to work together, and while you can change this, understanding that if these aren't in synch, you'll have an issue.

## Neuroplasticity—The Secret

The secret to changing anything, from a behavior to your diet, is neuroplasticity.

What is that? It's essentially changing the brain circuits so that certain stimuli create certain behaviors.

For example, if you're feeling the stress of a situation, instead of feeling the urge to eat when stressed you did something else can kick in.

It's a part of training your brain, and learning to get your sympathetic and parasympathetic nervous systems to work together is important.

One way you can do this is by engaging your vagus nerve voluntarily.

This is the nerve that goes from the brain to the base, and is responsible for digestion.

Manually stimulating this can help offset stress, and build better control over yourself too.

But proper brain health, and changing the circuits to regulate this is important.

When changing the neuroplasticity, you will have balance.

And of course, if it's out of sync, you'll be filled with cortisol, and out of control.

## **Cortisol: The Culprit**

He's back again, that pesky culprit cortisol.

Well cortisol is connected to these two systems.

When you're stressed, your body sends the signal of "mayday, mayday" and cortisol starts to spill out, and this of course, shuts down everything but essential functions.

You won't ever feel full and satisfied.

You will eat because your body is supposedly "burning" all of this.

But the truth is, your nervous system isn't working right, and you're going to gain weight.

Cortisol tells your body that you're in danger, so eat more.

It also is a big factor in your endocrine system, and is why you'll have too much adrenaline in the body.

Everything is connected, and without all of these working together, it's a big problem.

So, what's the solution?

Well, you can always try to relax a bit more.

You also can learn to eat foods that are fatty, and of course good for nervous system health.

But also, don't be afraid to eat foods that contain nutrients that stimulate fullness.

Also, consider activating your vagus nerve too.

## Foods for Nerve health

The best foods for your nervous system are omega 3 fatty acids.

These are healthy fats that are used to build the brain and promote cognitive health.

Omega 3 fatty acids are used throughout all of our life, and is used in plenty of cases to build nervous system health.

Higher omega 3 fatty acid levels reduce the instance of brain shrinkage and aging.



The best food for nerve health of foods that contain this, and that includes fatty fish.

You can have tuna, anchovies, and salmon, or even a nerve supplement, and that in turn builds better nerve health in the body.

# Chapter V

## Emotions



Our emotions are also a big factor in how we lose weight.

Emotional eating is widespread in people who struggle with weight loss.



# All About Emotional Eating

Emotional eating is eating when we eat for reasons other than hunger.

It's a reaction to situations.

We may emotionally eat for the following reasons:

- Stress
- Depression
- Anxiety
- Anger
- Boredom



Emotional eating is commonly found in people. And it's mostly because it helps reduce the tension that they're feeling.

## Why do We do It?

We emotionally eat for a variety of reasons, and they are as follows:

- We don't know the difference between physical and emotional hunger
- Negative self-thinking making us feel guilty, relating to bingeing and purging
- A form of retreat from the emotions
- Not facing the situation and doing things to relieve the emotions
- More cortisol due to stress

Emotions are powerful, and sometimes we don't have control over it.



There are cycles where we do the following with emotional eating:

- A stimulus happens
- We eat, mostly binge it
- We feel terrible
- We may purge (bulimia)
- We continue the cycle of binging

It isn't healthy, and while it does make you feel better, the best way to describe this is that it's a band-aid for the problems at hand.

## The Result of Emotional Eating

Emotional eating of course, creates weight gain.

But the thing is, it creates a lot of other problems too.

When we emotionally eat, we may create a vitamin and nutrient deficiency, especially if purging occurs.

But most of all, it creates a problem with how we approach food.

We see food as a solution to our problems, instead of course, something we use to keep the body going.

Stress and depression cause us to sometimes eat when we don't even mean to.

When we emotionally eat, there is a rush of dopamine, especially with those junk foods we gravitate to.



We feel the high, then the crash, and then the built.

And of course, this ties into stress and depression, and it stops us from losing weight, because we see food as a crutch.

## **Stress, Depression, and Emotional Eating**

When we suffer from stress, we oftentimes will go into emotional eating because it's something we can control.

We can't control the situation, so let's have some food to cope.

The problem is, you can't control that then, which causes binge eating.

For depression, eating creates dopamine, and that is a nice rush.

This up and down cycle continues until you get control over it.

So, how do you?

## Foods To Help

The best food to accomplish this, is eating foods that aren't processed, or riddled with sugars.

Try to reduce both, and you'll see the difference.

A good way to accomplish this is eating blueberries.

Blueberries are good for weight loss because they're full of natural antioxidants.

They also will stimulate good feelings, are a natural sugar, low-calorie, and not processed.



Not only that, blueberries can stimulate feelings of fullness, and reduce toxins.

Eating healthy foods will help reduce it, but also understand that looking at the root of the issue, the why you do it is good too.

Food is necessary to keep the body going, but you have to know the difference between actual hunger, and eating to cope.

# Chapter VI

## Thyroid issues



Your thyroid is actually a big part of why you can't lose weight.

The thyroid of course, is a little gland that's near your neck, and it is responsible for controlling metabolism and energy.

If your thyroid isn't doing its job, it causes many problems, include the following:

- Hair loss
- Cold all the time
- Tired all the time



The problem with an underactive thyroid is it won't control your energy and metabolism too, so you become overweight, or you can't control your weight, even if you only eat a little.

It makes weight loss impossible for many, simply because this is a bodily issue.

The reason why an underactive thyroid prevents you from losing weight is because the thyroid secretes hormones.

These hormones control your metabolism and energy use, and in a lot of cases, underactive thyroids are responsible for losing weight.

The issue with this is that it's not easy to accomplish since it requires medical assistance to fix.

You also may have other issues too tied to this, such as blood pressure issues and brain fog. It's never fun, but there are ways to fix this.

## Hypothyroidism—An Overview

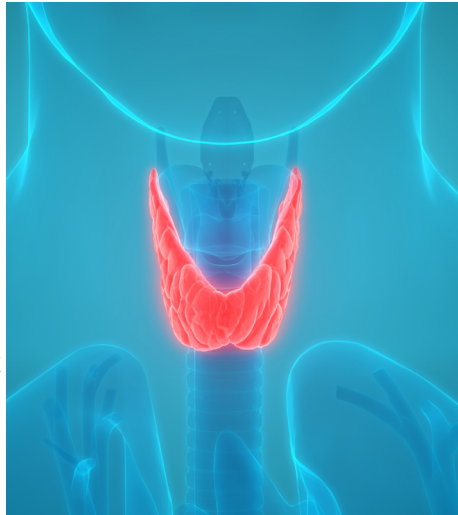
12% of people in the US are affected by some type of thyroid issue.

Usually, there are underlying causes, such as goiter, Hashimoto's disease, or even cancer. Hypothyroidism is usually the reason for weight just not coming off.

It affects about 4.6% of people in the US.

In this, your thyroid isn't producing hormones.

Usually, with an underactive thyroid, you feel like garbage too, and it isn't just something that prevents you from losing weight.



## Food To Fight This

When it comes to fighting this, first you should see your doctor and get your thyroid tested.

This is especially pertinent if you have family members that have thyroid concerns.

But there are foods to counteract this.

The is of course vitamin D.

Vitamin D is actually more like a hormone in this case, but it can impact your hormones.

It helps do the following:

- Keep you strong
- Activate your thyroid
- Help absorb calcium

Deficiency in vitamin D is super prevalent.

It affects 42% of people!

A study in 2013 also found that Vitamin D levels in those with hypothyroidism is significantly lower too.

The best way to get vitamin D is to go outside, but other foods you can have are as follows:

- Milk
- Fish
- Mushrooms

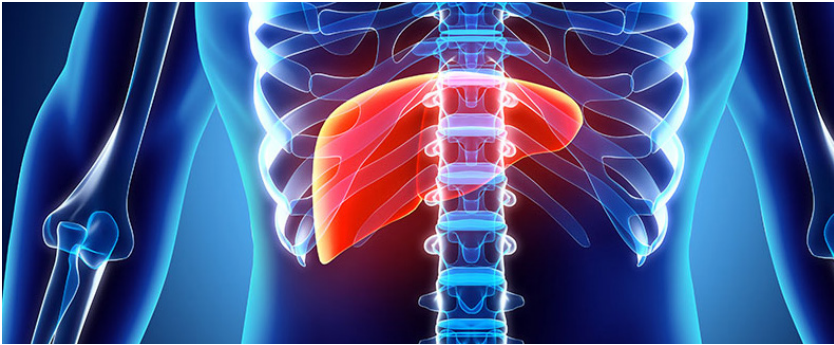


Another popular nutrient is selenium, and you can get that in brazil nuts.,

This helps with cleaning out hydrogen peroxide, reducing inflammation, and thereby reducing damage to the thyroid.

# Chapter VII

## Liver Function



The liver also affects weight loss.

It's one of the most important organs in the body, and we don't even talk about it.

But here, we'll go over liver function and why it matters.

## All About the Liver

The liver is used to detox. It can actually eliminate, filter, and neutralize what's in the body that's toxic.

The liver is also responsible for bile, and that's a fluid that's used for digestion.

When we lose weight, it actually can help make the liver become less fatty.

On the flip side, with weight gain, the liver is far fatter.

So why is that?

Well, when the liver has to work harder to get rid of toxins, it grows in size.

Fatty liver is also a sign of inflammation and other major issues too.

When we overload the liver, it can clog up and get fat, to the point where it doesn't work.

And this of course affects your metabolism, can cause thyroid issues, and it will make you feel sluggish.

So yes, your liver matters.

## Bile and the Liver

Bile is another part of this.

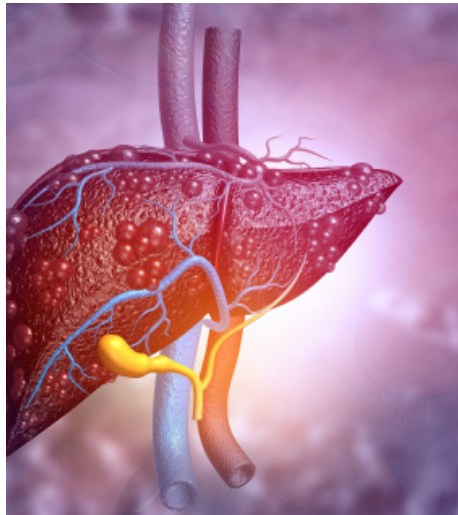
Fatty liver disease involves your bile.

When you have too many toxins, you start to overload the bile that you have.

If the liver has too many toxins in the bile, it won't get rid of them. This causes the bile to become messed up, and in turn weight gain.

Bile is of course, useful for cleaning out the toxins, but too much of this can be bad.

The solution to this is of course to stop eating as much, stop having as much alcohol, and avoiding other stimulants.



But here, we'll also give you some food options to counteract this too.

## Foods for Liver Health

Magnesium is great for liver health, and it can help counteract the effects of fatty liver disease.

Another amazing nutrient to take here is riboflavin, or B2.

This of course can help with maintenance in the body, and it can help with liver problems.

Avocados are great sources of magnesium, since they can produce 15% of magnesium in just one medium one, and is also an excellent source of fiber, and low carb.



As for riboflavin, natural yogurt is a good one. this also is good for gut health too!



# Chapter VIII

## Sex Hormones



Our sex hormones can play a big role in weight loss, but also weight gain.

The primary reason is imbalances, which can happen over time.

With sex hormones, as we get older, they start to deplete, which causes problems.

## **A Lack of Progesterone**

a big problem with women is their progesterone and estrogen levels are out of balance.

Progesterone is responsible for pregnancy, menstruation, and female reproduction.

Estrogen distinguishes female features, and is responsible for fat deposits.

Too much estrogen when related to progesterone causes weight gain.

This is because estrogen dominance creates insulin resistance and fat stores to increase.

It also increases cravings, and of course can create emotional eating, slow down your thyroid, and reduce your metabolism.

Premenopausal and menopausal women run into this issue, and in many cases, causes an imbalance.

## The Lack of Testosterone

Both men and women have testosterone, and it actually is important to the body.

Testosterone helps control your blood sugar.

It also controls how you put on muscle, and of course your fat regulation.

Research has shown that testosterone levels begin to diminish with age in both sexes.

This causes more body fat, insulin resistance, along with metabolic syndrome, and it also can create a bigger drop if you're overweight.

This is due to an enzyme called aromatase that's in fat tissue that changes testosterone to estrogen.



That also causes estrogen dominance, and thereby weight gain.

But along with that, the lack of testosterone and DHEA levels also may explain why men and women past middle age have trouble getting rid of weight even if they eat right.

There is a good dietary solution to this though, and it's pretty simple.

## **Foods To Combat This**

The best foods to combat this are foods with vitamin D3 in them.

D3 is commonly lost by women at this age, and it can create issues with your sex hormones.

It also works to help with calcium absorption, and phosphate support, along with treating skin disorders.

The best way to get vitamin D3 is milk, eggs, and soy products.

These are all pretty easy to use, and also come with other amazing benefits

But of course, over time with aging, this becomes further unbalanced, so of course, it also may be a side effect of getting older.

If nothing else, take a women's vitamin each day to help properly regulate this, to help lose weight.

# Chapter IX

## Gut Health



Finally, we have gut health.

There are trillions of bacteria in your gut alone.

There are 40 trillion bacterial cells in your intestines alone, and this is used to keep you healthy.

Gut bacteria keep your intestines healthy and properly digests food, but also, it can affect your weight.

In a study of people who were obese, obese people had lower gut diversity, which meant less bacteria.

These bacteria are used to help digest important nutrients too, including fiber and the like.

Gut bacteria are used to; clean, but if you're not eating enough good food, this creates inflammation.

Gut bacteria do help clean this, but if it overloads, it creates insulin resistance, and weight gain.

Some bacteria also create higher levels of inflammation.

One thing that can occur is leaky gut too, which is responsible for toxins leaking into the rest of the body and affects overall wellness.

That's no fun, but there is a way to counteract this.

You do need bacteria though in your gut.

Without them, you may not get enough fiber digested, and along with that, you won't feel as full.

Your gut health does affect your weight loss progress, and how you achieve it.

The best way to prevent anything from happening is of course to lose weight and restore your gut.

There are a few ways you can do this too!

## **Foods for Gut Health**

For proper nutrition, incorporate probiotics to clean out the gut of the bad bacteria.

Some people report it makes them feel sick, but this is great for reducing the presence of bad bacteria.

In a nutritional sense, after the detox, dark chocolate is one of the best things to have.

They contain polyphenols. These promote the growth of good gut bacteria.





Fermented foods such as yogurt, kimchi, and kefir are also good.

These contain bacteria called lactobacilli, and it can also stop disease-causing bacteria in its tracks.

Having more of this, and less sugary and artificial foods will help your gut health, and promote weight loss.

# Conclusion

These are the areas that cause weight gain in general in the body.

While there are other reasons, these are the primary reasons why you gain weight.

Some of these are physical, some come with aging, others are emotional.

Some of them may require more help from experts too.

Overall though, they are simple means to help you get on track to proper health.

By incorporating these nutrients, you will lose weight over time.

It is possible there may be more than one factor at play here, but even just small changes will help.

With this, weight loss will be possible.

Proper diet and exercise do go pretty far, but sometimes a nutritional deficiency is part of the reason.

Sometimes you have to take a nutrient to help counteract weight gain since you lost it.

You also may be eating a lot of good foods, but too many for your personal caloric intake.

The best way to handle this is to look at what you eat, and look at where you can make a difference.

Obesity is a rising epidemic, and people sometimes don't look at the cause.

The best way to handle obesity is to look at any of the causing factors and see what's missing.

Sometimes it's more than just a counting calories and eating healthy foods issue, but by looking at nutrition along with activity, you can better understand.

Remember, your activity levels do matter sure, but without proper nutrition, you won't get anywhere on the path to weight loss, so don't forget it!