



Slim Trim & Fit

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Introduction

Is Dieting The Answer to Losing Weight?

Perhaps you have tried several diets and exercise regimes to get rid of excess fat and only realize temporary or minimal results. Perhaps you eat a reasonably healthy diet, do not eat excessively and yet still cannot shed the excess fat. Perhaps you have fat accumulated on certain parts of your body that no amount of exercise will shift? Now is the time to look at weight loss and fat burning from a completely different angle.



Many obstacles to fat burning have nothing to do with what you eat or how much you exercise. Instead, they involve things like nutritional imbalances, chronic inflammation, metabolic challenges, leaky gut, changes in your microbiome, environmental toxins and hormonal irregularities.

In this article we are going to delve into the potential blockages that may be keeping you from enjoying a slender figure. We will learn about the specific nutrients that can shift your metabolism from fat storing to fat burning.

Hormones and Your Waist Line

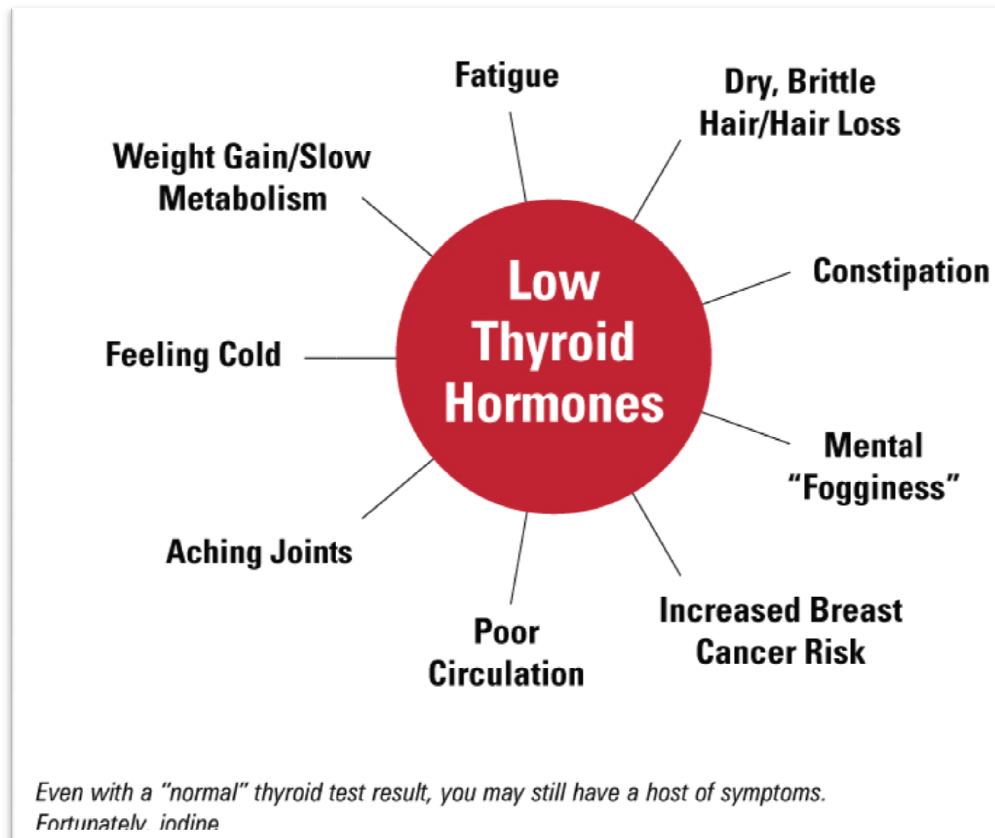
Many factors contribute to excess fat but by addressing the main disruptors you can ignite your fat burning capacity. One huge but often overlooked reason for resistance with weight loss and fat burning involves hormonal imbalances. The main hormone that causes weight gain, inflammation and chronic disease is excess insulin. Any plan to amplify fat burning must include an insulin and hormone regulator.

This approach uses natural nutritional substances that help regulate insulin so you can shift your body from fat storage mode to fat burning mode. Other hormones also affect your weight and health. The main hormonal disruptors are: thyroid, cortisol and sex hormones, such as estrogens or testosterone.

Thyroid & Iodine

Low thyroid function is largely unrecognized and is known to affect one in five women and one in ten men. Your thyroid plays a vital role in healthy weight maintenance and must have specific nutrients to run optimally.

Iodine is the mineral your thyroid hormones are made from.



One of the most noticeable signs of an iodine deficiency is unexpected weight gain. When a person has a healthy metabolism, they burn calories to give them their energy. A lack of thyroid hormones slows down your metabolism.

It is important to understand that not all iodine is equal. Iodine that is derived from sea products can contain bromine, mercury, arsenic and contaminants that are a direct antigen to iodine uptake. Iodine derived from rock crystal is optimal in purity and when developed into in the Nascent state becomes the ideal form of iodine for thyroid hormone regulation.

One of the main reasons I believe that people are so deficient in nutritional iodine is through exposure to the toxic halogens bromine, fluoride and chlorine. These toxic halogens fill cell receptor sites that should be taken up with the nutritional halogen IODINE! Unless iodine is available for your thyroid, in fact every cell in your body, your thyroid and cells will hold onto toxic halogens. This is also the reason why we suggest starting your iodine at one drop. Taking too much too quickly can invite an uncomfortable detox effect as your body will begin to reject the toxic halogens.

Cortisol & Stress Can Make You Fat

When we're stressed, the stress hormone cortisol is chronically elevated, and this turns our bodies into fat storing machines. You actually can think yourself fat or think yourself thin, and science proves it. Stressful thoughts activate metabolic pathways that cause weight gain and insulin resistance. This is because elevated cortisol levels increase the activity of the major fat storing enzyme – lipoprotein lipase (LPL).

Remember, stress is a response to stimulus that makes you feel threatened and is not always provoked by real circumstances. Often it is simply the perception that you are being attacked. Most stress isn't real. A worry, thought, or fear projected into the future of what might go wrong, or dwelling on the past can all become physical stressors.

Regardless whether stress is real or imagined, it stimulates cortisol production.

Cortisol also makes the body more insulin resistant. This means the body will need to release more insulin to get the job done. This can lead to greater fat storage, and a slowed release of fat will also be realized.



Cortisol is the adrenal hormone that helps you to run faster, see further, hear better and pump fuel into your bloodstream for quick energy. It is the hormone that helps us survive in the face of true danger. It also shuts down digestion and slows your metabolism.

All of this is perfectly normal in the short term but prolonged stress and high levels of cortisol cause high blood sugar, increased belly fat, high blood pressure, high cholesterol and muscle loss.

Choose which thoughts to focus on. We often get into habits of thinking, beliefs and ideas that keep us stressed. Don't believe every silly thought you have! Choose not to entertain thoughts that generate stressful feelings. Using stress reduction techniques, something as simple as deep breathing, meditation and yoga can do wonders for activating pathways that promote fat burning and health.

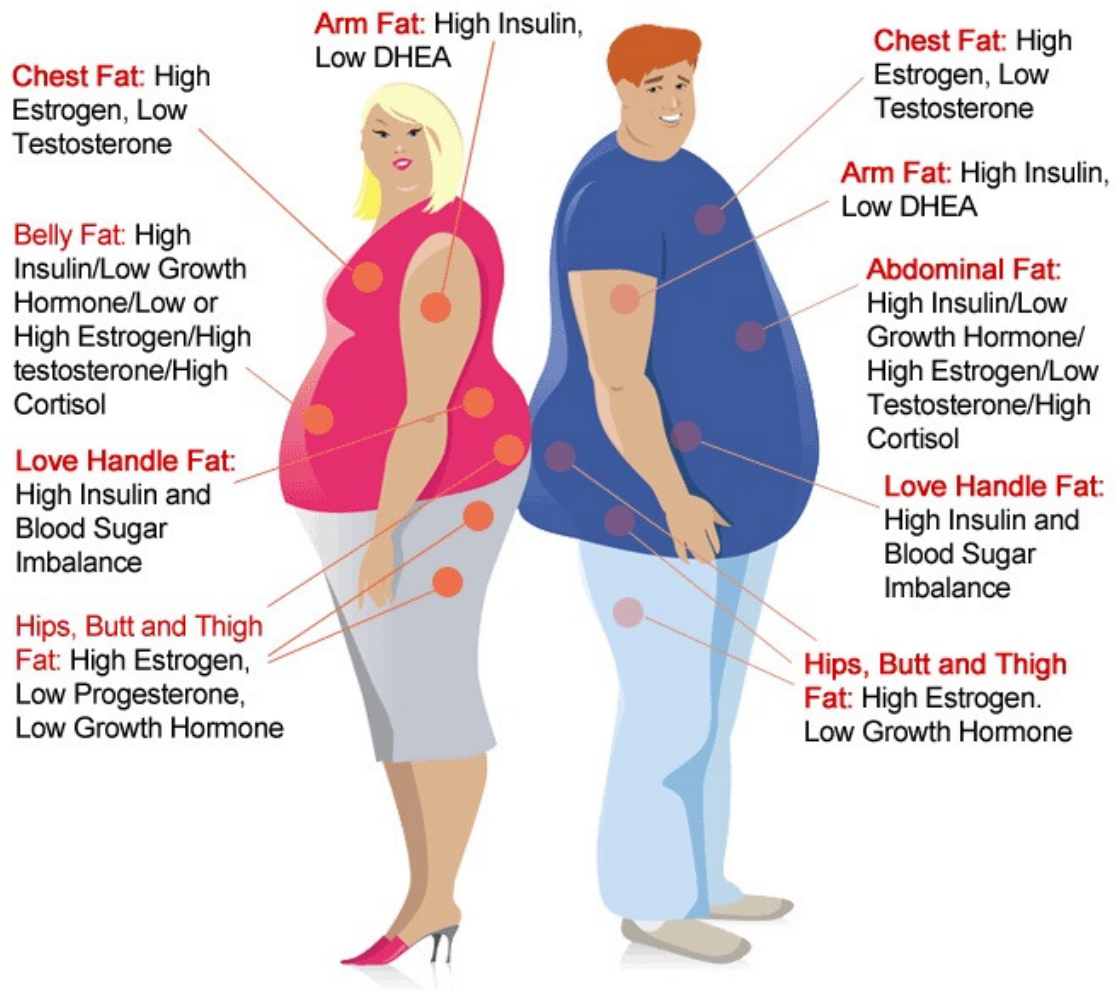


Nutrients That Reduce Cortisol

1. *Prebiotics* are foods that contain insoluble fibers that “good” intestinal bacteria feed on. Interestingly, the ingestion of prebiotic fibers suppresses the stress response and reduces cortisol. **Belly Bugz**
2. *Curcumin* has also shown great promise in cortisol reduction. Curcumin is the main bioactive compound in the spice turmeric and is a top-notch brain supplement beneficial for anxiety, depression and neurodegenerative diseases. (1) **Super AGC**
3. *Artificial & Natural Light* High cortisol can cause weight gain but so can low cortisol or cortisol made at the wrong times. Light is often the cause of the cortisol at the wrong times. When we are exposed to blue light (phones, computers, TV etc.) after dark, the body is getting the message that it is still daylight and then produces cortisol and reduces melatonin. This is the opposite of what we want to get an optimal night of sleep. In the same way, when we spend a lot of time indoors and don't get any bright outdoor light exposure during the day, our body never gets a clear signal of night and day. Simple steps like getting one half-hour of sunlight within an hour of waking can help balance cortisol.
4. *Magnesium* is known as nature's great relaxer. When we relax and reduce stress, cortisol production goes down. **Miracle Mist**
5. *Vitamin C* is perhaps one of the most well known micronutrients that can reduce high cortisol levels. It's also seen in animal studies that even subclinical deficiency in vitamin C, will quickly increase cortisol levels. (2) **LifeForce fx**

Sex Hormones

Sex hormone imbalances, such as estrogen and testosterone, can also inhibit fat burning. Having too much estrogen causes weight gain whether you're a man or a woman. For both genders, too much sugar, refined carbohydrates and alcohol spikes estrogen. The following diagram shows where fat will deposit in the body when specific hormones are out of balance.



Keeping your gut healthy also cultivates healthy sex-hormone metabolism. Too little fiber or taking antibiotics damage the gut, triggering estrogen spikes because your body can't properly detoxify or excrete waste. Environmental toxins thrive on pesticides called xenoestrogens. These toxins, even at low exposures act like estrogen in your body. Choose organic foods as much as possible and avoid xenoestrogens.

Symptoms of excess estrogen in women include breast tenderness, fluid retention, bad premenstrual syndrome, fibroids and heavy menstrual bleeding. In men, excess estrogen can cause loss of body hair (including chest, legs and arms), a beer belly, and "man boobs." Low testosterone in men causes muscle loss and fat gain and can also accelerate aging.

Your body makes hormones from food and the ability to keep them in balance depends upon key nutrients including essential fats. Eating a variety of foods high in short, medium and long-chain fatty acids is essential to keeping your hormones in check. Your body needs various types of fats to create hormones,

including saturated fat and cholesterol. Not only are these essential fats fundamental building blocks for hormone production, but they keep inflammation levels low, boost your metabolism and promote weight loss. Healthy fats have the opposite effect of refined carbohydrates (breads, cereals, grains) which lead to inflammation and can mess with the balance of your hormones.

Interestingly, cholesterol produces testosterone and other sex hormones. Eating a low-fat diet and taking statin drugs that block cholesterol production can actually impose a destructive effect on your sex hormones.



My four favourite sources of anti-inflammatory, healthy fats include: coconut oil, avocados, grass-fed butter and hemp seed oil. Coconut oil (or cream/milk) has natural anti-bacterial and fat-burning effects. Avocado benefits include improving heart health, lowering inflammation, controlling your appetite and contributing to your daily intake of fiber and nutrients such as potassium. Grass-fed butter contains five times more conjugated linoleic acid (CLA) than butter from grain-fed cows. CLA is a beneficial fatty acid linked to fighting cancer, preventing bone loss, and helping your body build muscle rather than store fat. Hemp seed oil has been dubbed, "Nature's most perfectly balanced oil" due to the fact that it contains the perfectly balanced 3:1 ratio of both the required essential fatty acids Omega 6 -Linoleic Acid and Omega 3 - Linolenic Acid.

3 Keys to Weight Loss & Fat Burning

1st KEY: Thyroid & Hormone Regulation

"Iodine is utilized by every hormone receptor in the body. The absence of iodine causes a hormonal dysfunction that can be seen with practically every hormone inside the body." - Dr. Jorge Flechas, M.D

As a component of the thyroid hormones thyroxine (T4) and triiodothyronine (T3), iodine is essential to human life. Without sufficient iodine, your body is unable to synthesize these hormones, and because the thyroid hormones regulate metabolism in every cell of the body and play a role in virtually all physiological functions, an iodine deficiency can have a devastating impact on your health, weight and well-being.

Miracle Products Nascent Iodine is considered the safest and most effective form available. Unlike elemental (or molecular) iodine which is toxic, this form of iodine holds its atomic structure making it safe for consumption and topical use. Nascent Iodine is recognized by the body as the same iodine that is used by the thyroid and is absorbed effortlessly by the body.



The First and Only Patented Consumable Iodine.

Nascent Iodine is more effectively absorbed and utilized than molecular forms of iodine (i.e. potassium iodide), or iodine containing foods such as seaweeds.

So you use less and get better results!

Many people report fat burning effects within a week of supplementing with Miracle Products Nascent Iodine alone. To really stoke the inner fire and crank up the fat burning metabolism, we are going to incorporate a few other key nutrients.

2nd KEY: Reduce Cortisol - Reduce Stress & Exercise

Find effective ways to alleviate your stress and lower cortisol, a walk, meditation, deep breathing – whatever it takes. Your health depends on it. Exercise helps balance hormones, reducing estrogen and increasing testosterone, which helps you lose fat and build muscle. Select types of exercise that fit your lifestyle and that you enjoy.

HOW TO REDUCE YOUR **HIGH CORTISOL** (STRESS HORMONE)



Nutrients for Cortisol Control

LifeForce fx contains sodium tetraborate (boron) which is a trace mineral that is crucial to human health. This unsung hero is what anchors other minerals in the body and plays a huge part in regulating hormones. Most people are not getting enough, this is one of the reasons I believe so many people are mineral deficient and estrogen dominant. A clinical trial revealed that supplementation with 10mg daily for 7 days increased testosterone levels by 28% and estrogen levels dropped by 39% - this is truly impressive! (3)

Magnesium, pre/probiotic, bicarbonates, curcumin, boron and vitamin C daily will do wonders for balancing hormones and maintaining bowel regularity. This combination of nutrients is a foolproof method for most people in achieving their weight loss goals.



Your Slim & Trim Weight Loss Bundle is jam packed with all of the essential nutrients to help you achieve your weight loss goals!

3rd KEY: Food Choices

Remember to choose organic as much as possible to help avoid xenoestrogens and eat foods that are particularly beneficial to hormone balancing. Hormone balancing foods are high in good fats and fibre - veggies, fruits and nuts and low in sugars and carbohydrates.



Avoid soya products as these are thyroid depressants.

The 5 Essential Nutrient Strategies To Amplify Fat Burning

1. Directions for Using Nascent Iodine

SPECIAL NOTE: Take at least one hour away from anything containing vitamin C. Vitamin C will oxidise iodine rendering it less useful for your body.



Suggested use: 1 - 10 drops (or more) daily, or as directed by a health care professional. One drop provides 400 mcg (micrograms) of Nascent Iodine.

First time users begin with 1 drop daily for 3 days, increase to 2 drops another 3 days, then to 3 drops daily - increase if needed.

Directions: 1 - 3 drops in 30 ml of water swirl in mouth then swallow, followed by more water. Take on an empty stomach 30 minutes before or 1 hour after meals, medications and/or supplements. Repeat early afternoon if necessary. Dividing dosages ensures that Nascent Iodine remains active longer in the body.

NOTE: Taking it after 4 PM could raise your energy levels and keep you awake at night. It is recommended to take before breakfast, before lunch and then again before 4 PM.

A 30 ml bottle of Miracle Products Nascent Iodine contains approximately 1500 drops and will last between 5 and 8 months.

2. Directions for Using Belly Bugz

Suggested use: start with 1/8th tsp twice daily – increase to ¼ tsp twice daily.

Begin with a pinch – 1/8th tsp morning and evening, at least 1 hour after taking your iodine. Belly Bugz can be taken in a bit of water, mixed into juice or food – so really easy to take!

As with most nutrients it is important to begin with a small amount and gradually increase over the span of a few days to allow your body to adjust to the high level of nutrition. **On the 3rd or 4th day increase to ¼ tsp twice daily.** Some people have found increasing to ½ tsp twice daily was magic for them – however most people find that ¼ tsp twice a day is adequate for proper bowl elimination.



Belly fat, which is also known as visceral fat, lies deep inside the body coating vital organs. People with less visceral (belly) fat tend to have fewer long-term health conditions related to heart, pancreas and hormone health. In laboratory studies, pre and probiotics have been shown to help reduce belly fat. (4)

Research has shown that subjects who are of normal weight tend to have different gut bacteria compared to those who are categorised as either overweight or obese. Maintaining a normal healthy weight is demonstrably related to a healthy microbiome. More research is needed, but probiotics may also fight obesity in other ways:

Aid the release of the satiety hormone: Raised levels of this hormone may help the body burn both calories and fat.

Increase specific proteins: Some of which may contribute to reduced fat storage.

Reduce inflammation: many chronic (long-term) conditions are associated with

inflammation. By improving gut health, probiotics may reduce systemic inflammation protecting against obesity and other conditions.

Reduce absorption of calories: some probiotics may do this by reducing the amount of fat absorbed from the intestines.

3. Directions for Using Super AGC

Suggested use: ¼ tsp four to six times daily

Taking small amounts over the course of the day is more effective than taking a high amount all at once. Drinking turmeric tea or turmeric water prevents fat accumulation and has very positive implications on the process of weight loss.



How to Make Turmeric Tea for Quick Weight Loss

Turmeric tea is very easy to prepare. You just need -

- ◆ Super AGC – activated and ready for use
- ◆ Water
- ◆ Honey (optional)

Preparation method:

- ◆ Bring water to hot but not boiling.
- ◆ Add both Super AGC and honey
- ◆ Stir – you can strain before drinking if you prefer.

Your fat burning tonic is now ready to consume!

In addition to this, you can add Super AGC to your everyday diet - vegetables, smoothies, and salads to improve health and kickstart your weight loss.

According to a 2009 scientific report, turmeric helps weight loss by stopping fat cells from growing. (5) It also converts white fat into brown fat. (6) Brown fat is burned by the body to release energy, whereas white fat is stored as fat.

Brown fat also contains more capillaries than white fat. These supply the tissue with oxygen, nutrients and distribute the produced heat throughout the body.

This fat is composed of several small lipid (fat) droplets and a large number of iron-containing mitochondria (the cell's heat-burning engine). The iron, along with lots of blood tiny blood vessels, gives this fat its brownish appearance.

The purpose of brown fat is to burn calories in order to generate heat. That's why brown fat is often referred to as the "good" fat, since it helps us burn, not store, calories. Brown fat is derived from muscle tissue and is found primarily in hibernating animals and newborns. After life as an infant, the quantity of brown fat significantly decreases. Adults who have comparatively more brown fat tend to be younger and slender and have normal blood sugar levels.

An excess of white fat inside the belly (visceral fat) is associated with metabolic syndrome - a group of symptoms that signal an increased risk for heart disease, diabetes, and cancer. Location of body fat really counts! Excess white fat throughout the body is associated with an increased risk of breast, colon, esophageal, gall bladder, and pancreatic cancer. It's also associated with sleep apnea, and physical disabilities such as knee arthritis.

4. Directions for Using LifeForce fx

Suggested use: ¼ tsp in water, juice or smoothie daily. This formula contains vitamin C (organic lemon peel & lemon myrtle); make sure it is taken at least an hour away from the Nascent Iodine.



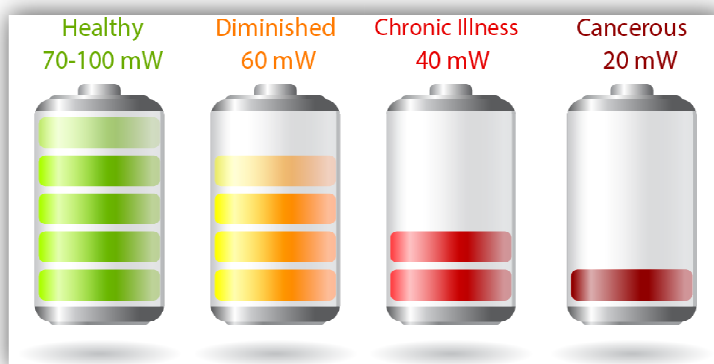
Lifeforce fx provides your body with the vital electrolytes in one easy drink without the need to consume various supplements or foods to make sure you supply your body with all of them.

LifeForce fx is an electrolyte, alkalizing, hydration and redox signaling formula.

Electrolytes truly are the “Spark of Life” and are essential for your body to produce energy and for your cells to hydrate and oxygenate properly. If you suffer from low energy, obesity, anxiety, depression, insomnia, constipation, high blood pressure, heart disease, kidney stones, hyperthyroidism, arthritis, headaches, mental issues, constipation, numbness, muscle spasms, or fatigue you may be deficient in electrolytes.

The electrolytes in LifeForce fx can increase the efficiency at which oxygen, fuels and wastes can be transferred in and out of cells and tissues.

It is important to understand that the voltage (energy) of cells and tissues is synonymous with their pH. The lower the voltage goes, the lower the pH goes, and the lower oxygen levels go as well.



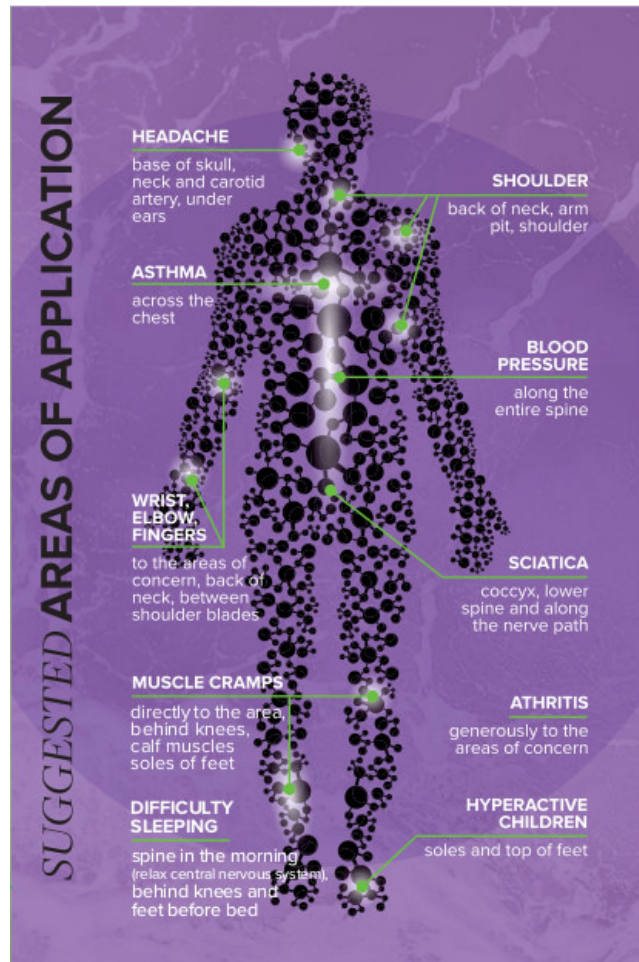
Wherever the body has low voltage, the cells begin to have problems.

The lower the voltage (pH), the more serious the problems.

***This formula is a great source of magnesium and potassium;
two additional keys to fat burning!***

Magnesium & Fat Burning

Magnesium is an important electrolyte energy nutrient that functions in your body to activate enzymes involved in the digestion, absorption, and use of proteins, fats, and carbohydrates.



Without energy nutrients, you can develop unnecessary food cravings, low blood sugar, anxiety, and a tendency to overeat making weight loss virtually impossible.

Magnesium also helps insulin guide glucose into cells for energy. When there is not enough magnesium available for that process, glucose and insulin levels elevate, glucose is stored as fat, and the extra insulin puts you at risk for diabetes.

Magnesium Counteracts the Effects of Stress & Cortisol

Yet another valuable role of Magnesium is its ability to nullify the effects of stress. As you now know, stress triggers the release of the hormone cortisol, which slows down your metabolism. And with a slow metabolism it becomes very difficult to lose weight. However, Magnesium counteracts this process!



Magnesium Helps Reduce Belly Fat

Over half of the insulin in the bloodstream is sent to the abdomen. As a result, it is believed that the more sugar you consume, the more insulin your body produces and ultimately sends to your abdomen for processing.

At the same time, scientists have determined that magnesium deficiency leads to abdominal obesity. So again, getting enough daily Magnesium can help keep your middle trim. (7)

Potassium & Fat Burning

Potassium is an important electrolyte and the third most abundant mineral in the body. It helps us to build muscles, helps our muscles work properly and helps us convert the food we eat into energy, it is particularly important to those of us who have weight loss goals.

Bigger muscles burn more calories, so by helping us to build slightly bigger and stronger muscles, potassium has a direct impact in helping us to turn our bodies into calorie burning machines.

By helping to provide the energy we need, helping our muscles (including our heart) work efficiently and effectively and ensuring a proper balance of electrolytes, potassium helps us exercise daily, which is critically important to anyone wanting to shed a few unwanted kilos.

As potassium is excreted from our body in sweat, those of us who are exercising to lose weight need to be extra diligent, conscious of the fact that we also need to be replacing the potassium and other key electrolytes lost during exercise. LifeForce fx has you covered!

Be a winner at losing!

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