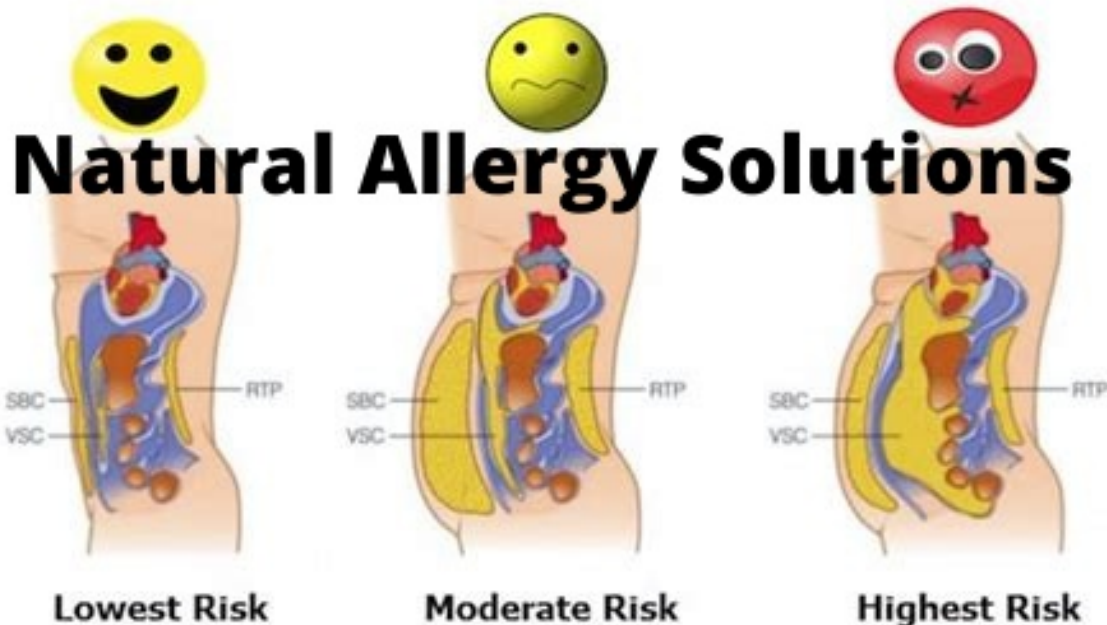




Subcutaneous Fat (SBC) and Visceral Fat (VSC)



Natural Ways to Fight a Big BELLY

Hello, Everyone!

Well, here we are looking 4th of July square in the face.

ARE YOU SWIMSUIT READY?

For the last year, so many of us have been restricted in many different parts of our lives. Quarantine 15 has become a reality for many of us. A lot of us have been staying home, moving less, and eating more. Unfortunately, those pounds accumulate around our middle, commonly known as belly fat. It is dangerous because it increases the chances of a heart attack. It wraps around our internal organs promoting inflammation and metabolic problems like high blood pressure, abnormal cholesterol, and breathing problems. The most common one is Type 2 Diabetes or high blood sugar.

Now, what are we going to do about it? For the last few months, we've been telling everybody coming into this office to change up how you are drinking water. Upon waking, drink 4oz of water every half hour until you have drunk half your body weight in ounces, as a goal. This will not only satisfy thirst, but it will also decrease hunger, and will not stress your kidneys. Try this for a couple of days. Many of our clients have reported that this has

been life-changing for them.

There are a few foods you can incorporate into your diet to help with belly fat:

1. Coconut oil: it takes fat to burn fat, this medium chain fat is an ideal food source for weight reduction.
2. Turmeric spice: is a wonderful anti-inflammatory. Helps reduce body mass and waist circumference.
3. Dark Chocolate: YUM! containing at least 70% Cocoa, is packed full of anti-oxidants, as well as increases good cholesterol, HDL.
4. Vitamin D: people with low D have more belly fat.
5. Grapefruit: is loaded with antioxidants and fiber, a great anti-inflammatory, reducing waist circumference. You can even massage your abdomen with grapefruit seed oil twice a day.
6. Green Tea: good for influencing energy metabolism. The compound that reduces belly fat in green tea is highest in content in Korean and Japanese green tea and lowest in Chinese green tea.

Last but not least,...IT IS BEAUTIFUL OUTSIDE! Get out there and start walking, gardening, biking, hiking, anything that you can do to move, DO IT! Watch those middle inches start melting away.

If you have questions about WEIGHT LOSS,

GIVE US A CALL,

WE HAVE AN EXCELLENT TRACK RECORD FOR HELPING PEOPLE LOSE AND MAINTAIN WEIGHT LOSS.

Call 973-616-6400



Measuring your middle

So how do you know if you have too much belly fat?
Measure your waist:

Stand and place a tape measure around your bare stomach, just above your hipbone.

Pull the tape measure until it fits snugly around you, but doesn't push into your skin. Make sure the tape measure is level all the way around.

Relax, exhale and measure your waist, resisting the urge to suck in your stomach.

For women, a waist measurement of more than 35 inches (89 centimeters) indicates an unhealthy concentration of belly fat and a greater risk of health problems.

For men, a waist measurement of more than 40 inches (102 centimeters) indicates an unhealthy concentration of belly fat and a greater risk of health problems.

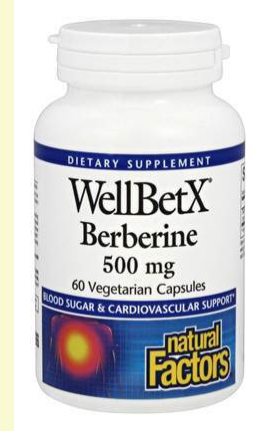
BERBERINE: Supplement for Big Bellies

Berberine is a compound in several plants, including goldenseal, barberry, Oregon grape, and tree turmeric.

Berberine has been a part of Chinese and Ayurvedic medicine for thousands of years. It works in multiple ways in the body and is able to make changes within the body's cells.

Studies suggest that berberine has a “harmonious distribution” into several targets in the body, which allows it to fight certain conditions while causing minimal side effects.

Many studies of berberine have indicated it's effective use with several metabolic health conditions, including diabetes, obesity, and heart problems. It helps regulate blood sugar and reduce cholesterol and triglyceride levels without need of prescription.



Blessings,

Debra

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