

# 10 tips to help reduce belly fat Fast!

- 1. Avoid Sugar:** Yep, you knew that was coming, you hear it all the time, but it's true. I'll only list one reason here, but sugar spikes insulin and too much insulin will only help you do one thing, and that's store fat
- 2. Eat adequate protein, meaning add protein to each meal.** A study found that women who were obese lost significantly more belly fat by increasing their protein to 30% of their calories over an 8 week period. But no reason to stop at 8 weeks, your body needs adequate protein. More on that another day!
- 3. Manage Stress:** stress can be many things, not just worry and anxiety, but surgery is a stress, illness is a stress, relationship issues are stressors. Increased stress on a consistent basis leads to too much cortisol (a stress hormone) which directly contributes to belly fat. Practice deep breathing in stressful times, meditation, walks in nature, journaling or yoga, these are just a few ways to take you away for a bit.
- 4. Blueberries:** A study published in the Journal of Nutrition showed that eating blueberries daily increases sensitivity to insulin, leading to less belly fat. Blueberries are a topic for another day as well, so many benefits.
- 5. SLEEP:** I capitalized this one as it is crucial to any health program, not just for weight loss. A lack of sleep throws your hunger hormones out of whack, leaving you craving and having out of control hunger. Prioritize sleep by getting away from electronics at least an hour before bed, dimming the lights, night time tulsi teas with holy basil help lower night time cortisol. Warm baths and meditation help to unwind and prepare for sleep.
- 6. Eat oysters:** Oysters are rich in zinc, which raises testosterone levels and leptin (fullness hormone) helping to burn fat. Other options are beans and nuts
- 7. EXERCISE:** another capitalized topic. Go for HIIT and weight workouts over long duration cardio. These lead to fewer cortisol spikes than endurance type cardio.
- 8. Get a massage:** Massages aren't just a luxury. For many of us, especially those looking to reduce and prevent belly fat, they can be a necessity. Massages activate oxytocin causing your brain to release serotonin, dopamine and endorphins while reducing cortisol, the belly fat hormone.
- 9. Avoid harmful chemicals:** Toxins can disrupt hormones and lead to more stored belly fat. Avoid plastics, pesticides, toxic household cleaners and even those products you put on your body like deodorant and lotions, look for toxic free alternatives.
- 10. Omega 3's:** Not only do omega 3's like fish oil, help with inflammation, but it also reduces stress hormones, which can lead to more belly fat.

There you go, incorporate one at a time and see how you do, or get aggressive and do them all!! Either way, your body will thank you!