

The Lose Your

Belly Diet



The Lose Your Belly Diet

Change Your Gut, Change Your Life

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Learn more:

Advance Fat Loss #csMentorship

Join Coach Sharm's #csMentorship for less than 80 cents a day to learn how you can lose fat quickly and safely.

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Triple Threat to Fat Loss : 3M Method



Makan (Nutrition)

Coach Sharm's system & methods of eating (nutrition) consists of 4 main methods - (1) Tweak Hormones, (2) Composition change, (3) Caloric Deficit and (4) Macro Reduction. He's explain to you in LAYMAN terms when you're in #csMentorship. The system focuses in eating windows to ensure your body's hormone levels burn as much bodyfat as possible when (A) Not-exercising (B) Exercising. We do this smartly and progressively, especially lowering Insulin and improving HgH levels - instead of just basic caloric reduction. No diets, no supplements, no medicine, no meal replacements, no MLMs. Don't worry, he will explain all the ESSENTIALS that you need to know in basic, layman terms. Safe and science-backed.



Movement (Activity & Workout)

There are a million ways to exercise to lose fat. Coach Sharm will teach you the exercises that are great to lose fat the most effective and most efficient way. Quickest and most sustainable. There are also many ways to lose fat while not exercising - maximising E.P.O.C (Excess Post Exercise Oxygen Consumption), Raised Metabolism, N.E.A.T. (Non-exercise activity thermogenesis) and many more. Systems such as interval training, fartlek, resistance training, bodyweight training will be taught. You will also get workout programmes for your to do yourself, and challenges offered. Oh.. and NO long one hour jogs a day (but if you love jogging, go ahead).



Mindset (Mental Skills)

Coach Sharm will teach you how to programme your mind to be strong and disciplined when it comes to fat loss. Improving willpower is crucial in your journey. The mind is a muscle, and if you strengthen it progressively everyday, it'll get stronger! In addition, it also involves constantly setting and reviewing product and process goals. With technology and app, being a pilot in your own brain is a breeze. Take out the guessing game to empower yourself with the knowledge of how many calories you're eating and burning everyday. You'll also know the exact amount of macronutrients (Protein, Fat and Carbohydrates), minerals and vitamins that enter your body.

Customised for you, by you. Coach Sharm understands that everyone is different. Choose the method that works for you. For eg: For Makan, you can choose level 1 and 3, for instance. You can also just focus on (2) if you prefer. For Movement, choose which exercises that he teaches that'll work for you, that you love. Also, you can choose the number of repetitions and sets you want to do, according to your fitness level. For Mindset, it's cool if you don't want to totally in programming your mind all the time, you can filter and choose when you want to switch it on! However, for those who are serious about losing fat, utilising this Triple Threat method will GUARANTEE your success.

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#csMentorship: How will Coach Sharm help you?



Knowledge

There's so much information and noise that need to be filtered. Let Coach Sharm do that for you. He will share with you techniques and methods that work, based on science and studies. No more guessing work on your part! Stand on the shoulder of giants & learn the shortcuts that work for the long term.



Guidance

We are all different. Get coached the different ways of how you can lose fat. With this, you can customise what works best for you for the long term. Also, we will harness the power of our group - everyone is in the same boat, we'll support one another to achieve success.



Progression

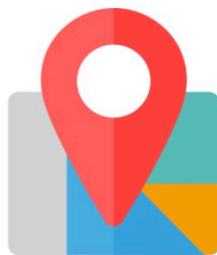
Progression is key. Learn how to improve each day, in a step-by-step method. There's no cold-turkey to Coach Sharm's techniques. Proven by academic research and results experienced by his past and current clients.

Ultimate Convenience



Time

You can access all content, at any time, at your convenience. For instance, unlike the traditional method of going to seminars or consultations in person and at a specific time, now you can do this any time you want - either live or pre-recorded. Learn when you commute, or even when you're lying down during your break at work.



Location

You don't need to travel to learn how to lose fat. As we use technology to deliver content, you can access it from wherever you are. Even if you're a million miles away from Coach Sharm. Do this from home, from your workplace, during your holidays or even when you're flying in an aeroplane!



Comfort

No rush, no places to go to, no appointments to make. Learn and communicate with Coach Sharm and the group at your own convenience and comfort. You can choose where to buy your food that he recommends and workout either at your home or gym of your choice.

Check out our Accelerated Fat Loss #csMentorship
Join us for a trial: [Get Fit! Bootcamp](#) or [Small Group Training \(TRX\)](#)

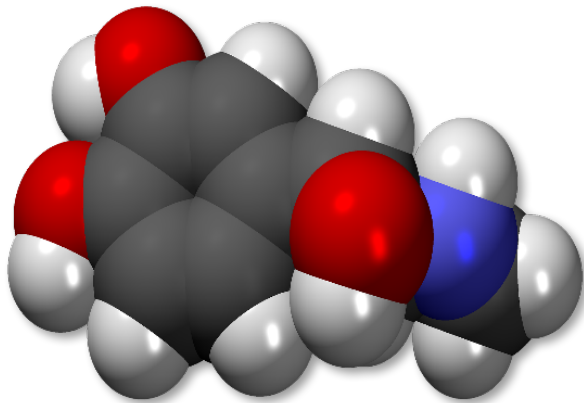
The Role of Hormones in WEIGHT LOSS

Chapter 4. The Role of Hormones in Weight Loss

If you look around the web for advice on how to lose weight, you'll find that people fall into two broad camps. There are those that believe weight loss is entirely dictated by that caloric deficit we just discussed and there are others that feel there are other, more important factors at play.

Let's take a look at some criticisms of the 'calorie deficit' approach to dieting...

Problems with the Deficit



It is *certainly* true that your body needs to burn fat for energy once it has run out of other sources. It is certainly true that if you have no other means of getting that energy, you will lose fat stores and eventually you lose weight. This really is simple math – cause and effect.

But the problem comes with calculating that magic 'AMR' – active metabolic rate. These calculations are rough guesses at best and they are based on nothing more than your physical features. The best calculations take into account your muscle mass

(which is metabolically active) but even these don't take into account underlying issues such as the balance of your hormones.

Simply put, some hormones help you to burn fat faster. These are directly responsible for how many of those processes that require energy are going on in your body at any given time and how capable your body is of utilizing the various stores of energy available to it.

Just a few of these hormones include:

- Cortisol
- Insulin
- Thyroid hormones (T3 and T4)
- Adrenaline
- Serotonin
- Leptin
- Ghrelin
- Testosterone
- Estrogen
- Progesterone
- IGF1
- Human growth hormone
- And many more

The problem is that we all have different balances of these hormones. These hormones are in constant flux and are affected by everything from what we are eating at the time and how stressed we are, to how much sleep we've had and how sunny it is.

Some people have imbalances in these hormones that are permanent, while others will use medications that can alter them.

Those fitness ‘gurus’ that ignore the role of hormones in weight loss can’t explain why hypothyroidism or polycystic ovaries leads to weight gain. They also can’t explain why using steroids builds muscle and burns fat.

You may not have a condition like hypothyroidism but the point to recognize is that these conditions are not really binary. You do not have to ‘have’ or ‘not have’ a condition – but rather you can view everyone as existing somewhere along the spectrum. You might have a slightly lower production of thyroid hormones than someone else, or you might be higher in testosterone.

This is why some people lose fat very easily and it is why some people struggle to lose it. It’s also why things tend to get harder for us as we get older *and* it’s why things get harder for us as we become more stressed and more tired. All of this upsets our hormone balance and puts our bodies into ‘fat storage’ modes.

The issue is not with the calorie deficit but rather our ability to accurately calculate our own AMR. Not only that, but these hormones also play a *very* big role in why we struggle to lose weight (they make us hungry, low in energy and depressed) and they contribute directly to fat storage around the midriff.

This is before we take into account the fact that it is essentially impossible to calculate the precise number of calories burned (heart rate alone is not a perfect correlation for calories burned) or the number of calories in any given item of food. You really think that every single apple has the precise same number of calories in it? Are you sure you are really adding precisely the same amount of sauce to your meals?

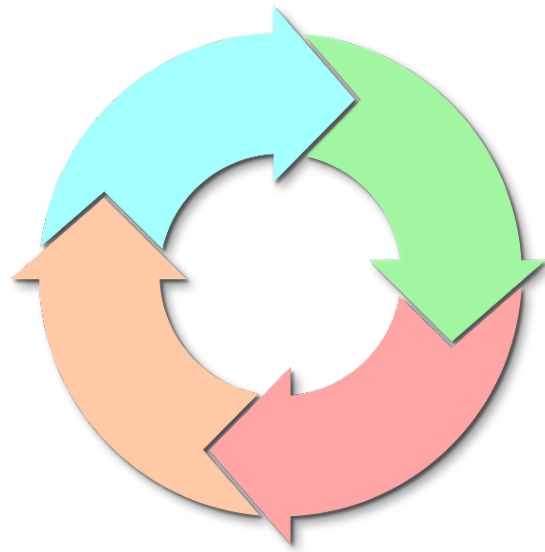
Then there’s another fallacy of the calories in/out diet, which is the notion that our calories somehow magically reset at the end of the day: that we can make sure we’re in a calorie deficit on Monday and then start again on Tuesday. In reality, the build up of calories is cumulative and can be ‘carried over’.

And then there is the way that eating *in itself* can affect your hormonal balance and process the foods that are coming in...

The Cycles of the Body

Not only does everyone have different balances of hormones in the long term, but we all also go through cycles where different hormones pique.

This is useful information to know if you want to try and make it as easy as possible to encourage weight loss because it means you can time your consumption of food to coincide with points when your metabolism is fastest and you can try to diet the hardest at points when you're less likely to be hungry.



For example, when you wake up first thing in the morning, your body is in a 'fasted state'. This is simply because you have just gone the last eight hours without eating anything, thereby meaning you have very low blood sugar.

How does the body interpret this? It interprets it as 'danger'! In other words, your body will now react by telling you you need to eat and need to eat fast. If you don't get food into your system quickly, then you might starve! Remember: as far as your body is concerned you're still surviving out in the wild!

Thus, your low blood sugar will trigger a release of cortisol the stress hormone that will motivate you to go and find food. This is also what makes us grumpy in the morning. You'll release sugar from stores into the blood and you'll produce ghrelin the hunger hormone. This also triggers the release of myostatin – a chemical that tells the body to burn muscle and to use it as fuel.

In other words, you're now in a 'catabolic state'. This is further enhanced by the light coming in through the window, which wakes us by triggering the release of cortisol and nitric oxide in the brain.

Once you've eaten though, things change. Now sugar is released immediately into your body which the body responds as good news. This triggers the release of serotonin – a feel good hormone – followed by melatonin which is the sleep hormone. This is why we often feel sleepy after a large meal!

Now your brain becomes slower and groggier and you feel happier... but countless other activities can similarly alter your hormone balance. As it gets darker for instance, we release more of the sleep hormone melatonin. Likewise, if we're in a good mood and having fun with friends, we release more serotonin. Likewise, when we work out, this triggers the release of stress hormones followed by anabolic hormones like growth hormone and testosterone to trigger growth.

Ultimately, the body is constantly swinging between an 'on state' called 'catabolic' or 'fight and flight' and an 'off state' called 'anabolic' or 'rest and digest'. When the body is hungry, harmed or threatened, you become more alert and produce more stress hormones. At this point, you burn your energy stores because you need to keep going. But when the body is relaxed or you've eaten a satiating meal, that's when you are more likely to store fat and build muscle.

The issue is that countless things we do skew this system all the time and that's *one* of the reasons it's so hard for us to stick to a diet...

This is where the next *huge* factor comes in: lifestyle! We'll look at that in the next chapter, but first...

The Roles of Carbs and Fats

As mentioned, the timing of your food and the way you eat can have a big impact on your hormonal balance. Likewise, the hormonal balance can have a big impact on the way that you're eating!



For example, if you eat first thing in the morning, you 'break' your fast. That is to say that you take yourself out of a catabolic state where the body is desperate for food and is burning fat. Some people will then try to extent this

catabolic state for as long as possible as a trick to burn more fat. They might even engage in something called 'fasted cardio' which means that they'll work out first thing in the morning *before* breakfast so that the only thing available to burn is stored fat.

Another trick is something called 'carb backloading'. Here, you engage in intensive exercise designed to deplete the glycogen stores. Then you consume carbs and as a result, they will be more likely to be stored in the muscle cells rather than being stored as fat.

But the technique that most people are interested in is to avoid 'simple carbohydrates' altogether. Simple carbohydrates are any carbs that release their energy immediately into the blood. These tend to be the sweetest carbs like sugar, cake and white bread. By eating these, you cause a sudden spike in blood sugar which triggers the release of insulin and puts your body into a 'fat storage' mode.

If you avoid these simple carbs however, then you can maintain more of an equilibrium and thereby prevent your body from storing the energy. Instead, you'll simply be replenishing your blood sugar *as* it is being used up. This is the objective of many low carb dieters who will instead rely on complex carbohydrates and fats which digest much more slowly and therefore release sugar into the blood at a slower rate as well.

Some low carb dieters and fasters will go even further to try and reduce blood sugar to the point that the body beings producing an alternative energy source ketones.

Do you need to worry about this? Is any of it relevant for losing your belly? Don't worry – everything will be explained into a simple to follow plan very shortly.

Fitting a *Diet* Into Your Lifestyle

Chapter 5. Fitting a Diet Into Your Lifestyle

Here is the *other* issue with following a diet designed simply to help you reduce your caloric intake: it's miserable!

I always say that there is no point in starting any new diet or any new training regime unless you intend to

stick with it *permanently*. If you're going to diet for a month and then go back to your old shape... then what's the point?

So whatever diet you're coming up with right now, the first thing you need to ask yourself is whether you can feasibly see yourself following it *forever*.

This is the problem with intermittent fasting diets and it's the problem with calorie counting. Sure, you can stomach the idea of scanning all your food for a few days, weeks or even months. But are you really going to be doing this when you're eighty? If not, then it is not sustainable.



And what's the point of going to such effort to count everything you eat, when we've already seen that the numbers are really just a guess at best?

For most people, this will be an effective tool until it becomes dull and they give up because they're too tired and stressed to stick with it. For others, it might never work owing to other biological factors that prevent them from getting the most from it.

Cast your mind back to the notion of your body going through cycles between anabolic and catabolic. Now ask yourself: what have you been doing *all day* at work? You've been stressed, likely getting into arguments, working to deadlines and struggling with difficult clients. At the same time, you've been staring into a screen which is a very bright source of artificial light.

What does all this mean? It means you're very much in fight or flight. You're very much catabolic. And so when you get home, *of course* your body is going to revert to anabolic. Not only that, but your blood sugar is likely to be incredibly low and you need something to cheer you up – something that will release some serotonin. You need to swing that pendulum *back* to the anabolic, rest and digest state.

And now you're telling me that you're going to eat fish because it has the right number of calories?

The good news is that there is a better way...

The Other Factors Overlooked by Diets



There are many more important factors that often get overlooked by diets too. One of these is the fact that we tend to eat socially. That is to say that we will often eat something because we're with our partners, our families or our friends. We like inviting people round for meals,

we like going out for fancy dinners and we like surprising our partners with chocolates.

If you don't join in with this, then it's actually quite unsocial and we *miss out*. Again, with all those hormones screaming at you to get some sugar and now the social pressure of eating out... are you really ordering that salad? Forever?

And yes, there is the simple matter of time and energy. Tracking all your calories takes time and energy and as we've discussed, those are *both* factors that are already at a premium. Can you really motivate yourself to count all the calories in that home cooked meal... every day?

But Most Important of All: Nutrients

And there's something else that gets not a lot of attention when it comes to diet and that absolutely deserves it: that's nutrition.

Too many of us view our food as fuel. This is something that the calorie counting approach is *very* guilty of doing. We look at food as something that we use in order to enable ourselves to keep going and to keep us productive at work. We think of it in terms of something that our body burns in much the same way that a car uses petrol.



But food is MUCH more than that. Not only should food be enjoyable and social as we have already discussed but it should also be thought of as being the very substance that we are made of. You've heard the expression 'you are what you eat' and well... *it's true.*

When you consume amino acids from proteins, your body actually reconstitutes those in order to build your muscle and skin. You are literally recycling the parts of dead animals and plants in order to rebuild your own tissue. Likewise, the micronutrients found in your food help to build your bones and connective tissues, your brain chemicals and even the hormones that help to drive you.

Micronutrients are the tiny nutrients that come from all our food and they are absolutely essential to helping us to perform and feel our very best. These make us feel more awake, more alert, more happy and they even help to elevate our metabolism so that we burn more fat!

If you are feeling depressed, weak, sluggish and slow, then there's a good chance that it is *actually* because you have a deficiency in some kind of essential nutrient. These are nature's sports supplements and they can be instrumental in helping you to get out of the funk you're in.

Why Modern Diets Are the Worst



And here's another thing to keep in mind: modern diets are *the worst.*

The big issue is with modern diets is that they have essentially hacked the very system our body evolved in order to survive with. Remember the way that simple sugars cause a rush of blood sugar, insulin and serotonin to make us feel great but then cause us to gain weight?

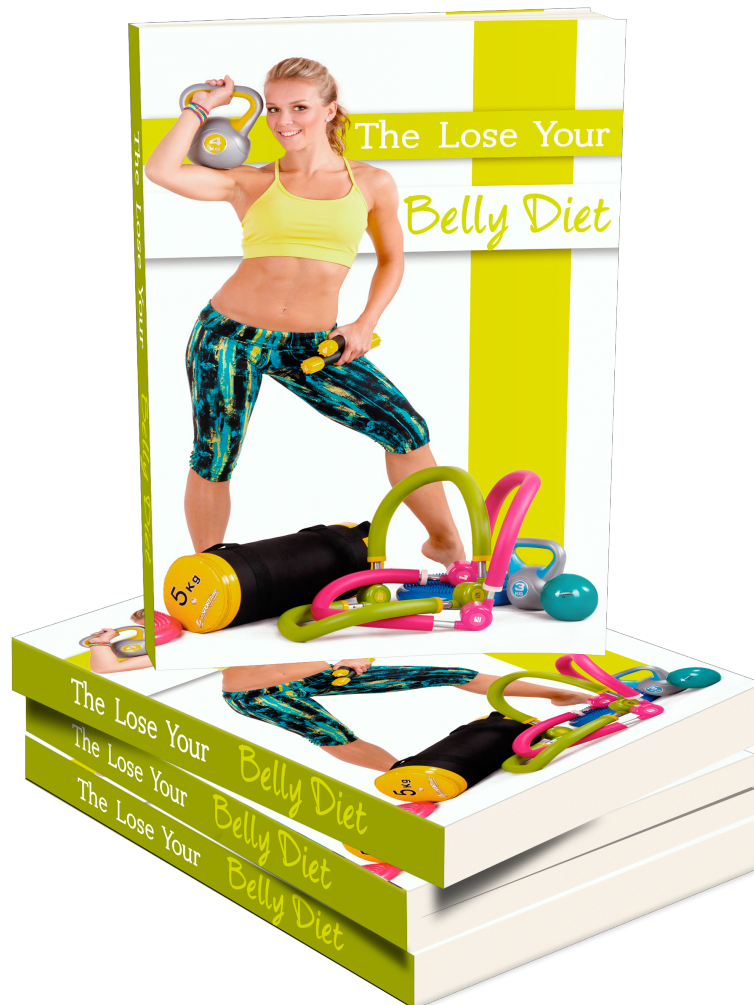
Well, all food manufacturers care about is that first bit: making you feel good. They want to sell more of their crisps, their chocolate bars and their cakes and so they have made foods that are practically *just* sugar. These are constantly and immediately spiking the blood sugar and can single handedly raise your chances of developing diabetes and other health conditions.

What's worse is that these overly processed foods have removed all of the nutrients that made them so healthy. If you eat a piece of fruit, you'll probably find that it's packed with vitamin C, vitamin A, resveratrol and a host of antioxidants which will help you to look and feel more awesome. But if you eat a shop-bought sausage role then you're barely eating meat. You just get sugar, trans fat and salt! Likewise, if you eat a chocolate bar, you spike your sugar but without getting any useful nutrients.

Remember: this is the stuff that your feel good hormones are made out of. This is the stuff that helps to drive your metabolism forward. This is the stuff that rebuilds your wounds.

So is it any wonder that so many of us are burned out, dried up and exhausted?

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