



The #1 reason your diets & workouts aren't working: Inflammation!

Here's the deal, sister. After helping thousands of women with their weight loss over the past 12 years, I noticed that, despite their consistent efforts, their inability to lose weight boiled down to down to ONE culprit.

There's a sneaky, silent weight loss blocker sabotaging your progress. It's not your fault — THIS CULPRIT is the reason you've been struggling all this time! It causes belly fat, weight gain, sugar and carb cravings, sucks your energy away and makes you feel a little crazy.

The good news? Once you understand the #1 cause of your inability to lose weight, and get rid of it once and for all, you'll be able to break free of the never-ending yo-yo dieting cycle, and keep the weight off for GOOD!

So, who's the culprit?

INFLAMMATION.

In my experience, EVERY single client I've EVER worked with who has battled her weight (despite trying every diet and exercise plan under the sun) has been suffering unknowingly from inflammation (myself included!).



Here's the sneaky thing: With this type of inflammation you can't see it, and you can't feel it, but it festers deep inside of you, slowly growing and causing all kinds of damage.

Your body views chronic inflammation as an emergency fire, so it allocates all of its energy toward putting that fire out.

Until this chronic inflammation is taken care of, you won't have much energy leftover for burning fat, or feeling vibrant, energetic or healthy.

Furthermore, inflammation doesn't just make your body incapable of losing weight.

Science shows that inflammation is at the root of heart disease, diabetes, arthritis and joint diseases, allergies, Alzheimer's, Chronic Obstructive Pulmonary Disease (COPD), and there's even a link to cancer.

This can feel overwhelming, and for good reason: Inflammation is a BIG DEAL. It is the #1 reason why all of your dieting and exercise efforts are NOT working!

This is why I've made it my life's mission to help you get RID of this weight loss blocker once and for all so you can finally experience freedom in your weight, energy, confidence and health!

I've done a lot of research on this, and there's a lot to learn.

Let's start with 7 simple ways to HEAL inflammation and melt away those unwanted pounds...so you can finally be liberated from the endless dieting cycles and lose the weight once and for all!

Eat in PFC Balance.

"Let food be thy medicine and medicine be thy food."

One of the best ways to prevent inflammation and support your metabolism (and, by extension, your waistline) is to consume all three "macronutrients"—proteins, fats and carbohydrates—together, in balance, every few hours. That's because this special combo and timing keeps your blood sugar levels stable, which keeps inflammation at bay. We call that "PFC Every 3." PFC for Protein, Fat and Carbs, and 3 for eating every few hours.

While many foods overlap into more than one category, for simplicity's sake, it's easiest to designate a food as a protein, fat, or carb based on whichever it contains most of. For example, my jar of peanut butter says that, per serving, it contains seven grams of protein, seven grams of carbs, and seventeen grams of fat. Therefore, it counts as a fat. Pretty easy.

Let's break it down:

P: Behold the power of PROTEIN

Protein boosts your metabolism every single time you eat it, which is why it's important to eat it throughout the day. Animal protein turbocharges metabolism the most. It also contains all of the essential amino acids in the perfect proportions, which is important for your skin, hair, heart, and hormones.

Best Protein Sources:

- Eggs-cage free
- Fish—wild-caught
- Beef—grass-fed
- Chicken—free range

F: Eat more FAT

I understand eating fat to lose fat may go against everything you have been taught about weight loss. However, you need fat for your metabolism to work properly.

Eating healthy fat boosts metabolism because fat acts as a buffer for the sugar you consume. When you consume fat every time you eat, it slows the assimilation of any sugar in your bloodstream, promoting stable blood sugar levels and boosting metabolism for hours after you eat by allowing your body to release a turbo-fat-burning hormone called glucagon. Plus fat has a ton of other amazing properties: like keeping you full, giving you brain power, and keeping cravings away.

Best Fat Sources:

- Butter
- AvocadosOlives
- Seeds

- Coconut oil
 Olive oil
 - Nuts
- Nut and seed butters
- Coconut milk

C: Colorful Carbohydrates

For the purpose of healing inflammation, we strive to get most carbohydrates from veggies and fruits. Think colorful carbs! It may take some time and reprogramming of your brain to switch from thinking of carbs as exclusively bread, rice and pasta, and instead, to begin thinking of colorful, nutritious veggies and fruits.

Veggie and fruit carbs still turn into sugar once they hit your bloodstream—not a crazy amount of sugar like packaged, processed carbs, but just enough to supply you with sustained energy, especially when you eat them with your protein and fat.

Best Carbohydrate Sources:

Veggies & Fruits (Keep it simple!)

Exercise LESS

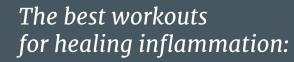
Intense exercise without rest can cause an abundance of inflammation in your body!

While staying physically active is important, it may actually work against you if you're killing yourself in the gym.

In fact, you may need to ease up on your workouts for a while in order to put your body's resources toward healing inflammation (and shedding pounds!).

Activity is healing, but too much or too often means your body won't have time to recover (read: inflammation).

Intense exercise without rest can cause an abundance of inflammation in your body. Your body views chronic inflammation as an emergency fire and your body will spend all of its resources to put that fire out. Which means, it has little left to help you shed pounds.



- Yoga
- Brisk walks
- Pilates
- Occasional HIIT and Tabata classes — but only 2-3 times per week in the initial healing-inflammation phase



De-Stress

Our demanding lifestyles put more stress on our bodies than they were designed to handle, and while it's common and widely accepted to just brush it off, the reality is that stress can sabotage all of your weight loss efforts!

Here's how stress causes inflammation and weight gain:

Cortisol is known as your "stress hormone," since it's triggered in response to stress. It is triggered when you are in danger, and is meant to be released in small doses and for short lengths of time. You can thank cortisol for the surge of energy you get when you are being chased by a tiger.

Cortisol causes your blood sugars to rise any time you are stressed out. This means, when you're stressed, it's as if you're eating bags of chips and boxes of cookies all day long! Except you aren't even eating any of those things...but you're still suffering from similar effects. This causes inflammation, and it also causes insulin—your fat storing hormone—to come out and do its job of transporting sugar from your bloodstream to your cells to be stored as fat.

This is how you gain weight when you're stressed...independent of your nutrition!

Whether you journal, meditate, pray, lay on the floor, go for a walk or snuggle with your dog, be sure to kick back for a few minutes each day and make it a priority to manage your stress levels.





Supplement but do it wisely!

There are a few key supplements that specifically help your body eliminate inflammation, but it's important to note that they MUST be high-quality.

The wrong ones can cause more harm than good and actually CAUSE inflammation and weight gain!

(Seriously! A recent study by the New York State attorney general's office revealed that 4 out of 5 supplements on the shelves of popular retailers (GNC, Target, Walgreens and Walmart) contain NONE of the herbs and ingredients listed on the labels! That's why it's crucial to take pharmaceutical grade, third-party tested supplements, or none at all.

Now that we have that out of the way, what are the best inflammation-busting supplements?

Here are the top 3:

- **1. <u>Fish Oil Redefined</u>:** These omega-3 fatty acids target reduce inflammation and reduce it.
- **2.** <u>Glutacaps Redefined</u>: These potent L-Glutamine capsules might be the most inflammation-healer of all, as they help to heal, rebuild and maintain the structural lining of your digestive tract.
- **3. <u>Probiotic Redefined</u>**: Replenishes your good bacteria and crowd out the bad, which helps reduce inflammation.

#6 Include fermented foods

Fermented foods like kombucha, sauerkraut, kimchi, and yogurt are important for replenishing your good gut bacteria which helps to heal inflammation. These are naturally high in helpful bacteria.

Fermented foods have gone through the process of fermentation, which occurs when bacteria turns carbohydrates into lactic acid. This is a centuries-old technique that cultures all over the world have practiced to increase the nutritive properties of a particular food, enhance flavors, and preserve their favorite produce and meat with the changing seasons.

When we eat fermented foods, they replenish and diversify the bacteria in our gut, which calms inflammation.



Replace Your Vegetable Oil

Are you ready for your mind to be blown!? Vegetable oil is a super sneaky use of the word "vegetable" because...

Get this: vegetable oils DON'T EVEN CONTAIN VEGETABLES!!!

I'm pointing at you, corn oil, soybean oil, canola oil...they have the title "vegetable oil" but aren't even made of vegetables. They're actually made from seeds using extremely high heat, toxic solvents, and a process that leaves the oil damaged and super unstable, which causes inflammation in your body!

Vegetable oils = free radicals = damaged cells = cancer, premature aging, Alzheimer's disease and more.

An easy way to stop causing inflammation, and instead start healing it is to replace these damaging oils with healing, healthy fats like coconut oil, avocado oil and olive oil!

Bonus? Make yummy real, whole food-based meals!

The less packaged, processed and refined, the better. Quality protein from meat, fish and eggs; healthy fat from nuts, seeds, avocados and coconut oil; nutritious carbohydrates from vegetables and fruits—they all help regulate your blood sugar and heal inflammation.

Besides, the more you're eating whole, real foods, the less room you'll have for processed, junky ones that trigger inflammation!

Here are some quick ideas for delicious PFC-balanced, "real food" snacks:

- 1/2 cup tuna salad made with 2 ounces white albacore tuna (P) + 2 tablespoons olive oil (F) + 1/2 cup raspberries (C)
- 1-2 hard boiled eggs (P) + 2 tablespoons nut butter (F) + 1/2 banana (C)
- 1-2 ounces grilled chicken (P) + 2 tablespoons full fat cream cheese (F) + a pickle (C)
- 1 ounce dried beef stick (P) + guacamole (1/2 avocado with fresh squeezed lime and diced tomatoes (F) + 2-3 cups raw veggies (C)

Now, if you're thinking, "This would be great...except I don't have TIME to plan out my meals like this" — then I've got something you're going to love!





Yummy Recipes & Meal Plans!

Having a list of foods that are going heal and keep inflammation away is helpful.

And wouldn't it be even BETTER to have an entire book full of recipes and meal plans that, no matter which you choose, you know it's going to heal inflammation, keep cravings away and help you lose weight?

You wouldn't even have to think about it! It's a good thing I happened to create just that.;)

Behold: the Redefined Recipe Book!

This book is full of fail-proof meal and snack options, along with simple, easy-to-follow recipes that take the guesswork out of what to eat to heal inflammation so you can lose weight. AND it includes 4 weeks of meal plans!

<u>Grab your copy of the Redefined Recipe Book and arm yourself with options!</u>

