

## Module 5 Transcript

### **Biohacking Secrets To Live Longer & Lose Stubborn Belly Fat**

In this module, you'll learn my system for fat loss, unstoppable energy, and longevity.

Imagine finally **achieving mastery over your body**.

It always seems impossible until it's done. - **Nelson Mandela**

Knowledge is **power**. Of course, you need the right information but action is what's needed now.

I'll show you how to take **action** so that your body uses **fat for fuel**, and you can generate unstoppable **energy** and create your **dream body**.

I created this **plan** because I used to struggle with eating too much on the weekends and find myself starting over every Monday and that was **frustrating**.

I had to figure out a sustainable system that works.

With my science-backed system, you can create lasting change to lose weight, reverse aging, and destroy stubborn belly fat without relying on willpower or spending hours in the gym.

My favorite strategy is intermittent fasting. This is one of my top secrets for weight loss and has helped my clients lose 10, 20, 50 pounds or more. You burn fat even while you're sleeping, elevate your metabolism, lower your blood pressure and blood sugar levels, elevate human growth hormone levels, age better, and increase testosterone and cognitive abilities.

Celebrities like Jennifer Aniston, Hugh Jackman, and Halle Berry do intermittent fasting.

The reason why it's so popular is that it **works**. I use this simple strategy myself and with my clients.

Intermittent fasting is an eating pattern that cycles between periods of fasting and eating. So you're either in a fed state or a fasted state.

Here is the game plan. I just skip breakfast and push my first meal back four to six hours so it becomes lunch. And then you switch from burning sugar to **burning fat**. Or if that doesn't work, you pick a window that does.

The old dogma of breakfast being the most important meal of the day isn't true. Intermittent fasting is flexible and based on the time that works in your lifestyle.

For example, some of my clients eat from nine to five, ten to six, and eleven to seven.

The great news is your body responds by digging into its fat stores for energy.

My pro tip is to stay busy during your fast. That way you'll have less time to worry about food and hunger. And stay hydrated. That helps you eliminate a lot of the extra hunger pangs.

Obviously, what you eat during the time you're eating matters for weight loss, anti-aging, and higher energy levels. You can't overeat during your eating window. Instead, simply eat veggies, salad, and high-quality protein like lean meats, fish, and poultry, and healthy fats like wild-caught salmon, nuts, and avocado.

In addition to intermittent fasting, you'll need to create a calorie deficit.

**How much you eat and what you eat is the science behind weight loss.** Cut 250 to 500 calories from your diet daily by cutting back on empty calories like alcohol, processed foods, and sugar. They cause inflammation in the form of belly fat.

When you get the **right food** combined with the **right timing**, you'll beat hunger and burn off the belly fat while speeding up your metabolism. If

you're eating foods that are sugary and processed, your insulin levels spike signaling your body to store fat and eat.

Always check with your doctor first, and see if this is a good plan for you. Especially if you're taking medication or if you have a history of eating disorders.

Here's what the **problem** might be.

**Stress** might be blocking you from **losing weight**. If you're turning to food for comfort when you're feeling **stressed**, this is the problem. I know I've been there. The stress hormone, cortisol, triggers a fight or flight response which is an appetite stimulant and slows down your metabolism. It increases cravings for carbs. Meaning there's actually science to support why you want to eat all the bread when you're stressed.

The worst part is excessive stress causes fat to be stored in the belly which is where weight is harder to lose. Luckily, exercise reduces stress. I know it helps me. Exercising regularly is one of the most powerful things you can do for weight loss, mental and emotional health, and longevity. It makes you sharp, fit and prepared to overcome whatever challenges that come your way in these uncertain times.

It's so important to take care of your body like a Ferrari or a million-dollar racehorse. If you had one of those, you'd maintain it, right? It's time to step up and do the same for your body.

You need to move your body and fuel it for success. This will 10x your energy levels because your energy has a direct link to your performance levels.

If you've gotten off track, you're not alone. I know you've all had to adjust your health and fitness routines.

Here are a few steps to jump-starting your fitness routine.

## **Number one, create accountability with a friend or hire an expert.**

This matters to you because accountability helps you stay on track with your health and fitness routine.

## **Step two is to build a simple routine and buy some equipment.**

There are certain moves that generate greater results than others and a small investment in equipment can make a world of difference.

Here are a few suggestions for some inexpensive equipment that you can buy: a few kettlebells, resistance bands or a TRX, and a few sets of dumbbells. A few at-home exercises that don't require much equipment are push-ups, squats, lunges, and planks. I love all of those. Set a weekly goal of how much time you'll work out or steps you'll complete. Use MyFitnessPal or any tracking app or a calendar to keep you accountable.

## **Step three is to increase your outdoor exercise activity.**

There are boatloads of research demonstrating the power of outdoor exercise to improve everything from immune health to anxiety. I know I feel better when I get outside. I suggest making walks, bike rides, and hiking part of your weekly routine.

## **Step four is to just do it.**

Just do something. ***Perfect is the enemy of done.***

Find a way to check the box each day for 30 days for working out to become **automatic**. And just do something even if it's 15 minutes so that it becomes a regular habit.

Research has demonstrated that as little as 12 minutes of exercise can start creating changes in your metabolism. Just do a quick bodyweight workout like push-ups, squats, and planks and it'll be a great start to help you get committed to your daily fitness habits.

Thanks for coming and I'll see you in the next module.