



The Top 3 Keys to Losing Belly Fat

Crossroads to Health Functional Nutrition and Fitness





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Introduction

If you're trying to lose belly fat, you know how hard it can be. Reducing your midline is very important as we now know belly fat is linked to chronic disease risk.

Two Types of Belly Fat: There are two different types of belly fat with one being more dangerous than the other:

- **I. Visceral Fat:** Visceral fat is the fat that surrounds your internal organs. This type of fat is considered the more dangerous because it contributes to insulin resistance and inflammation.
- **Sub-cutaneous Fat:** The soft belly fat that hangs over the mid-line is sub-cutaneous fat. This is the fat you can visibly see and pinch. Even if you are thin, you can have the more dangerous visceral fat. It is estimated that 12% of those suffering with insulin resistance are thin.

Waist to Hip Ratio: The best way to assess where you're carrying the weight is to do a waist to hip ratio calculation. Simply take a waist and hip measurement and divide your waist measurement by your hip measurement.

The goal for women is to be below .80 and the goal for men is below .95. The American Journal of Clinical Nutrition reported that waist to hip ratio is a better indicator of increased mortality risk than body mass index.





Key #1: Overcoming Insulin Resistance

If you've got belly fat it's extremely likely you have insulin resistance. Insulin resistance is when the pancreas still secretes insulin but the insulin has a hard time carrying the glucose into the cells for energy. Cells become resistant and the glucose pools in the bloodstream causing damage to blood vessels and increasing the chances of diabetes.

Diet is not the only reason one becomes insulin resistant. Stress, genetics, lack of exercise and poor sleep all contribute to the problem. According to the National Institute of Health and the Centers for Disease Control, at least 86 million American adults suffer from insulin resistance.

What You Can Do: Start reducing foods that cause blood sugar levels to spike and create a poor insulin response including sugar and all white flour products. The following are the most important foods to eat that will support how your body uses insulin:

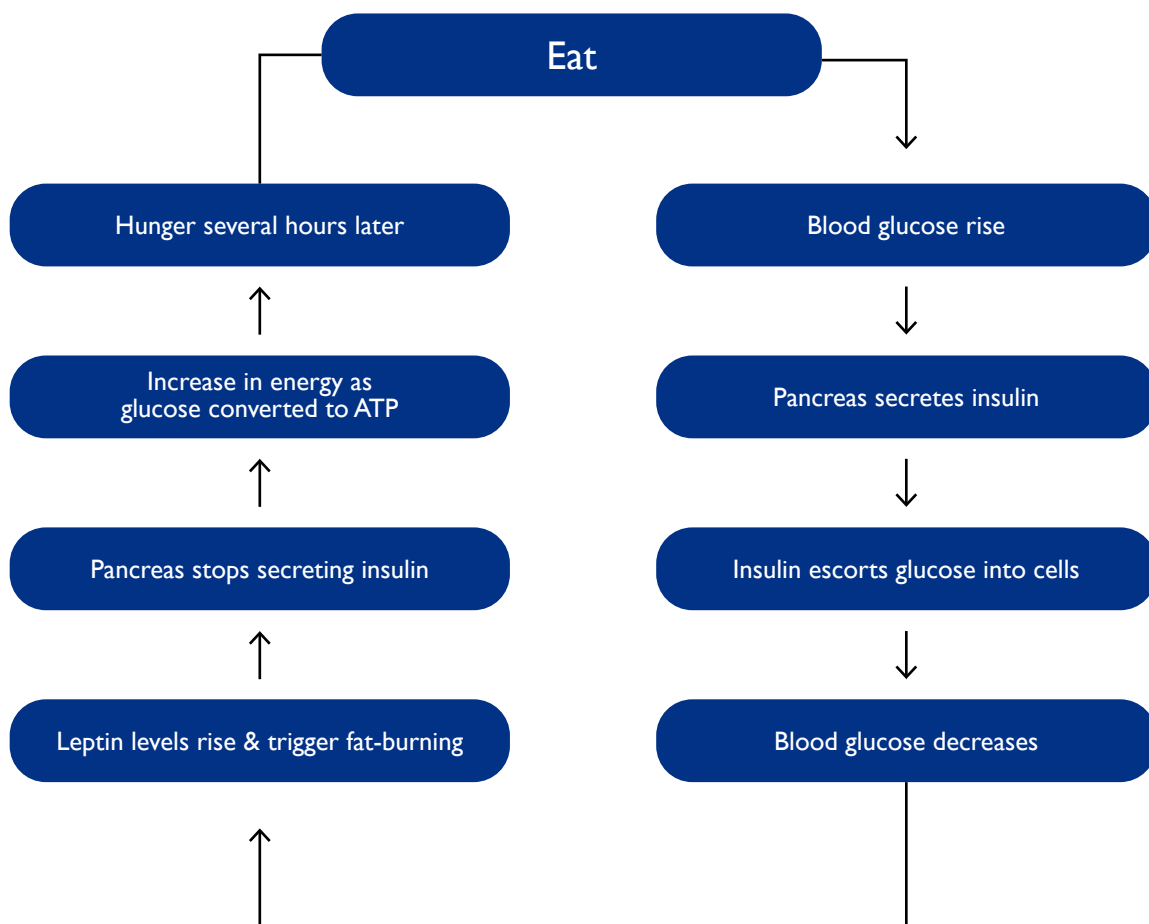
- Avocado-contains a unique weight loss friendly carb called mannoheptulose which has been shown to lower insulin secretion.
- Basil-improves insulin sensitivity
- Blueberries-contain anthocyanins that have antioxidant properties and contribute to improve insulin sensitivity
- Broccoli-contain sulforaphane, which is associated with decreased inflammation and assists in healing damaged insulin receptors
- Cinnamon-mimics insulin by activating its cellular receptors
- Cucumber-contains a substance needed by the beta cells of the pancreas to produce insulin
- Garlic-shown to increase insulin sensitivity and lower blood sugar
- Ginger-increases insulin sensitivity and decreases inflammation
- Maitake Mushroom-lowers sugars, insulin and triglycerides by improving sensitivity of cells to insulin

Most Important Supplements for Insulin Resistance and Belly Fat:

1. Magnesium
2. Chromium
3. Omega 3 fatty acid DHA



Normal Insulin Response to Food





Key #2: Burst Training

Burst training or interval style training is the most effective way to burn fat, including belly fat. Burst training is where one alternatives short bursts of activity with a recovery period.

The beauty of burst training is that it takes less time than traditional cardiovascular training and for most makes the time go by quicker.

You don't need any equipment to burst train such as running up stairs or outside. If you cannot run you can walk more briskly, then slow the walk for the recovery period. You can also burst train with the following pieces of equipment:

- Treadmill
- Elliptical
- Stationary Bike
- Jump rope

The interval method I like best is where you go hard for 30 seconds, followed by a 1 minute recovery period and repeat. If someone was using a stationary bike they would pedal fast for 30 seconds, then slow down and continue peddling at a slower rate for 1 minute and repeat the process for approximately 25-30 minutes.

Burst training can also be done doing jumping jacks, mountain climbers, burpees, fast squats, and squat jumps.





Key #3: Managing Cortisol Levels

Managing cortisol levels is one of the most important factors in reducing belly fat. Cortisol is a stress hormone secreted by the adrenal glands to help us cope with stress.

When one is dealing with high stress levels, the body will produce more cortisol which has the following negative consequences:

- Clinically shown to cause belly fat
- More likely to have cravings
- Breaks down muscle tissue making it harder to lose weight
- Negatively impacts the thyroid gland

When stress becomes chronic eventually high cortisol levels turn into low levels and lead to a deeper state of fatigue.

What You Can Do: Take time to practice a stress management technique such as meditation, yoga or deep breathing. This will help to balance cortisol levels (not too high and not too low) which will help you in many ways including reducing belly fat.

Supplements to Support Cortisol Balance

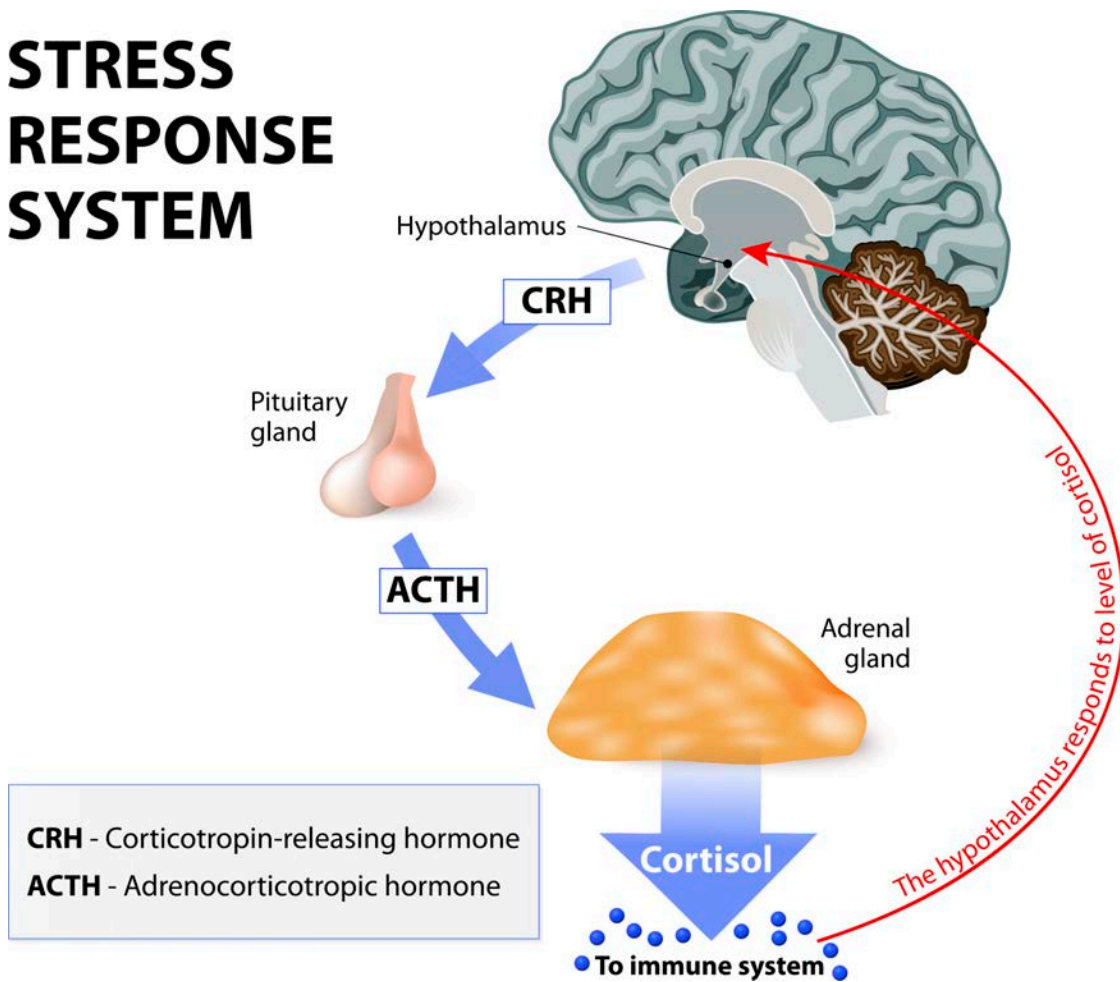
The following supplements will support adrenal function and help to maintain normal cortisol levels:

- Adaptogenic herbs
- B-complex vitamins
- Vitamin C
- Magnesium

B and C vitamins and magnesium are considered anti-stress nutrients that are excreted at a faster rate by someone under higher stress, and adaptogens are botanicals which help one become better adapted to stress.



STRESS RESPONSE SYSTEM





Product Recommendations

Adaptogens:

- Astra 8-Health Concerns
- Adrenosen-Health Concerns
- Vital Adapt-Natura Health Products

Stress Support Nutrients:

- B-supreme-Designs for Health
- Magnesium Glycinate-Pure Encapsulations
- Vitamin C-Pure Encapsulations

Supplements for Insulin Resistance:

- Magnesium Glycinate-Pure Encapsulations
- Omega 3 Fatty Acids-Nordic Natural
- Chromium Synergy-Designs for Health

Product recommendations can be purchased at Fullscript supplement dispensary (<https://us.fullscript.com/welcome/ereardon>)

Best taken under the guidance of a healthcare practitioner.



About Eric



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Eric Reardon MS, CNC, CPT is a Certified Nutritionist, Certified Personal Trainer and Functional Medicine practitioner. Eric has completed the Kalish Method Functional Medicine training program with Dr. Dan Kalish in addition to his nutritional training.

Eric specializes in weight loss and fatigue related conditions but also works with many health conditions including: hormone imbalances, gastrointestinal disorders, blood sugar dysregulation, allergies, ADHD, autoimmune disorders and more.

A lifelong athlete and collegiate baseball and basketball player, Eric has experience in cardiovascular and strength training programs which he utilizes with clients looking to improve their fitness level.





Schedule Your Free Strategy Session

Would you like help with your weight loss goals or a different health concern? Schedule a free strategy session and ask questions, learn more about services offered and see if individual counseling is right for you.



Visit us at crossroadstohealth.com to learn more.



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