

## **TEN REASONS YOU MAY NOT BE TRIGGERING YOUR FAT BURNING HORMONES**

### **1. Skipping meals and letting yourself get hungry.**

Skipping meals does not give your body the energy it needs to function and gives you an uneven distribution of calories throughout the day. Your body is pushed to severe hunger, which causes you to overeat – defeating the purpose of even skipping the meal in the first place! Skipping meals also slows down your metabolism, causing your body to store your food as fat, instead of burning it for energy.

### **2. Eating refined sugar and refined protein.**

*Everything* you eat is turned to sugar by your body – especially refined grains which very quickly turn to sugar. When you consume excess sugar, your body is overloaded and cannot metabolize it. That excess sugar is then stored in your body as fat.

P.S. Excess sugar damages your body's immune system, making it more difficult to fight off sickness and disease.

### **3. Excess sugar mixed with excess protein.**

We already know why excess sugar is burdensome to your digestive system. When you add protein into the mix, you create a perfect storm for fat storing. Excess protein is difficult for your body to digest and when your system is already trying to deal with sugar, that protein will be stored for “later use”, a.k.a. excess fat.

### **4. Overeating.**

Overeating stresses out your adrenal glands and will automatically throw your body into “starvation mode.” You will be holding on to that meal for quite a while, in the form of unwanted fat.

### **5. Consuming alcohol.**

Alcohol is created from grains or sugars that wreak havoc on your natural sugar levels, as well as your metabolism.

**6. Consuming caffeinated drinks such as coffee or sodas.**

Caffeine is considered an appetite stimulant that triggers the body to increase its energy stores, usually resulting in a craving for sweets.

**7. Exercising incorrectly.**

Anaerobic? Aerobic? The truth is, picking an exercise isn't as easy as it sounds. Your body is designed to be constantly moving at different paces throughout the day to properly trigger fat burning hormones.

**8. Too much stress.**

During periods of high stress, your body will resort to "fat storing mode." Not to mention, most people resort to overeating and emotional eating when stressed.

**9. Poor sleeping habits.**

You should be in bed by 9:00 or 10:00 at night. There is a critical time in the late evening, early morning hours when your body releases one of the fat burning hormones, but only while you are asleep. A body that doesn't sleep well is a body that produces fat storing hormones.

**10. Poor liver function.**

A toxic liver results in an overweight body. Your body is a fat burning machine and when it's not functioning properly, you will maintain your current weight despite all your other efforts.

You will be learning more about your fat burning hormones at tonight's seminar.

We'll also be sharing information about how you can get your body into **fat burning mode**, rather than **fat storing mode**.

If you have any questions, feel free to stick around afterwards and speak with the presenter!