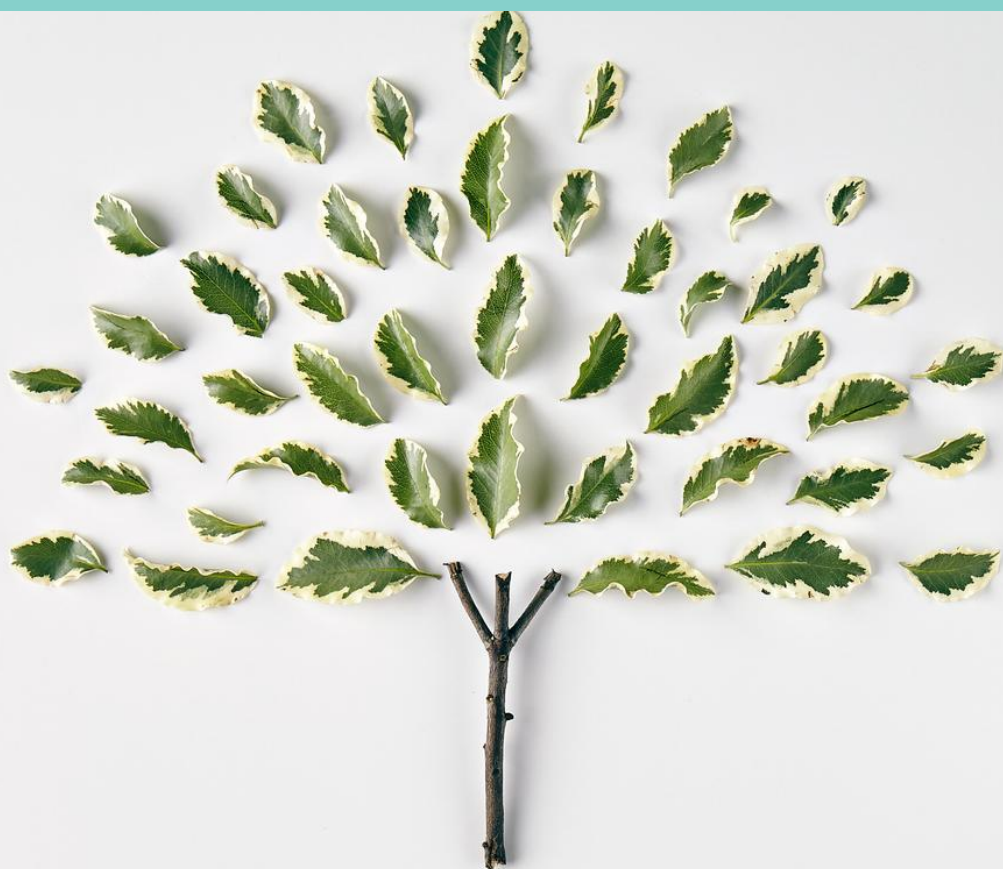


3 HORMONE HACKS TO MAKE YOUR BODY A PRO FAT BURNER

(Plus the #1 Habit That's Derailing Your Fat Loss!)





Picture this: Your alarm goes off and you're energized and eager to greet the day, even before your coffee kicks in. You go about your morning routine and see yourself in the mirror -- you like what you see! You're feeling lean, strong, and confident. Your mood is high and your stress is in check. You feel calm and capable! You begin your day with focus and clarity.

As the day goes on, you continue to feel a pep in your step! You enjoy your dinner and feel satisfied when you're done. You fall asleep easily, and get a restful night's sleep. You wake up ready to get your workout in and wow! -- you even feel leaner than yesterday!

Magic, you say? Nope, just **hormones that are in sync and working together to make your fat loss dreams come true!!**

Hormones are chemical messengers that "make or break" your body's ability to burn fat! Read on to learn how to make your hormones your fat loss secret weapon!

HACK

1

WHAT: Intermittent Fasting (IF) – the hormone home run!

WHY: When you fast, insulin levels go down and fat cells release stored sugar to be used by the body instead of converted to fat. IF enables insulin levels to decrease low enough and long enough so that your body burns fat off!

IF also:

- Regulates insulin sensitivity, which prevents chronic diseases.
- Balances ghrelin levels (the “hunger hormone”) to control appetite and cravings.
- Promotes human growth hormone production to help burn fat, build lean calorie-burning muscle, and promote anti-aging in the body.

HORMONE HACK: Start by pushing your first meal of the day back gradually! You can do it!



HACK # 2



WHAT: Eat sources of whole foods – a fat loss must!

WHY: Whole foods replenish and stabilize hormone levels. When you fuel with whole foods, you are giving your hormones the tools they need to thrive. Processed foods and trans fats, on the other hand, cause major hormonal disruption-- bringing fat loss to a halt.

- **Fibrous** and cruciferous foods help metabolize estrogen.
- **Healthy fats** are the building blocks of hormones.
- **Complex carbohydrates** regulate cortisol, melatonin, and hunger hormones.
- **Lean protein** builds and repairs tissues, assists in lean muscle preservation, and helps with hormone synthesis.

HORMONE HACK: Swap out processed snacks for whole food options like a banana with almond butter, hard-boiled eggs, nuts, hummus and veggies, and homemade oat balls. Your hormones will thank you!

HACK # 3

WHAT: ZEN ZEN ZEN – a stressed body is a fat-storage paradise!

WHY: Elevated stress levels wreak havoc on your hormones and metabolism. If you're looking for a surefire way to store fat -- stay stressed. Stress comes in many forms from undereating and overexercising to PTSD to chronic day-to-day stress that builds up over time. Here's why your hormones need you to get zen:

- **Stress** raises cortisol, which causes you to store fat, especially around your waist.
- **High** cortisol also causes fatigue, depression, cravings, and worse!
- **Cortisol** suppresses your immune system, making you more susceptible to illness.

HORMONE HACK: Take deep breaths, practice gratitude, and prioritize self-care rituals!



BONUS TIP: Your daily weigh-in habit is derailing your progress and your hormone health.

Torturing yourself over that number on the scale each morning? Weighing yourself daily can become an obsessive and stressful behavior - hello cortisol spike and emotional rollercoaster! Not only does scale weight fluctuate based on a variety of factors aside from fat loss progress (such as sodium intake, digestion, and water intake) your preoccupation with that number can cause you to ignore the root cause of what's wrecking your hormones and what's truly causing you to gain and store fat. There are far better - and more hormone friendly - signs of progress to record!

BONUS HACK: Make note of your energy levels, workout performance, mood, hunger and cravings, skin quality, and the way your clothes fit in favor of relying on the scale to measure progress.

HOW TO BALANCE YOUR HORMONES:

In review, three of the best ways to balance your hormones include safely implementing intermittent fasting, consuming the right amount of whole foods, and eliminating stress.

Unfortunately, if you try intermittent fasting without guidance, and do not consume the proper amount of macronutrient and micronutrients to support your hormone health, you will do more harm than good.

It is possible to damage your metabolism and cause a hormonal imbalance if you do not have the knowledge and resources necessary to succeed. That's why we suggest you join the FASTER Way where we provide a step-by-step plan and daily guidance to help you thrive. If you're eager to balance your hormones, increase strength, experience long-lasting energy, and accomplish your goals once and for all, we've got you.

"The person on the left tried every diet program. They were all restrictive and foods were either bad or good. She ate under 1200 calories.

*The person on the right eats lots of whole food nutrition and has food freedom... no bad foods ... no good foods ... **NO GUILT.***

*She eats almost 1700 calories. After losing 100 pounds and gaining back 35 pounds, I knew I would not go back to restrictive diets and under eating. There had to be a better way. **At 62, I joined a FASTER Way and lost almost 17 inches and 11 pounds!"** -Debbie*



REGISTER TODAY

OUR NEXT ROUND IS STARTING SOON!

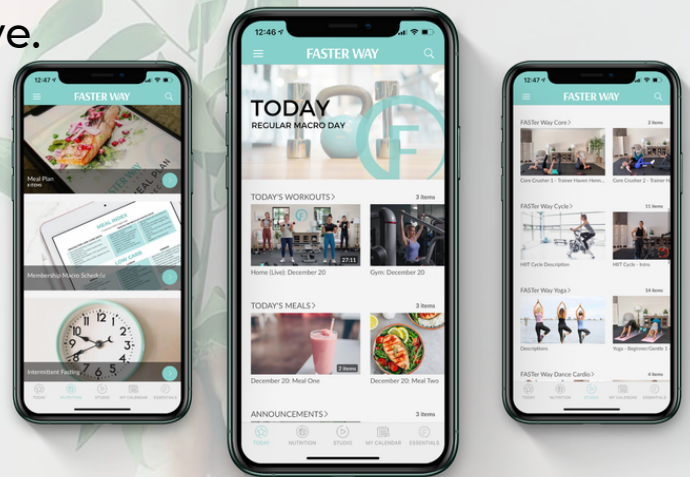
Don't wait to register! When you join the FASTER Way you'll receive:

- Comprehensive training by a Certified Coach
- Daily accountability and unparalleled community support
- Our highly-rated app
- Daily 30-minute workouts with modifications for all fitness levels
- Weekly meal guides with simple recipes (and no crazy ingredients!)

But the best part? You'll have the energy to play with your kids, the confidence you didn't realize was gone, and the health to live the life you deserve.

Join today and receive immediate access to the app!

Try the workouts and meal guide BEFORE our next round officially launches.



REGISTER TODAY