

3 Secrets to Burning Belly Fat!

BELLY FAT!!!! Just the words make you cringe. Where did belly fat come from, and why can't you get rid of it?

My guess is you are already doing everything you think you should be doing. You are eating low-fat meals (like having Kashi cereal with skim milk and banana for breakfast), and maybe even walking a couple of times a week. Yet you are watching your belly get bigger, and your body no longer feels like your own.

My hope is this report will help you understand what is happening, so you can reverse this situation and get your belly fat under your control.

Why do I call this report the 3 SECRETS to burning belly fat? Because you won't find these secrets in popular magazines. Biochemistry can be a little complicated and most people want simple answers. Popular magazines give people simple answers, but unfortunately, they aren't always real solutions.

I want to give you real solutions that I know WORK. At the same time, I don't want to overwhelm you with all of the complicated science. Therefore, I have referenced the books that I used to uncover these secrets. If you want to read the science and reference the studies, I suggest reading these books.

I hope you enjoy this report and find these SECRETS to be the keys to unlocking your body's ability to burn away belly fat once and for all.

#1 Secret: It's all about BALANCE!

Food is the most powerful drug you will ever take! And you eat almost every day of your life. If you want to burn belly fat, the first thing you must do is balance your macronutrients – those are protein, carbs and fat -- every time you eat! Yes, you shouldn't eat more calories than you burn, but where those calories come from is just as important.

Although the human body is much more complex than a car, this is a good analogy. If you put the wrong fuel mix into your car, it won't run very efficiently for long. It's like putting regular unleaded gas into your Mercedes. After a while, the Mercedes is going to run roughly.

The same thing happens if you put the wrong fuel mix into your body. If you are giving your body the correct fuel mix most of the time, you'll feel your best. If not, then you won't be able to function optimally.

So let's talk fuel mix. I like to begin this discussion with carbohydrates. Whenever you eat carbohydrates (which are anything grown in the ground, like veggies, fruit, grains, sugar and rice), they are broken down into some form of sugar. When this happens, the level of sugar in your bloodstream goes up.

This signals the brain to have the pancreas release the hormone insulin. Insulin's job is to go into the bloodstream, attach to the sugar molecules and pull them down into your 100 trillion cells. Your cells use this as an energy source, but most of us don't need much sugar at any one time.

*Did you realize your body only needs about 1 teaspoon of "sugar" for the day to perform optimally? Most Americans' consume around 24 tablespoons a day!!!!

The Problem with Too Much Sugar

So what happens to the excess sugar/insulin? A little gets stored in the muscle, but the rest goes into the liver to be turned into a storage form of fat.

When you have excess insulin in your system, several things will be true. First, you will find yourself hungry soon after eating!!! Insulin is the hunger hormone. Think about it. How do you feel a couple of hours after you've eaten the cereal, skim milk and banana? My guess is you are hungry! And what you are craving is more carbs!

We know eating breakfast is so important to good health. But people always tell me they don't eat breakfast because when they do, they are hungry all day long. Absolutely! It's not that they ate breakfast. It's WHAT they ate that causes the excess hunger.

Insulin is also the fat-storing hormone. When you have excess insulin in your system, you will always be a sugar burner. You'll be burning down the stored sugar in your system. What you want is to be a fat burner! You want your body to be burning its own body fat for fuel. That's how you are going to get rid of that belly fat. By using it for energy!

Regulating Insulin Levels

So now it becomes clear that you need to figure out how to reduce your insulin levels!

There are two ways that insulin is stimulated. One way is by eating too many carbohydrates for the amount of protein. Here's why. When you eat protein, it stimulates the pancreas to secrete glucagon. Glucagon is the fat BURNING hormone. It helps to balance out the insulin response. Therefore, the key is to figure out the correct balance of protein grams to carbohydrate grams in order to put you into your fat-burning zone.

The second thing that will stimulate insulin is eating too much food at any one time. The common habit of not eating for long periods, and then stuffing ourselves because we're starving, is a prescription for obesity.

Nutritional Key

Eat 5 -6 small balanced meals throughout the day to keep insulin levels steady and allow the body to burn body fat for its excess energy needs.

At the end of this report, I've listed my favorite books that outline in detail the metabolic processes that take place, and why it's so important that you find your macro-nutrient and calorie balance!!!

Secret #2 – Relieve your stress and watch that belly deflate!

Many of my clients have desperately tried to lose weight on their own, bouncing from one plan to the next. But they've rarely been able to make a dent in their weight. In fact, most have gone from bad to worse by following the standard advice of "eat less and exercise more."

The truth is, it's almost impossible to eat less when there is a little devil on your shoulder born from insulin and leptin resistance, constantly whispering "eat more, get fatter."

This devil is the inability of the body to use energy correctly to maintain health and life. Instead of burning off extra fat, as our bodies were meant to do, the body hoards it. Going on a standard low calorie diet will just aggravate it. If you don't treat the underlying cause of this metabolic glitch, you will never cure your weight issues.

I just discussed how the key to weight management is in balancing your protein and carbohydrates, while keeping the nutrition high and calories low. This is to give your body the opportunity to reset its metabolic processes to shift from being a sugar burner to being a fat burner.

We have been told for many years to eat a high carbohydrate, low fat diet. And you see how well that's worked! What it's done is created a nation of people with insulin resistance who can't figure out why they feel terrible and can't stop gaining weight in their torsos.

The problem is, the human body was never meant to use sugar as its primary fuel. Sugar is the body's turbo-charger fuel. It's the fuel you are supposed to use when you need a sudden burst of energy.

How Stress Causes Weight Gain

You've heard of the "fight or flight" response, which is sometimes called the stress response. The fight-or-flight response is our body's prehistoric method of dealing with stress. It is the mechanism that enabled our ancestors to escape from a charging saber-toothed tiger. Without this response mechanism, we wouldn't be here today.

When you are exposed to a stressful situation, the adrenal glands begin to pump out stress hormones to help our bodies cope with immediate danger and prepare for extreme exertion. Blood pressure rises, the heart beats faster, the blood clots easier in the event we are injured, and the flow of blood is routed from the digestive system to the muscles where it is needed to fuel our escape. As all of this happens, stress hormones send blood-sugar levels soaring to provide turbo-charging fuel that can be burned anaerobically (without oxygen).

You burn sugar very quickly when you are running for your life to get away from a tiger. When the immediate danger is over, your cells should revert to fat burning and your body should get back to normal.

What happens when you stay in a continuous stressed out state? The body continually uses sugar as its primary fuel. The resulting insulin and leptin resistance will lock you in a sugar-burning mode, simulating this fight-or-flight response.

Even though you might not know it, your diet becomes one of the biggest stressors in your life, constantly triggering your sympathetic nervous system, whether or not there is an actual danger or stress. You are constantly in a "fight-or-flight" turbo-charged mode and will undergo more and more wear and tear. You will, as would your car engine if continually revved, quickly wear out, age, and become diseased.

The Damaging Results of Stress and Insulin

The vicious cycle born from (partially stress-induced) insulin resistance can have a catastrophic effect on every organ system in the body. Fat begins to accumulate in places where this should not happen, such as around the waist. This common condition known as "midline adiposity" is a major cause of insulin and leptin resistance. The fat you can see on your body is only the tip of the iceberg. The fat you don't see can be even more dangerous. Fat deposits accumulate around and within internal organs like the liver.

This triggers the liver to produce even more glucose, thus raising blood sugar and causing a further rise in insulin and insulin resistance. Some of that extra fat also accumulates inside the arteries, which increases your risk of heart disease.

So now you see why being a constant sugar burner is not a good thing. Even when you are asleep, your body will continue to burn sugar. Once your cells deplete the sugar stored in your liver, they will break down protein from your muscle and even bone to burn as sugar. As long as there is sugar to be had, and your hormones are telling you not to burn fat, your cells won't dig into your fat stores no matter how many pounds of excess fat you have waiting to be burned.

Reprogramming Your Body to Burn Fat

As long as you continue to eat a high carbohydrate, high sugar or excess protein diet, your body will continue burning sugar and storing fat! You will need your sugar fix, and you will remain insulin and leptin resistant and stay hungry as a result of your brain's inability to "hear" your cells talk.

In order to break this vicious cycle, you need to retrain the brain to instruct the cells to burn fat as the body's primary fuel. That's what the [Take Shape For Life](#) program does. It teaches your cells to burn off excess fat from your tummy, thighs, rear and other places where you don't want it (like your arteries!). As a bonus, you won't get hungry because your cells are being well fed and properly nourished. You will feel better, look better and be healthier!

[Contact Renee](#) to learn more about the powerful [Take Shape For Life](#) program.

Implementing Stress Management

Now you understand why it's even more difficult to lose weight during stressful times in your life. Unfortunately, for so many of us, much of life is stressful. Stress affects every aspect of our health. This is why it is critical to learn and USE stress management tools.

One of the simplest things you can do is to stop for a moment and concentrate on your breathing. Take a long deep breathe through your nose. Follow the breath down into your belly. Feel the belly expand then fill up until you feel your chest expand too. Hold it for a few seconds and let it out slowly through your mouth. It has been proven that just doing a few deep breaths like this can significantly lower blood pressure.

There are many great books on meditation and other stress relieving activities. You can find several stress management [Resources](#) at my website. Find something you'll do on a consistent basis. Try to remember that stressful things are always going to happen. It's how you respond to them that is important. Pay attention to your thought processes and try to let go of trying to control everything and everyone in your life. It doesn't work. All it does is cause your body to constrict, stress out and stay heavy.

Secret #3 – It's all about building spinal muscular density!

Let's now move away from the food issue, and on to movement. Not just any movement, but movement specifically designed to reduce belly fat.

I'd like to dispel one myth that is so strong I'll probably be tarred and feathered for even suggesting it's wrong. But my experience with hundreds of women has proven it to be so. Burning belly fat is not just about doing a ton of cardio work. It's about building the density of the muscles that attach to your spine -- otherwise known as your CORE.

We tend to "age" muscularly from the inside out. This means if we are not using those deep core muscles on a daily basis, then they will start to atrophy. Most of us do use our large muscle groups like in our legs and arms. But we don't use these deep core muscles on a daily basis. We aren't stretching sideways or doing much twisting movement that would activate these muscles.

How Core Muscles Control Belly Fat

Core muscles tend to use sugar for fuel. So when they start to atrophy, you'll find yourself gaining in the mid-section without having any change in your eating habits. What is happening? You are losing the ability to burn away some of that excess sugar due to loss of abdominal muscles.

If you've ever done bunches of crunches yet still had a poochy belly, here's one reason why. Traditional crunches focus mainly on the upper abs, the region just above your belly button. That leaves out three portions that make up your midsection: lower abs, obliques and transverse abs. However, when you workout using the [T-Tapp](#) stance – shoulders back, butt tucked under, and knees bent while pushing out to your little toe – every single movement in the workout engages every single muscle within the abdominal area. In addition to that, [T-Tapp's](#) full muscle fiber activation can uplift, cinch, tighten and tone abdominal muscles like never before. It's like getting a "girdle" effect with your muscles, and you don't have to do one crunch or sit-up. It can be done while standing!

The Back-Fat Dilemma

Remember, you have a front and back side to your torso. When you stand up straighter or suck in your tummy, your belly instantly appears flatter. But there is no comparable technique to suck in back fat.

Back fat is also a phenomenon that often plagues people over the age of thirty, regardless of activity level. We call this "fat shift" a reflection of internal core density. As your posture becomes less straight, the spinal muscle attachments become less active. Active muscle tissue prefers fat for fuel and excess glucose in the body converts to fat. But since these posture muscles aren't being activated, less fuel (both glucose and fat) is needed. Thus, back fat starts to

accumulate. It's important to do movement that engages both the front and the back of the torso, and that's what [T-Tapp](#) does!

T-Tapp Reduces Belly and Back Fat

[T-Tapp](#) exercises are designed to stimulate the body to use glucose as fuel to support this new muscle movement instead of storing the glucose as fat. Muscles are more metabolically active than other body tissue, meaning they are little calorie-burning machines. In fact, studies show that every pound of muscle you add increases your metabolism by thirty-five to fifty calories per day!

Traditional exercise builds, at most, five pounds of muscles in a month or two. T-Tapp builds internal core muscles faster – up to five to seven pounds in as little as one week! So in essence, you can raise your calorie-burning power by as much as 350 calories per day, while cinching in and up!

Increasing your muscle density is like increasing the size of the engine in your car. Everyone knows that larger engines require more fuel while idling (resting), as well as while cruising down the highway (exercising). So, by building more muscle, you not only gain the strength to work harder when exercising, but you also enjoy the benefits of the “after burn.” In other words, you condition your metabolism to continue torching calories even when you are at rest.

If you are getting great results by doing traditional exercise, then I say “DO IT!” I'm all about what works for each person. But if you are doing your cardio and weight training and not seeing the results you are looking for, then I suggest trying this secret workout. I've been doing and teaching it for seven years, and have been amazed at its power to transform bodies and lives.

My Suggested Reading List!

- If you are interested in more in-depth information about the science of macronutrient balancing, I suggest getting Dr. Barry Sears' new book called *Toxic Fat: When Good Fat Turns Bad*. It's the latest in his series of Zone Diet books, and it is an excellent primer with much new research on how to reduce belly fat and internal inflammation. While I love his work and believe in his research, I have found most people have a hard time following his nutritional advice due to the commitment required in shopping, preparing, cooking and weighing out the foods.
- The [Take Shape For Life](#) program follows the nutritional advice but gives us easy-to-use tools that make it “do-able” for the busy adult.
- The next book I love is called *The Rosedale Diet* by Dr. Ron Rosedale. Dr. Rosedale does a great job in explaining the insulin/leptin/stress

connection. Great read.

- *Fit and Fabulous in 15 Minutes – Lose 2 sizes in 4 weeks with the T-Tapp Workout* is the first book written by Teresa Tapp. It is an excellent resource guide on the benefits of incorporating the T-Tapp workout into your health program. This book also includes a bonus DVD that shows Teresa demonstrating a few of her signature moves.

Good luck in your journey to good health! Please [contact me](#) for more keys to optimal health.