



- 1. FITNESS**
- 2. FAT LOSS**
- 3. FOCUS**

3 **Essential** Special Reports to help ramp up your results

As part of your gift I wanted to provide you some additional information to help in your transformation.

It's been said that abs are made in the kitchen. While I believe that finding true health and fitness requires many things, nutrition is certainly a big one.

SPECIAL REPORT #1:

Your Misfiring Metabolism...and How to Fix It

In some cases, inflammation can be the root of all evil.

Don't get me wrong, inflammation has its place in the body. But talking about diseases and disease processes, you want to stay away from inflammation.

Inflammation can ruin healthy fat cells, rendering them unable to do their job.

Not good! But there is help on the way.

Adipose tissue, also known as your belly fat, thigh fat, and underarm fat, may release hormones that keep your metabolism humming like a Ferrari.

Is there a downside? Unfortunately, there is. When your fat cells are sick, your fat burning engine sputters and needs a major overhaul.

Why? Cytokines! They ARE the enemy and can hinder your overall fat loss.

Cytokines also increase inflammation. Cytokines can increase your risk for developing diabetes, becoming obese, or other complications closely related to metabolic syndrome.

How?

They make your fat cells dysfunctional and your fat cells become resistant to friendly hormones.

Hormones, like Leptin, Resistan, and Adiponectin (there are plenty of others too) help the body process fat and use it as energy. Increased levels of these hormones help us lose weight and keep our metabolism rolling.

One cytokine, in particular, is worse than all others. You see, too much TNF- α may spike inflammation in your body, making your cells resistant to friendly hormones!

Cytokines, like TNF- α , can act as an ally and an enemy. As an ally, TNF- α attaches itself to cancer cells and destroys them. On the enemy side, increased levels of TNF- α have a pro-inflammatory response limiting the cells' ability to burn stored fat and sugar.

And when TNF- α is present for long periods of time, it may lose its ability to destroy cancer cells (some patients with cancer, where TNF- α was high, showed decreased activity in TNF- α 's ability to fight off the cancer cells).

High levels of TNF- α is also expressed by increased inflammation. Your doctor usually determines how much inflammation is in the body through a blood test. This test determines the level of C-reactive protein, which is an indicator of inflammation in the body. High TNF- α levels raise C-reactive protein levels in the body.

Not only can TNF- α cause inflammation, it may also cause insulin resistance, which is extremely common with obesity and metabolic syndrome.

Now, when fatty acids are released by your fat cells, hormone-sensitive lipase (HSL) splits one molecule, sending it to be burned and used for energy.

What is left is another molecule of fat. Lipoprotein lipase activates, breaking it down and sending it off. So you have two, that's right, two molecules which are processed and used.

But here's the problem: Increased TNF- α levels may decrease lipoprotein lipase (LPL), which leads to less fatty acids broken down. This then leads to fatty acids making their way to other cells and organs to be stored. You would think they would be stored for later use, but you would be wrong.

This excess energy is then stored in organs like the liver, which leads to higher inflammation levels. This results in other complications.

All from the release of one cytokine! Guess what?

Obesity may increase TNF- α levels in the body. And this increase may inhibit your cells' ability to utilize insulin released by the pancreas.

How does this happen? I am so glad you asked.

Your fat cells have a specific receptor on the surface, which helps insulin bind to it. When there is an over-expression of TNF- α , the enzyme activity for this receptor is decreased, leading to insulin resistance. Wow!

Not only can it interfere with the insulin receptor site, it also interferes with insulin signaling, disrupting the normal secretion by the pancreas.

So, your diet is loaded with fat; and you know it's bad for you. But do you know just how bad it is?

A high-fat diet increases the activity of TNF- α , which produces more inflammation and insulin resistance. With an Increase in TNF- α activity, you also see a rise in Leptin.

Now, you may (or may not) know that fat tissue releases Leptin, which tells your brain that you are full. But, when you are overweight, you have higher levels of bound Leptin.

And bound Leptin has a harder time making it through the blood brain barrier. So now you don't know when your body may not recognize when you are full.

Also, and this is important, your body can become resistant to Leptin, which causes higher cortisol levels. High cortisol levels may also make you store fat. This vicious cycle just keeps spinning, leaving you no way out.

When you are overweight, TNF- α levels increase, leading to all sorts of metabolic complications.

But:

There may be a way to decrease TNF- α expression, and help you successfully lose weight and decrease inflammation.

First, you have got to start exercising and eating right!

This may help reduce your body fat stores. Plus, the more weight you lose, TNF- α levels may also decrease. Also, Adiponectin increases, helping you to burn EVEN more fat.

By decreasing TNF- α expression and your body fat levels, you may see an increase in free Leptin molecules, which now can tell your brain when you are full.

Also, amazingly enough, you are allowing your body to become sensitive to hormones again!

Plus, there is a greater possibility that your body may be able to utilize insulin again, shuttling sugar to the working muscles.

You may also be able to break down fatty acids and use them for energy.

Plus, and I mean a BIG plus, decreased TNF- α levels also reduce inflammation. Hooray!

The decreased inflammation levels will help your body regain sensitivity to hormones secreted by fat cells and other endocrine organs.

You are now in control of your body.

And now that you are in control again, you need to keep your belly fat levels healthy and active by losing weight and reducing your inflammation levels.

The key is your body, you now need to unlock your body's potential and use it to your advantage.

SPECIAL REPORT #2:

2 Simple Hacks That Accelerate Fat Loss, Give You Laser-Like Mental Focus and Help You Sleep Like a Baby

Hack #1: 16/8 Intermittent Fasting

Fasting has been practiced for thousands of years and is a staple across many different religions and cultures around the globe.

Today, new varieties of fasting put a new twist on the ancient practice.

16/8 intermittent fasting is one of the most popular styles of fasting. Proponents claim that it's an easy, convenient and sustainable way to lose weight and improve overall health.

This article reviews 16/8 intermittent fasting, how it works and whether it's right for you.

16/8 intermittent fasting involves limiting consumption of foods and calorie-containing beverages to a set window of eight hours per day and abstaining from food for the remaining 16 hours.

This cycle can be repeated as frequently as you like — from just once or twice per week to every day, depending on your personal preference.

16/8 intermittent fasting has skyrocketed in popularity in recent years, especially among those looking to lose weight and burn fat.

While other diets often set strict rules and regulations, 16/8 intermittent fasting is easy to follow and can provide real results with minimal effort.

It's generally considered less restrictive and more flexible than many other diet plans and can easily fit into just about any lifestyle.

In addition to enhancing weight loss, 16/8 intermittent fasting is also believed to improve blood sugar control, boost brain function and enhance longevity.

SIDEBAR: No official studies have been done to my knowledge, but there is significant anecdotal evidence, including my own, that **mental acuity and focus dramatically increases** when in a fasted state. It seems counter-intuitive because you'd think you'd be distracted by hunger pangs. Those thoughts do come and go, in the beginning. But just let them go... Really, that's what you do,

just let go of those thoughts, knowing you will be eating later and that you are fine. When you "release" from thoughts of hunger, your brain's bandwidth opens wide. It honestly feels like you freed up space on your "hard drive" to do more work, and focus on it more pointedly. I strongly encourage you to try intermittent fasting (as long as a doctor says you're good to go) for the fat loss effect, which is substantial, but also for the laser-like focus you'll get. Both are HUGE benefits in my book!

16/8 intermittent fasting is simple, safe and sustainable.

To get started, begin by picking an eight-hour window and limit your food intake to that time span.

Many people prefer to eat between noon and 8 p.m., as this means you'll only need to fast overnight and skip breakfast but can still eat a balanced lunch and dinner, along with a few snacks throughout the day.

Others opt to eat between 9 a.m. and 5 p.m., which allows plenty of time for a healthy breakfast around 9 a.m., a normal lunch around noon and a light early dinner or snack around 4 p.m. before starting your fast.

However, you can experiment and pick the time frame that best fits your schedule.

Regardless of when you eat, it's recommended that you eat several small meals and snacks spaced evenly throughout the day to help stabilize blood sugar levels and keep hunger under control.

Additionally, to maximize the potential health benefits of your diet, it's important to stick to nutritious whole foods and beverages during your eating periods.

Filling up on nutrient-rich foods can help round out your diet and allow you to reap the rewards that this regimen has to offer.

Try balancing each meal with a good variety of healthy whole foods, such as:

- Veggies: Broccoli, cauliflower, cucumbers, leafy greens, tomatoes, etc.
- Whole grains: Quinoa, rice, oats, barley, buckwheat, etc.
- Healthy fats: Olive oil, avocados and coconut oil
- Sources of protein: Meat, poultry, fish, legumes, eggs, nuts, seeds, etc.

Drinking calorie-free beverages like water and unsweetened tea and coffee, even while fasting, can also help control your appetite while keeping you hydrated.

On the other hand, binging or overdoing it on junk food can negate the positive effects associated with 16/8 intermittent fasting and may end up doing more harm than good to your health.

SUMMARY: To begin 16/8 intermittent fasting, choose an eight-hour window and limit your food intake to that time span. Be sure to eat a balanced, healthy diet during your eating period.

Hack #2: Eliminate These Foods

These Are The WORST Foods That Speed Up Aging and Fat Gain (beware)

There are certain foods that you're probably eating right now that are causing you to look—and probably feel—much older than you really are. These foods can make you feel sluggish and tired, harm your joints...your organs...and spike your blood sugar to dangerous levels.

But the worst part of this whole situation is:

The Average Consumer Doesn't Know a Particular Food is BAD for Them Because Oftentimes they're Labeled as "Health Foods!"

That's right...

Some of the WORST foods for your body and your health are labeled as "healthy" by the Big Food Corporations just so you will buy these foods.

But...

If you AVOID—or at the least limit—your intake of these foods, you could turn back the proverbial clock by 5...10...or even 20 years!

Imagine what looking—and feeling—10 years younger would do for your self-confidence...your self-esteem...and your overall mindset—that's powerful stuff!

But before we reveal the WORST foods that accelerate the aging process, I need you to understand a few things...

Every day, there are TRILLIONS of biochemical reactions going on inside your body—at any given time.

And when you eat foods (healthy or otherwise), certain reactions occur that 1) speed up the aging process—making you age FASTER than your real chronological age, or 2) fight back against the aging process—kind of like an imaginary "Fountain of Youth."

Eat the WRONG foods (like the list we have in store for you), and you can almost guarantee that you'll age FASTER and LOOK (and FEEL) 10 or 20 years older than you really are.

No thank you!

But when you eat the RIGHT foods, I can almost promise you will start to look—and feel—about 10 to 20 years younger!

The reason for this sudden shift in your appearance or your energy levels has to do with three very distinct processes that occur in your body.

They are: glycation, oxidation, and inflammation!

(On a side note: Aging doesn't just refer to graying hair, fine lines, or wrinkles. Aging also refers to how well your organs are working...if your joints become achy and inflamed...and if you're struggling to control issues like cholesterol, blood pressure, and blood sugar.)

Now, as much as your good looks and your knock-me-out smile are important indicators of the aging process...

...they are not the only indicators of how FAST your body is aging—and how your body will perform in the next 5...10...or even 30 years!

Now, you're probably thinking that sugar (in all forms) and trans-fats would be the major culprits to FASTER aging—and you are correct.

Both sugar and trans-fats are responsible for HIGHER inflammation...HIGHER oxidation of cholesterol and other things in your body.

(Trans-fats found in items such as Margarine, for example, destroy hydration (the amount of water in your body), which speeds up the aging process—and causes those fine lines and wrinkles to start appearing.)

As bad as the other two are...

...these foods are EVEN WORSE and age your body—from the inside out—faster than the blink of your eye!

The WORST PART: They're foods you probably wouldn't even consider to be BAD!

Without delaying any longer, these are the WORST foods you can eat—all due to how FAST they make you age!

Let's dive in and get your feet wet...

The WORST foods that age you FASTER are:

1. Bacon, Cured Meats, and Ham

Bacon, ham, and cured meats are packed full of preservatives in order to keep the meat fresh and prevent it from rotting.

And it's these preservatives that are the EXACT reason why your body looks 10 years older! These preservatives cause free radical development to occur in your body.

When your body is FLOODED with free radicals, your body is at a higher risk for oxidation of your healthy cells and your DNA.

And when this occurs, not only do you age faster, but you're putting yourself at a much greater risk for developing cancer, diabetes, or other age-related health issues.

2. Pasta, Instant Oatmeal, Pretzels, and Bagels

I am sorry to be the bearer of bad news, but some of your favorite foods have hit the list. Pastas, white bread, bagels, and instant oatmeal have all been shown to accelerate the aging process in your skin.

The main reason: Sugar. Many of these foods are stripped of their nutrients, only to later be "enriched" through chemical processes.

What you're left with will not only destroy your skin, but will create many different problems with your skin.

3. Alcohol

Everyone knows that alcohol is bad for your body. But did you know that it could age you FASTER than many other drinks on the market?

It's true! Besides being heavy on calories and sugar, alcohol may also rob your body of a very important vitamin. And that is Vitamin A.

Vitamin A is a powerful antioxidant that's important for cell renewal and turnover. Without higher vitamin A levels, you may find yourself with higher free radical development, which again, puts your body in an accelerated path for aging.

4. Wheat-Based Foods

Wheat-based foods have been touted as a way to improve your health and stabilize your blood sugar due to the higher fiber content found in wheat-based foods.

So why is it on the list?

Wheat-based foods may cause spikes in your blood sugar, which could lead to more oxidative stress...free radical development...and inflammation.

The reason: Amylopectin-A. This carbohydrate that's found in wheat products, has been shown to spike blood sugar levels HIGHER and FASTER than any other product out there.

This, in combination with the pasta and breads from above, could be very dangerous for your health—and could age you faster than you probably want.

Oh, I forgot to mention one thing...

There is a really fun and cool side effect to cutting out (or limiting) your intake of these foods;

Accelerated fat loss!

So, not only are you going to slow down the aging process, you're also going to have a slimmer, toner, and FLATTER body that would rival most young adults or even middle-aged adults!

Obviously limiting these foods would be ideal in order to slow down the aging process (and drop some of these unwanted LBS.)...

SPECIAL REPORT #3:

Healthy Snacks

For this 3rd report I'm keeping short and sweet. One of the most common questions I get is about snacking. People want to know which snacks are OK and which should be avoided.

Well, I compiled a list to try and take some of the guess work out of it for you.

Healthy Snack Ideas

Yogurt- plain and FULL FAT! Optional: with fruit and/or nuts.

Cheese - with fruit or veggies.

Hardboiled eggs -with sea salt. Optional: w/cucumber slices, avocado.

Nuts

Nut butters - almond, cashew, peanut or walnut butters (good quality here is important). With any raw veggies - celery, carrots, etc. Apple slices work great too.

Dill pickles (preferably homemade) - Optional: with cheddar cheese (it really works!)

Avocado - plain or w/squeeze lemon or lime and sea salt. Optional: with cucumber or tomato slices.

Smoothies - possible ingredients: plain whole yogurt, berries (frozen or fresh), nuts, flax seeds, avocado, coconut water, coconut oil, coconut butter, fresh or dried coconut meat, honey, maple syrup, coconut milk, rice milk, almond milk.

Hummus and veggies

Meats- possibilities: leftover chicken or turkey, a few slices nitrate-free lunch meat (with a few slices of cheese), good quality beef or turkey jerky (try to find low sugar varieties), salmon jerky

Kombucha

Coconut Oil - (spoonful) - Optional (though highly recommended): w/a spoonful of the nut butter of your choice.

Canned salmon and tuna - with good quality mayo (preferably homemade) and chopped up veggies – onions, peppers, celery, etc. Optional: roll in a nice big piece of lettuce such as romaine for a makeshift wrap – great for lunch too.

Lox and cream cheese - with veggies of your choice.

Kale chips - Remove leaves from stems and tear into small pieces. Drizzle in olive oil and sea salt and bake at 350 until edges are brown but not burnt for 10 -15 mins. Deelish!

Now that you've read the 3 Special Reports it's time to get going and make it happen!

If you haven't started yet, e-mail me at billy@lifitnessbootcamp.com. If you have started but have any nutrition or supplementation questions, e-mail me as well

