

# This “Fat-Burning, Toning & Health System” has 3 components.

Here are your steps for Week 1:

## 1. STOP:

So, do this starting today:

- Drink only water, tea or coffee for the next 21-days. Don't add sugar. You can add Stevia or honey (a little bit).
- No Fast Food
- No Deep Fried food (fried chicken, etc.). High temp cooking in oil creates a toxin (a poison) called Acrylamide. It disrupts your stomach and intestines and can cause cancer.
- No candy, sweets, cookies, cupcakes,...you know what I mean.
- No breads from the grocery store. (Sour dough and homemade bread is okay).

To start priming your body for fat burning, it's important to follow these instructions immediately and continue diligently for the next 21 days. These things are preventing your body from functioning properly (especially your metabolism). Until you remove these from your diet, you will struggle to burn fat.

## 2. INTAKE:

- Don't eat first thing in the morning.
- Eat between 10am and 8pm
- Eat only 2 meals per day. NO SNACKING.
- Eat until you are 60% full.
- No simple carbs past 3pm every day (breads, fruit, rice, pasta, etc)
- After 3pm, only protein and veggies.
- Take [Jiaogulan](#). It helps target your AMPK enzyme for improved metabolism. [See the one I take here.](#)

IMPORTANT:

“Hunger” feeling is **good**, not bad. Allowing yourself to feel hungry at least 2 times per day leads to increased growth hormone (GH) production and it's important for anti-aging and fat loss.

**Most Americans have been conditioned** to satisfy their hunger immediately (by profit seeking corporations). So they reach for chips, cookies, popcorn, or whatever is within grasp. This hurts you. Don't fall for it.

**Every time you put something in your mouth**, insulin is spiked. The more often you snack, the harder to burn fat. So don't do it.

Remember, "hunger" is good...not bad. Eat only 2x's per day.

### **3. MOVE:**

Muscles are the predominant force for fat burning. Weak muscles lead to atrophy and imbalance. Insulin fails to be effective in opening the keys to the cells for proper glucose absorption. This leads to glucose being stored as glycogen in the liver (which can lead to "Fatty Liver") and fat.

There are 12 muscles commonly weak on most people that lead to fat gain. Do this to target those muscles and start burning more fat.

#### **[This is a basic sequence #1.](#)**

##### **IMPORTANT**

- Some require a more advanced version for max results. And some may require modification if it's too difficult.
- If any of these movements increase a pain you might have, skip it. Don't do it. Continue with the ones you can do.
- You will feel a burning sensation in the muscles during movement. That's normal. Burn is required for muscles to grow stronger.

### **That's it for Week 1!**

See you at the next [Group Class](#) and look out for instructions for week 2 in your email inbox. Make sure to **whitelist** [amanda@stinkybody.com](mailto:amanda@stinkybody.com) to make sure you get our emails!

##### **IMPORTANT NOTICE**

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First I'd like to start by saying that you are **learning something new**.

It's much like learning how to play the piano, cooking a new dish, or learning to play golf, you will make mistakes. It will take time to perfect.

Your results will be determined by how much commitment and dedication you put into it.