

The Secret to Becoming a Fat Burning Machine!



People frequently ask me how to lose the stubborn fat that diets they've tried just can't seem to get rid of. This is a big problem, even for people who are at a good weight and overall pretty healthy.

Fortunately, there is something you can do to melt always that stubborn fat, especially around your waist and hips, and this solution won't just stop there... **It will also lower your insulin levels!**

This is a really big deal, because insulin levels are a key component in degenerative diseases like Diabetes, heart disease, certain cancers, obesity, and even Alzheimer's.

The reason it will lower your insulin levels is that **right now, your body runs on sugar (That's BAD!)**.

In order for your body to create energy, sugar and carbohydrates, which are the drivers of insulin levels, are burned and churned through. This leads you to crave more and more – you guessed it – sugar and carbohydrates!

It's a vicious cycle that is leading you down the path to inflammation, bad cravings, and you guessed it, gaining weight!

So if you want to move your body into a fat burning state, instead of a sugar and carb burning state that you're in right now unless you've done something to alter it, you've got to follow these important steps.

(And as a bonus, doing this will help you drop any pounds and stubborn fat you're wanting to lose!)

So here it is... the secret to becoming a fat burning machine: Cut back on the bad inflammatory fats and start eating the right ones!

What does that mean?

There are fats that HEAL, and fats that KILL!

It's very important that you know the difference between good fats and bad fats. You know a chocolate milkshake is a bad source of fat, and that avocado is good, but why?

Omega 3 and 6 fatty acids are essential for life, and yet, our bodies don't produce them on their own. They must be consumed.

In an ideal world, like the one our pre-agricultural ancestors lived, the ideal ratio of these fats was 1:1. Both Omega 3s and Omega 6s served a purpose.



Let me give you an example. Omega 3s will thin the blood, and god forbid something happened and you were bleeding, Omega 6s would clot your blood. **BOTH mechanisms are essential for life, when they are in BALANCE.**

But here's the problem – the Standard American diet (SAD) includes so many more Omega 6 fats than 3s. There's no balance, and your health is paying the price! SO again, the ratio of 3s to 6s should be 1:1, no more than 1:4, yet the average American is 1:19 in favor of the inflammatory unhealthy Omega 6 Fatty Acids.

That creates a HUGE problem, because while a small amount of Omega 6 reduces inflammation, high blood pressure, and the risk of heart disease, **too much does the OPPOSITE!**

Too much Omega 6 fats contribute to inflammation in your blood vessels and joints, leading you down the path to heart disease, joint problems, weight gain, and even cancer!

And most Americans have an overdose of Omega 6! This is a big problem that leads to many of the diseases that plague our society.

Let's take a look at these sources of bad fats, or too much Omega 6 fatty acids:

- Safflower oil – this is the highest concentration of Omega 6
- Grapeseed oil
- Cottonseed Oil
- Soy and soybean oil
- Hydrogenated fats like you find in pizza dough, pastries, cookies, crackers, pie crust, and margarine, mayonnaise
- Canola oil
- Sunflower oil
- Shortening
- Peanuts and peanut oil
- Flax oil – this one is a surprise, huh? Flax is nutritious in moderation, but using flax oil for all of your cooking is too much Omega 6. In fact, almost all flax OIL is oxidized after manufacturing and really needs to be avoided (flax seeds are fine)
- Pasta sauces and Salad Dressings
- **Last but not least, indirectly from the animals that you eat** – this is a hidden source of unhealthy grains and Omega 6 fatty acids. These animals are fed these unhealthy fats and grains because they are cheaper and they fatten the animals up, and that goes directly into

your body, raising your levels of bad Omega 6 fatty acids. This includes farm-raised fish which is grain-fed.

On the flip side, here are the good sources of Healthy Fats to eat more of in order to create a healthy balance:

- First and foremost, a good quality Omega 3 Fatty Acid Supplement. Ideally take 3g daily. The liquid form is ideal but capsules will suffice. Aim for a fish oil with a 2:1 EPA to DHA ratio. Unfortunately, chia/hemp/flax won't cut it as they are not a direct source of DHA as is found in fish. They are ALA which needs to be converted in your body, and the conversion is very poor. Max conversion will be 5%, but more like 1%.
- Avocados, and avocado oil
- Raw nuts like almonds and macadamia nuts
- Chia seeds
- Hemp seeds
- Flax seeds (in moderation because these are an Omega 6 fat)
- Sunflower seeds (in moderation because these are an Omega 6 fat)
- Pumpkin seeds
- Raw nut butters like almond butter, coconut butter, and cacao butter. (There's a big caveat on this one though. Exclude peanut butter from the nut butters you enjoy. For more about why you should avoid peanut butter like the plague, check out [this blog post](#).)
- Nut milks including coconut milk, almond milk, and cashew milk. Unless you are [making your own almond milk](#) or [cashew milk](#) and sourcing your nuts from a farm that [doesn't irradiate](#), I would do coconut milk instead. Be careful with cashews as they can be moldy.
- Wild-caught, organic Pacific salmon, trout, and herring
- Sardines and anchovies (love these as they are small fish, packed with DHA, and because they are small they avoid the bio-accumulation of toxins like Mercury, DHA, and Dioxin)
- EVOO (extra virgin olive oil)
- Cacao nibs
- All things coconut. Coconut oil, coconut meat, and full-fat coconut milk (Native Forrest brand is good) – these are Medium Chain Triglycerides, which are great fats
- Transitioning to an alkaline lifestyle? Here are some good transitional fats – Ghee (clarified butter) and grass-fed organic butter



Now that you know what the bad fats are and what the good fats are, I want you to start to add more of these healthy fats into your daily diet, while at the same time, slowly taking away the unhealthy sources of too much Omega 6.

Note: WHAT IS YOUR OMEGA 3:6 RATIO?

Next to your pH, this ratio IS the most important number in the body. It is the true marker of inflammation.

For all those interested, I have a new form of testing out of my Wellness Center that measures the following from a painless drop of blood from the fingertip:

1. **Your Omega 3:6 Ratio** – remember, should be 1:1, no more than 1:4, yet the average American is 1:19
2. **DHA and EPA in your cell membrane** – learn how much inflammation you have in your body and cells, SYSTEMICALLY! Also, know your exact deficiency of Omega 3s, and therefore, exactly how much you need to take!
3. **Toxic Cells!** That’s right, by measuring the palmitic acid, we can measure how toxic your cells and your body is! This can tell if you are at risk for stroke and dementia.
4. **Cognitive Function** – with a simple 15-minute online assessment, we can tell about your entire brain function including processing speed, reaction time, memory, focus and attention.

Here’s the best part – test takes 5 minutes and can be done in the comfort of your own home!

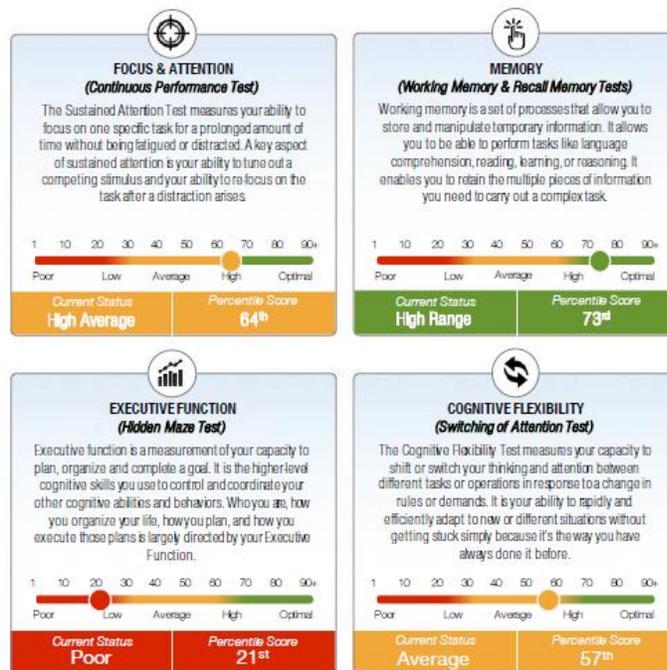
The kit is all-inclusive and can be mailed to you. Easy lancet is included to take your finger sample, then place your completed kit in the addressed stamped envelope, and the lab will return your results in 10 days.

SPECIAL OFFER: To order your **Omega 3 Inflammation Index** kit, please call Tracey from our support department (844-200-2552) and she can get a kit sent out to you immediately. The first 20 people will get a special discount price of \$197 (after that price goes to normal cost of \$249)...*hurry though, we only have a select number of kits and they will go fast! (Price includes kit, stamped envelope, brain function assessment, and full detailed report after 10 days of labs receipt)*



Neural dysfunction can cause attention problems, impulsiveness, memory decline, mood instability, and behavior problems.

Being able to measure these symptoms is essential to improving cognitive function.



So going back to the original question, why does this secret work to help you burn fat instead of sugar and carbs?



When you eat plenty of these healthy fats, while at the same time cutting out your carbs and moderating your protein, it drives your body into a state of ketosis, which means that the body burns fat for fuel instead of carbohydrates and sugar as its primary fuel source.

Dr. Mercola states in his new book *Fat For Fuel*, that **whenever your supply of carbohydrates from food is low or non-existent, just after a couple of days your body is able to convert fat to ketones to use for energy.**

When your body burns ketones for fuel, not only is it a MUCH better source of fuel, but THIS is where your body turns into a fat burning machine.

Whereas, when you burn sugar, grains, and carbs for fuel, it is a dirty burn that spikes insulin, turns into fat, and makes you crave even more sugar.

In nutritional ketosis, blood ketones are usually between 0.5 and 3 mmol/liter, and rarely exceed 6 to 8 mmol/liter.

Again, this is SO important, here it is one more time. To burn fat, we need to do the following:

1. Cut out ALL carbs, including sugar, grains, and moderate to high sugar fruits.
2. Increase healthy fats and dark green vegetables (together constituting 80% of your diet)
3. Modify Protein (no more than 10-15% of your diet, which amounts to 30-65g, give or take, varying among individuals)

The best way to ensure you start burning away that stubborn fat is that you actually eat more of it, as long as you're eating the right fats.

Just make sure you continue to get plenty of fresh veggies and fruits as well, and keep supplementing with **Alkamind Daily Greens**. It's a mega-dose of the dark greens your body wants to balance out all of those good fats.

