

5 Proven Weight Loss Secrets You Might Not Want to Share

Strategies you can implement today!

Secret #1

Increase Fiber Intake



Secret #1 – Increase Fiber Intake

You probably already know fiber is good for you, and you're not getting enough of it in your diet. So, what can you do about it? And why should you?

The benefits of fiber

A quote from an NIH (National Institute of Health) newsletter states, "Fiber can relieve constipation and normalize bowel movements. Some studies suggest that high-fiber diets might also help with weight loss and reduce the risk for cardiovascular disease, diabetes and cancer."

The most current guidelines for fiber intake are:

For men, between 35-40 grams per day

For women, between 25-30 grams per day

On average, Americans only consume 12-14 grams per day, about half of the recommended amount.

What can you do to increase the amount of fiber in your diet? Here are a few suggestions:

- Add fruits, vegetables, and nuts to your diet
- Switch to whole grains; substitute wheat bread for white bread or whole wheat pasta for traditional pasta
- Eat more beans - legumes are a good source of fiber and protein
- Add Bios Life Slim® to your diet; each serving of Slim contains 4 grams of dietary fiber, of which the majority is soluble fiber



Drinking Bios Life Slim fifteen to twenty minutes before lunch and dinner gives you a feeling of fullness. You can get all of the benefits of fiber, with Slim including improved blood sugar regulation, better portion control with your meals, regular bowel movements, and normalized cholesterol levels. Get slim using Slim! Better yet - get slim using Slim, and share it with a friend.

Secret #2

The Stress Connection

Have you ever wondered how stress can cause weight gain?



Secret #2 – The Stress Connection

Stress creates elevated levels of cortisol, a hormone that is part of the stress response, also called the fight-or-flight response, an important part of human survival. Results of increased cortisol include:

- Suppression of the immune system - When you're worried about surviving, your body doesn't care about the potential for you to get sick in a few days
- An increase in blood sugar concentrations - Cortisol causes the liver to make more glucose; it also blocks insulin receptors at tissues and organs not essential to survival
- The conversion of protein to glycogen - When fleeing danger, you need readily available supplies of energy. Glycogen satisfies this need, but in the process robs protein stores to create more glucose
- Fat storage - Extreme fasting causes increases in cortisol, which, paradoxically, increases the amount of fat your body stores

The result: cells become insulin resistant, blood becomes overstocked in glucose, and you put on weight.

We rarely find ourselves in situations where we need to flee from predators, situations the fight-or-flight response was created to handle. But our modern, fast-paced, and stressful culture keeps this response active, albeit at very low levels. The fact that we neither fight nor flee on a regular basis can actually contribute to poor health, including obesity!

How do you fix this imbalance? Meditate, do yoga, play with your kids, listen to soothing music, fly a kite - find what relaxes you and set aside time as often as possible to do those things.

Secret #3

Drop that
Soda!



Secret #3 – Drop that Soda!

In a study published in 2009, a research group at the Johns Hopkins Bloomberg School of Public Health demonstrated that limiting or eliminating the calories found in high-sugar-content beverages had a stronger association with weight loss than limiting solid caloric intake.

“Both liquid and solid calories were associated with weight change, however, only a reduction in liquid calorie intake was shown to significantly affect weight loss during the 6-month follow up,” reported Benjamin Caballero MD, PhD, senior author of the study and a professor with the Bloomberg School’s Department of International Health.

Additionally, he reported that “A reduction in liquid calorie intake was associated with a weight loss of 0.25 kg at 6 months and 0.24 kg at 18 months. Among sugar-sweetened beverages, a reduction of one serving was associated with a weight loss of 0.5 kg at 6 months and 0.7 kg at 18 months. Of the seven types of beverages examined, sugar-sweetened beverages were the only beverages significantly associated with weight change.”

The upshot? Put down the sodas! Find a healthy alternative to drink. If it’s energy you’re looking for, consider Bios Life Matcha and Bios Life Matcha Focus.

BIOS LIFE®
MATCHA



BIOS LIFE®
**MATCHA
FOCUS**

Secret #4

Make Good Choices



Secret #4 – Make Good Choices

Balanced nutrition is the foundation to a healthier, slimmer you. Scientific studies have shown that what you eat and how much you eat has the largest impact on your body composition. Here are some suggestions to help improve your daily diet:

Eat Breakfast – Breakfast is still the most important meal of the day. Studies show that people who eat breakfast are less prone to weight issues. A good breakfast combines lean protein, fiber, and fruit.

Keep Hydrated – In a study by Loma Linda University involving more than 20,000 participants, researchers found that drinking five or more glasses of water a day may reduce coronary heart disease by 50%. About 60% of your body is water, and every system in your body depends on water. Water flushes toxins out of vital organs, carries nutrients to your cells and provides a moist environment for ear, nose and throat tissues. Lack of water can lead to dehydration, which can drain your energy and make you feel tired.

Add Color – Eat more fruits and vegetables; they are not only excellent sources of vitamins, minerals, and antioxidants, but they add flavor and aesthetic appeal to your meal.





Secret #5

Measure
Your
Success

Secret #5 – Measure Your Success

Do a simple activity to measure your weight loss progress. In a national study, participants who lost at least 30 lbs. and were able to keep the weight off for at least one year, shared a common behavior—frequent weighing. They made it a point to measure something while they were in the process of losing weight (e.g. pounds, inches, etc).

In another study, scientists found that participants who frequently measured their weight reported greater weight loss. Even more surprising is that participants who lost weight and stopped weighing themselves reported an increase in weight.

Keep it simple but be consistent in tracking your progress.
You'll be amazed at the results.

