



Motivation, Tips and "Insider" Secrets to Your Best Body . . . NOW!

Ask anyone, and they'll tell you they wouldn't mind having a flat, lean, toned stomach.

Only problem is, most of them don't know that unless they get a handle on this one thing, their chances of ever having a flat stomach are shot.

Today, I'll tell you what that one thing is and what you can do to avoid it.

Yours For Health,

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The Flat Stomach "Killer" Most People Don't Know About

Your current efforts to lose that belly fat are being sabotaged ... and you may not even know it.

That's because this sneaky little flat stomach "killer" is hiding right under your nose. Silently, it thwarts every good effort you put in to lose that abdominal fat.

I'm talking about stress.

Most people don't know it, but stress can totally derail your chances of ever achieving a lean, toned midsection.

The reason is simple.

When you're under stress, your body releases the hormone cortisol.

A little is okay. But too much of it has been linked to increased abdominal fat. What's more, it can contribute to things like insulin resistance, diabetes and heart disease.

Let me explain ...

Normally, cortisol is good thing. It helps your body metabolize fat and carbohydrates for energy during times of "flight or fight" response.

Think of our ancestors running away from a predator. They had to get an instant shot of energy to get out alive. The result is an adrenaline rush that's fueled by cortisol helping the body metabolize fat and carbs.

Once the stressful event is over, your body provides hormonal "checks and balances" by releasing DHEA, the "feel good" hormone.

The problem is that nowadays, many folks are constantly under stress. Work ... finances... health ... traffic office politics an ungrateful boss, etc.

Your body interprets this stress as you being in mortal danger. So it does the only thing it knows to do during times of stress -- release cortisol.

And since many people stress and worry non-stop, your body DOESN'T stop releasing cortisol.

What's more, when you're under chronic stress, your body doesn't release enough DHEA to "check and balance" the cortisol.

Ultimately, this gets all your hormones out of whack. For example, if you don't have enough DHEA, your body can't make enough testosterone (which helps you gain lean muscle and BURN more fat .. EVEN in women.).

The result?

A doughy midsection, an appetite for "junk" foods, and a real tough time trying to get your ideal body.

The solution to all this is to do everything you can to de-stress yourself.

Here are a few ideas:

1. Take up yoga. This is an excellent de-stressor and will also help you gain flexibility and strength.
2. Breathe. Deep breathing will calm you down during stressful or worrisome events. To do this, breathe into your diaphragm (your belly should come out as you breathe in deep). Now hold your breathe for a count of three. Then exhale for another count of three. Repeat this at least 5 times. You'll see how much better and calmer you feel.
3. Take Ginseng. This Chinese remedy is proven to help reduce the effects of stress on your body and promotes hormonal balance.
4. Have fun. No matter how busy your day, make some time to do something you enjoy. Whether that's reading a book for 15 minutes or going for a walk around the neighborhood. Whatever it is, make sure to schedule some time in for yourself and do it.

So there you have it. Follow these four tips and you'll be well on your way to avoiding the #1 flat stomach killer most folks don't even know about.

Reducing stress is just one factor of many more that are necessary to accomplish your health and fitness goals.

Quote Corner

"The crisis of today is the joke of tomorrow"
- H.G. Wells

Eat Yourself Thin

Parrothead Salad (Serves Six)

1 head leaf lettuce - rinsed, dried and torn into bite-size pieces
1/2 pound fresh strawberries, sliced
1/2 pound fresh blueberries
1 mango, peeled, seeded and cut into strips
1 cup cherry tomatoes, halved
1/2 cup raisins
1/4 cup toasted, slivered almonds
1/4 chopped red onion
4 slices bacon

1. Toss the lettuce, strawberries, blueberries, mango, tomatoes, raisins, almonds and onions together in a salad bowl. Cover and refrigerate at least 30 minutes to allow flavors to mingle. Do not refrigerate more than 4 hours.
2. Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until crisp and evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate. Crumble and sprinkle over the salad to serve.

Prep: 20 mins
Cook: 10 mins
Ready: 1 hour

Amount Per Serving - Calories:145 / Total Fat:
3.1g / Cholesterol: 7mg / Sodium: 157mg /
Total Carbs: 28.3g / Dietary Fiber: 3.8g /
Protein 4.3g

Recipe from AllRecipes.com.