



# 28 Day Belly Fat Blaster

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# Intro

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It starts with your nutrition. There is no area that will have a greater impact on your health, sex life and overall success.

And, we've known it forever. 400 years BEFORE Christ, the greek physician Hippocrates (the father of medicine) coined it perfectly:

*"Let food be thy medicine and medicine be thy food"*

Unfortunately with today's bombardment of pseudo-food our bodies have it more difficult than ever.

How do we know this?

Because despite our miraculous medical advances, we as a population are sicker than ever.

Obviously something is wrong.

That's the reason for this little guide.

To fight back against the onslaught our bodies have been forced to endure.

But, it's not going to be easy.

However, 28 days from now, you'll feel the shackles fall off and a new you emerge.

Someone more powerful.

Someone healthier.

Someone more badass.

## 28 Day Belly Fat Blaster

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One of the biggest problems with modern food is the addition of toxins into 95% of what we eat.

- > Our water is flooded with fluoride and other trace elements
- > Our meats and milk are pumped with antibiotics and vaccines
- > Our fish grown in mercury and sewage filled ponds
- > Our vegetables stayed with pesticides

The problem is that all these toxins pile up in our bodies causing immune-allergenic responses and low level food sensitivities.

Going untreated, this leads too:

- joint/muscle pain
- Diet resistance
- Stubborn fat
- Swollen limbs when eating certain foods (ever get that slat bloat?)
- Susceptability to colds and flu
- hair loss
- lower testosterone
- Low mood
- Irritability
- anxiety
- Sinus issues
- Dry eyes, skin and mouth

- Blood clots

The list goes on forever...

Unfortunately this often goes unnoticed for years or even lifetime's because that's just how it has always been.

If you've never really felt healthy, how would you know your even sick?

We've often experienced these issues for so long sick, is the new normal for us.

That's why, with my private clients I always recommend a 28 day detox protocol - this program - to relearn what normal feels like.

**Allowed (ideally just eat these foods for 28 days)**

- > Fish (Preferably wild)
- > Seafood
- > All Organic vegetables (except white / yellow potatoes - sweet potatoes are fine)
- > Organic Berries (excluding strawberries)
- > Grass Fed whey isolate
- > Vegan protein powder
- > Coconut / Almond milk
- > Coffee (if needed)
- > Water (obviously)
- > Tea
- > Olive / Avocado / Coconut Oil
- > Avocado's
- > Green Juices (minimal to no fruit)

**Semi-allowed (1x per week if absolutely needed - re introduce them after the 28 days)**

- > Grass Fed Beef
- > Grass Fed Butter
- > Free range chicken / turkey
- > Free range/pasture raised omega-3 enriched eggs
- > Organic Almond butter

**Not allowed**

- > Anything not on these lists

**Daily meal template**

AM - Fat Loss/Six Pack Accelerator Shake

Mid day - Big mixed salad with protein (wild fish/seafood if possible)

Dinner - Fish (wild if possible) with lot's of veggies + sweet potato (if working out)

Snack(s) - Berries (blackberries, blueberries or raspberries - not strawberries)

Note: Don't worry about counting calories on this diet since it's hard enough to get enough calories. The whole point is to minimize insulin response, eliminate toxins, reduce inflammation and alkalize the body. All these factors together will make fat loss effortless afterwards.

But don't be surprised if you lose weight. I've had clients lose up 20lbs in 28 days.

Other's only lost 2lbs but looked and felt like they lost 30lbs.

**What to do after?**

You can start to test/add less allergenic foods.

Here's what I recommend you add in.

- 1) White meat, Nuts, Organic Fruit, Nightshades
- 2) Red Meat (preferably grass fed), butter
- 3) Organic Dairy Products
- 4) Alcohol
- 5) Grains (organic)

Pay attention to how your body reacts to the foods. If you have any gas or bloating or other weird things going on then you probably a food sensitivity and you should avoid it in the future.

Now that doest mean you can never eat it again.

But, I would recommend you avoid it while you are trying to get six pack abs.