

7 Super Fat Burning Hormones YOU Must Have in Harmony



The Fab Four



The Three Stooges

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7 Super Fat Burning Hormones You Must Have in Harmony; Special Report/
Gary Watson —Version 1-3

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7 Super Fat Burning Hormones You Must Have in Harmony

Have you ever thought about losing weight? Have you tried more than once? Most people have attempted to lose weight at one time or another in their lives. In fact, according to a recent Gallop Report, most men have attempted to lose weight roughly 5 times by age 64. Women within this group have actually tried various different weight loss methods nearly 11 times. Gallup's annual survey on Consumption Habits suggests that nearly 6 out of every 10 americans have tried some form of exercise, diet, personal trainer, supplementation product or coaching method to lose weight at some time in their lives. These folks have collectively tried, more than 7 weight loss attempts within their life. And these are just the averages. Many people have actually tried many more times than the average. So how is it that so many people could fail so often, even though they are clearly making concerted efforts to lose the weight, once and for all?

For starters, the weight loss industry is filled with confusion, myths, half truths and flat out lies. It is one of the most over saturated, under regulated industries in today's modern world. Three examples of this are misleading marketing and practices for highly processed "diet/low calorie foods", poorly designed exercise routines, and unwarranted hype of weight loss supplements.

Big Food Industry is Manipulating YOU.

Let's begin by discussing the very wealthy and very powerful Big Food Industry. The food industry is a business. They employ some of the smartest scientists, sales people and corporate executive officers (paid millions of dollars annually) in the world for one reason and one reason only; to make YOU eat more! They are masters at half truths, manipulated food studies and hiding the bad things in food from you. They know for a fact, that they can get you hooked on their foods much like a drug addict gets hooked on cocaine and heroine. Their highly processed engineered, "frankenfoods" literally stimulate opiads in the brain that make you crave their foods like a drug addict.

If you are over weight/over-fat, you are definitely insulin and/or leptin resistant. This throws off your other super fat burning hormones, as well. Eating hidden Sugars, Trans Fatty Acids, and Estrogen mimicking foods are contributing to your "fatness". I actually refer to these foods as the '*Bermuda Triangle of Foods*' because nothing makes good health disappear faster than these three compounds in food. In fact, the average person consumes roughly 300 to 400

percent more of these chemicals per day than recommended, in all its hidden forms, in processed “frankenfoods” the food industry creates. These foods are killing your metabolism, decreasing your sexual performance, and disrupting your hormones and liver. My ***Taste of Life; An Intellectual Eating Plan™*** teaches you how to take control of your eating once and for all in 3 simple steps. More information on this program to come.

Poorly Designed Exercise Routines are Misleading YOU.

Regarding exercise for weight loss, if you are carrying more fat on your body than desired, have less than great energy and are not fully interested and engaging sexually often, YOUR natural Super Hormones are not working properly. In fact, I can almost guarantee your body is producing too much cortisol, ghrelin and estrogen. Your body is deficient of its natural testosterone and growth hormone, also. Performing most of the “popular” exercise programs today can contribute to lean muscle loss, fat increase and injury.

You must have an integrated system that maximizes all the bio-mechanical magic your body deserves and desires. You must have a program that reactivates your youthful super hormones. The old days of “any type of exercise will do” are long gone. In fact, the most common cardio programs we see today known as **Low Intensity Training (LIT)**, has been proven to burn less calories in 6 hours than only 280 seconds of correctly prescribed protocols. You read that correctly. Less than five minutes produce better results than six hours! This is because it is not about the calories you burn *during* the exercise session. Rather it is about the calories your body burns *AFTER* the session is finished. Specifically regarding rapid, sustainable fat loss, some programs are superior to others. My ***Dynamic Integrated Results-based Training™ (DIRT™)*** scientifically fuses the three best fat burning protocols available to date. This is because this integrated exercise system maximizes your optimal super hormone levels. Look for more information heading your way on this program in a few weeks or shoot to our page at www.waketheforkup.com

Taking the Wrong Supplements is Sabotaging YOUR Fat Loss!

Those people you see in the print ads, on the internet and on the television selling fat burning, weight loss, and performance products did not get their awesome results by popping pills, eating engineered food, or drinking the latest greatest celebrity drink. These people (celebrities and big corporations) are in BUSINESS TO MAKE MONEY! They will manipulate you any way they can to get you to buy their bogus products. Even if it means they pay some celebrity millions of dollars. Just look at the latest LeBron James blunder. Though he is endorsing Powerade (getting paid MILLIONS of dollars), it was just exposed in the 2014 NBA playoffs that he and his teammates do not even drink Powerade during their games. This happens all the time, especially in the supplement industry. Don't buy into the hype.

First and foremost, you must have a sound nutrition plan such as my ***Taste of Life; An Intellectual Eating Plan™*** in place. This will give you most of the nutrients your body wants and needs. However, those of us who have the leanest, healthiest body's often enhance our nutrition by taking ***only*** the very best supplements. Much research has now come forth to show substantial positive effects by doing so. We do not, however, take the mass produced supplements you find at most stores and health food shops. The problem remains that much like the Big Food Industry, the Supplement Industry is primarily about making money. They find ways to cut corners to maximize their profits by using low quality nutrients such as soy isolate proteins, along with some unsavory fillers. Saw dust, magnesium stearate and wood bark are just a few examples of what many supplement companies use as fillers. Not to mention many forms of the actual vitamin supplement you think you are getting are subpar and even rancid, often. The fish oil industry is just one example of rancid product on shelves today. Over 90% of all the protein supplements you find are filled with estrogen mimicking soy isolate protein that damages your liver and increases your estrogen levels to dangerous levels. Naturally taking the supplements most companies sell you, that are of very low quality, derails your super hormone balance. Consequently, you must be smarter than the average bear when jumping on the supplement train.

The only safe and effective approach to taking supplements today is to find a great company that exceeds the industry standards consistently time and time again. These good companies are GMP certified, guaranteeing the highest quality. And when you combine these certified supplements with a solid program,

they dramatically increase your fat loss. But you must be receiving exactly what you are paying for, not the crap the big supplement industry produces. Understand? Quality is everything with supplements. My supplement team, **BioTrust®**, will provide you with the best, highest quality fat burning, lean muscle building nutrients available on the market. I guarantee it.

Let's take a look at your Seven Super Fat Burning Hormones to help you understand why they are so very important when looking to lose unwanted fat once and for all. I promise you, once you get these back in balance, you will not only lose the weight, but you will be able to keep the weight off. I should know. I suffered from this hormone imbalance and lived much of my young adult life, fat and miserable.

224 lbs. at 34% body fat on the left-166 lbs at 9% body fat on right. So grateful, I finally Woke UP!



I, however, have kept the weight, and more importantly the fat, off of my body for over 15 years now. This is because these Super Hormones are responsible for keeping you lean, youthful and energetic when they are in harmony with one another. Optimizing these super hormones will kill cravings and increase mental clarity as well. Allowing these hormones to become out of their natural rhythm will wreak havoc on you causing obesity, **disease** and **disorder**. They keep you fat and rob you of your energy when they are out of balance. YOU need these seven working for you, not against you. Don't you think it is time you finally learn a little more about these **seven super hormones?** They may just be the key to unlocking your fat burning furnace today!

YOUR Seven Super Fat-Burning Hormones

“Happiness is not a matter of intensity but of balance, order, rhythm, and harmony.”

-Thomas Merton



THE FAB FOUR GH, INSULIN, LEPTIN, TESTOSTERONE, (GILT)

Speaking of hormones, let's take a moment to briefly discuss the major players. Without a doubt, the four most important hormones you must get in control are human growth hormone (Paul), testosterone (George), leptin (John), and insulin (Ringo).* The harmony that these four create together should be beautiful music. This harmonious invasion is the number one factor when considering fast, efficient fat loss, increased libido, and ripped, toned muscle. It doesn't stop there, either. When these four hormones are naturally being

produced in their most effective, efficient manner, the homeostasis of overall health is so amazing, it damn near makes you bulletproof. You must get these hormones working at their best in order to walk, talk, and breathe in your best body, period. **My hormone reference to the Beatles is quite simple. Paul is the fountain of youth (GH) and continues to create new music even in his 70's. George pushed everything to the limit as his testosterone dictated. John was a talent we always wanted more of (leptin) and quite simply lost way too early. And Ringo, well, let's just say, while a little bit of Ringo goes a long way, too much Ringo (insulin) is bad news. Come on now, this is funny!*

Growth Hormone

GH, or human growth hormone, is often referred to as “the fitness hormone” because of its powerful ability to burn fat, all while building beautiful, lean muscle at the same time. It is also commonly known as “the fountain of youth” hormone. This is because science has clearly proven that the less HGH we have in our bodies, the faster we age. In other words, increasing your natural GH is essential to slowing the aging process. It enhances the immune system, your metabolism, and increases healthy cell regeneration. This healthy cell regeneration improves nails, skin, and hair significantly, maximizing your beauty while burning loads of fat! It has been proven to give us better mental clarity and alertness. Stress reduction is a direct result of increasing GH as well. Who could ask for much more? Research has also shown that nothing burns fat off your body faster than combining increased testosterone with increased GH. This is literally the one-two knockout punch for fat bellies, thighs, and butts. Lucky for you, there are several very specific ways to increase your GH naturally, and we cover every single one of them in our program! From **DIRT™** to **Intellectual Eating™**, your natural growth hormone will begin to work wonders for you in record time.

As your growth hormone improves you must provide your muscles with powerful proactive Branched Chain Amino Acids. The very best on the planet can be found here. <http://waketheforkup.com/shop/biotrust-products/bcaa-matrix/>.

Insulin

Insulin is the key hormone when deciding whether your body will store the food you eat as fat on your body, or whether you will utilize those same calories to build shapely muscle and burn fat. It literally is the key hormone for turning off your fat storing mechanisms. When you eat the wrong foods for YOUR body, your pancreas secretes insulin, forcing your body to store those calories as fat. Over time, as one continues to feed themselves the wrong way, your body only gets worse with this process, causing you to store even more fat! This is because the same amount of insulin your body previously needed to control these calories now becomes less efficient, or resistant, forcing your body to produce even more insulin. As you become insulin resistant, again, you become more and more obese, putting your body in a **diseased** state. Internal inflammation, leaky gut syndrome, diabetes, heart disease, and even some cancers are the direct result of being insulin resistant. So, we must get your insulin under control, once and for all. In fact, this is the number one reason people get type II diabetes. They are insulin resistant. According to the big brains at Harvard, combining the right styles and doses of resistance (weights, bands, body weight) exercises with the proper cardio training can reduce one's risk of getting type II diabetes by nearly 60%. Naturally, eating the correct foods at the right times for your body is equally important. In fact, a new study from the Genesis Prevention Center at the University Hospital in South Manchester, England suggests that you may be able to reset your insulin sensitivity with just two days a week of low to no sugar. Lucky for you, I have all the necessary tricks and scientifically proven methods to get your insulin back on track for you.

Once you do this, say "bye-bye" to annoying cravings.

Say so long to the added risks of heart disease, pancreatic cancer, and obesity. Arrivederci to the nasty fat you currently have renting space on your body. Without these seven

super hormones working in harmony, you will NEVER have ripped abs or tight glutes. NEVER, EVER! Again, this superhuman, fat-burning system is designed specifically to get these hormones working optimally in record time. So please do not fret.

My supplement to help control blood sugar levels and enhance optimal insulin is IC 5™ <http://waketheforkup.com/shop/biotrust-products/ic-5/>

Leptin

Leptin, much like insulin, plays a very important role when determining how and why we eat the way we do. Discovered in 1996 by Jeffrey Friedman, he gave this new hormone the name leptin, originating from the greek word “leptos,” meaning thin. This is because the idea behind optimal leptin production is this—once your body reaches a certain level of fat, the leptin in this fat is released via the arcuate nucleus of the hypothalamus, telling our bodies essentially to stop eating (in other words, telling us to stop eating so we can stay thin). Yet, much like insulin, too much processed food, simple sugars, or trans fatty acids quickly blocks the normal function of this hormone. Add poor sleep and stress and before you know it, you are leptin resistant. Leptin resistance leads to being overweight, becoming insulin resistant, and excessive inflammation. Excessive inflammation has been attributed to many diseases and disorders, such as heart disease, diabetes, and cancer, as previously stated.

This is very important for two primary reasons. One is the fact that by the time you have become obese, your body is already leptin resistant. This means that while you have plenty of leptin, your body is no longer able to recognize this, and therefore doesn't signal to your brain that you are satisfied (satiated), even when you do not need more food. *Secondly, if you are leptin resistant, chances are you are insulin resistant as well and now have double trouble.* So, in addition to the excessive weight, you

are now subject to injuring your pancreas, platelets, liver, and your heart, with diabetes knocking on your door.

As if this isn't bad enough, leptin sensitivity has also been shown to be directly connected to increased cortisol. This catabolic hormone eats away at our lean, toned muscle, while storing more body fat in our belly. So, it is very urgent that you begin to get this hormone working for you instead of against you as soon as possible. This is easily done in three ways. First, we need to replace foods that are *inflammatory promoting* (these are foods that contain chemicals called prostaglandins), such as cereals, prepackaged granola bars, and "healthy muffins" with healthy *anti-inflammation foods* such as spinach, cauliflower, wild fish, and walnuts. Second, we need to practice a healthy exercise plan that maximizes results in a minimum amount of time to keep cortisol in check. Lastly, we need to practice some form of stress management. Your program addresses all of these, precisely, in the correct manner. <http://waketheforkup.com/programs/>

Naturally, as you get this hormone functioning properly for you, you begin to stop the hunger pains and cravings. However, there is just one problem. *Theoretically, as you begin to burn more fat, eventually your body produces less than the optimal amount of leptin, and before you know it, maintaining the new fat loss becomes more and more difficult. This is often attributed as one of the number one reasons why it is much easier to burn the first ten plus pounds of fat off your body, but it's so difficult to get rid of those last five to ten pounds. This is why your **Taste of Life; An Intellectual Eating Plan**TM eating program will require one day of "super leptin loading" per week to ensure you control the cravings and*

burn those last five to ten pounds of fat off, once and for all. More to come on this, specifically, in the nutrition section.

One side note of importance. It was recently discovered that while insulin resistance and leptin resistance share the same signaling pathways, and both occur in obese patients, obese men have higher insulin resistance, whereas obese women have more leptin resistance. This is why there will be slight differences for women with this program versus men. Specifically, as women get closer and closer to their ideal body fat levels, we will allow, in fact we encourage, them to have more than one “super leptin loading” day a week. More of this in the nutrition section to come! That’s right ladies, you actually need more uploading than men do! Very nice!

My supplement to help enhance optimal leptin levels is LeptiBurn™ <http://waketheforkup.com/shop/biotrust-products/leptiburn/>

Your “Wake the Fork Up” Call Testosterone

Testosterone is a word that often brings to mind images of hairy men, big trucks, and gladiator-style football. After all, testosterone is considered to be the principal male hormone, playing an important role in the development and maintenance of typical masculine characteristics, such as facial hair, muscle mass, and a deeper voice. So, why would women want healthy natural levels of testosterone? According to much research and an article written entitled “Women and Testosterone: An Interview with a Mayo Clinic specialist”, the fact is, women produce it too, and it has more positive influences than you might think. So what does testosterone do for ladies? According to Paul Carpenter, M.D. from the Mayo Clinic, plenty good! Studies show that it helps maintain muscle, bone, and contributes to sex drive, or libido. There are also quality-of-life issues such as burning unwanted body fat in those often “lady associated” troubled zones such as the buttocks, hips, and thighs, just to name a few.

Increased natural testosterone is also beneficial to women's hearts and blood flow according to Harvard Medical School. It widens coronary arteries and increases red blood cells. Realize also, that a female body produces up to 40 times less testosterone than males, so do not fret, as you will not get "manly muscles" on this program as a result of **DIRT™** improving your natural testosterone production. Instead, you will get increased energy, libido, and toned muscle, all while incinerating unwanted body fat and cellulite! And remember ladies, muscle takes up one-third of the space as fat.



Notice how the pictures with more muscle, but heavier on the scale, look so much better and smaller? My point exactly!

Testosterone is also a very key component for men as well. From lean muscle to better sex, restful sleep, super strength, high energy, and fat burning, the list goes on and on. The trouble is, men's testosterone is dropping faster today than at any other time in history. This has directly impacted men as young as 20. The results? Fat, overstressed young men slowly becoming less and less interested in engaging their partners in a healthy, vital sex life. As you can imagine, this causes problems in all areas of their lives when testosterone is not functioning optimally. But, this does not need to be the case, even for men in their 30's, 40's, 50's and well beyond. In fact, a recent new study out of Australia has shown that it is lifestyle choices and NOT age that drops testosterone. This same study suggests that men in their 40's all the way up to their 70's should have healthy, natural levels of testosterone when practicing the right lifestyle choices. The old adage, "it's a direct result of old age," turns out to be bogus yet again.

My supplement to help enhance optimal testosterone via increasing protein synthesis is BioTRUST Low Carb Protein <http://waketheforkup.com/shop/biotrust-products/biotrust-low-carb/>



The Three Stooges ***Estrogen, Cortisol, Ghrelin***

Estrogen

Conversely to testosterone, most women, yet very few men, naturally produce higher levels of estrogen. Although, unfortunately, due to poor nutrition, some men do experience higher levels. A large level of estrogen in men can cause man boobs, as well as fat storage in their derrière (ass), hips, and thighs (the pear shaped man with man boobs—yikes). While this condition may have made Kramer and George Costanza's father, from the famous sitcom *Seinfeld*, happy, so they could sell their "Bro" or "Manziere" (bra's for men), most men find this uncomfortable at best. Guess what, so does your partner, whether they share it with you or not. Too much estrogen strips a man of testosterone as well. This phenomenon seriously begins to emasculate men. Don't let this happen,

unless you are seriously thinking about a Chastity Bono to Chaz Bono transformation in reverse. Hey, I am not judging one bit, so get off your politically correct bully pulpit. But if you are here to get ripped abs and a Greek god bod, the old estrogen conversion is bad news.

And while healthy levels of estrogen can be good for a woman's overall health, too much estrogen is absolutely one of the main reasons why over 90 percent of my female clients, over the last twenty years, have come to me with a mission of losing excess fat in their hips, butt, and thighs. Not to mention, many meats that have been pumped with estrogen, to help make them more “appealing to the masses” and get them to the market faster, increase estrogen. Add to this the low quality soy products sold to the masses (especially marketed to women), and many other estrogen mimicking foods and additives. The results are that many have more estrogen than desired (including women). I am not talking about a woman's *natural, healthy production* of estrogen. I am talking about unnecessary estrogen. Even worse, the more fat men and women have on their bodies, the more estrogen their body's produce due to an enzyme called aromatase. This enzyme actually converts healthy testosterone into unhealthy estrogen. Not good at all, my friends.

Now, while science has not proven that we can lower the *natural levels* of estrogen production in the body without taking prescribed medications (nor would we want to in women), the good news is that we can increase our natural hormonal secretion of testosterone to counterbalance this, as previously stated. We can also naturally begin to avoid estrogen mimicking foods and start melting away lots of that annoying fat storage in our butt, hips, and thighs!

As your body begins to cleanse itself of all the estrogenic chemicals, you will need to reduce GI inflammation and help reduce intestinal health. This

supplement is the best for that. Pro-X10™ <http://waketheforkup.com/shop/biotrust-products/pro-x10/>

Cortisol

Cortisol is another hormone often out of balance that causes a major increase in fat storage as well as many other ill effects. This hormone is often caused by stress, lack of sleep, and people that overwork themselves in their jobs, sports, workouts (you know, the human hamsters you see every day at the gym or in the parks running or doing endless cardio hour after hour at low to moderate intensities, week after week, month after month, with little to no results). *It turns out that this hormone is largely responsible for producing lots of fat, and often in the belly, even for those “who exercise regularly,” albeit **the wrong way.*** Go check out a marathon in your local area someday, and you will be amazed at how many runners out there are carrying way to much body fat. I, of course, am not talking about the elite runners who are literally pushing their bodies at eighty plus percentage max, most of the race. I am talking about the **Low Intensity Training herd (LIT)**, who grazily (a word I made up meaning slowly—like “cow grazing” slow) finish the race hours after the winners with upwards of 30% plus body fat. They are able to run a marathon, but still look like s*&t with their clothes off. Come on now, as that is as ineffective as it gets, in my opinion. You wanna run a marathon once in your life, as a sense of accomplishment, then go for it. Yet, if you aren’t an elite runner with sub-three-hour times, forget about it as a viable fat-burning program. Not only will you not be receiving the best results with respect to time spent, but you could suffer from many overtraining injuries, including scar tissue on your heart. But enough about marathons, ;p.

Ah yes, the belly has been the biggest trouble area for men for centuries, although many women are now beginning to have their share of belly fat as a result of

increased stress, overtraining, sleep deprivation, and an increase in work-related responsibilities (not to mention, eating and training incorrectly). Even worse, as cortisol increases, protein synthesis (your ability to have lean, toned muscle) decreases and protein catabolism (a breakdown or reduction in healthy lean muscle) increases, which eats away at our valuable muscle! The end result is a lower metabolic rate and even more belly fat getting stored! Until you gain control over your cortisol levels, you will never see your six pack abs.

Now don't get me wrong, cortisol is a natural hormone that our body produces in our adrenal glands that can make us stronger and burn fat in **short bursts**. But when this hormone starts to go into overdrive, it wreaks all kinds of havoc on our health quest. Probably the most profound result of too much cortisol is the catabolic response of breaking down lean, healthy muscle while adding bad fat, specifically on our waistline. Belly fat is not only unattractive, it is linked to serious diseases and disorders in our body. The less lean muscle one has on their bodies, the more fat they will have. This is a "no-no" if you are looking to burn fat fast. In addition, scientists at the University of California found that cravings for unhealthy junk foods increased dramatically as a direct result of too much cortisol. This phenomenon will sabotage your journey, and make you utilize your other hormones like insulin improperly as well. Many believe this is why exercising for long extended periods can be very bad for our bodies over time. *This may also be why those people that practice LIT (low intensity training), for long periods, binge eat more than most. We all know those people who train like lab rats for hours on end, week after week, month after month,*

only to show very little body composition/recomposition changes. In other words, you must learn to control your cortisol, once and for all.

Your **DIRT™** program will help solve this problem with a few simple changes. You see, cortisol's number one nemesis is growth hormone (GH). The more GH our bodies are naturally producing, the more we are able to combat that nasty cortisol and burn that annoying belly fat! *To maximize your body's natural growth hormone secretion, you need to create more lactic acid in your workouts. The more lactic acid your body produces, the more GH your body must produce. You must also take short rest intervals in between your workout sets, and you must not train for hours on end. For all of the **DIRT™** protocols, you rarely sit. Additionally, you must always fuse your lower body muscles with all of your movements. This gives you even more growth hormone production. Add some nice, restful sleep and you are well on your way. The result is, of course, Bye-Bye Belly Fat!*

Take this natural supplement to help burn even more belly fat.
BellyTrim™ <http://waketheforkup.com/shop/biotrust-products/bellytrim-xp/>

Ghrelin

Ghrelin was discovered in 1999. It is often referred to as the “hunger hormone,” as it was determined that this hormone more or less tells the brain when it is time to eat (stimulates hunger). In fact, when folks were injected with

ghrelin, they ate on average 30% more than their study peers. Not only does ghrelin stimulate the hunger mechanism, it unfortunately slows metabolism and increases the body's ability to store unwanted fat, particularly in the abdominal region. *Even more troubling, common stressors, such as a lack of sleep, increase ghrelin, while lowering leptin. When this happens, it is noted that people will inadvertently choose foods higher in calories, processed sugar, and trans fats such as chocolate cake over a healthy and lean, wild salmon salad that is loaded with healthy walnuts and fat-burning vegetables.* You can guess the end result by now. Increased eating of bad foods and a massive increase in stored white adipose tissue WAT (the bad fat on your belly, buns, and legs) start accumulating. Do not fret, however; our training and eating style gets your ghrelin under control in the most efficient way possible.

Garcinia Cambogia has shown some great results with helping to tame Ghrelin as well. Get the best right here: <http://waketheforkup.com/shop/stevia-products/stur-liquid-garcinia-cambogia-for-appetite-control/>

Your “Wake the Fork Up” Call

One “*Super Cool*” new hormone just recently discovered!

BATter Up—Irisin



Those folks from Harvard Medical School never cease to amaze me. Some of their most recent research discovered a new hormone called IRISIN. Irisin literally speeds up your metabolism by increasing insulin sensitivity (remember, insulin sensitivity good -> insulin resistance bad). Even more amazing is the fact that irisin changes your white fat into brown fat! You see, it was once thought that adults only had a very limited amount of the good, metabolically active Brown Adipose Tissue (BAT) left over from childhood. This is the fat we want and need on our bodies to help reduce the white adipose tissue that chronically troubles the belly, hips, and

thighs. Up until this discovery in 2012, it was thought that the majority of our BAT (good fat) was lost after infancy for good. (Ever wonder why 99% of all babies are chubby as hell and then suddenly, Boom, the fat all disappears! This is because the majority of their fat is BAT). In other words, we want more BAT (good, metabolically active fat) on our bodies to burn the WAT (bad, disease ridden fat) off of our bodies. Brown fat cells don't store fat; they burn fat. "If your goal is to lose weight, you want to increase the number of brown fat cells and decrease your white fat cells," says Dr. Komaroff, a professor at Harvard Medical School. "Irisin does that. And those newly created brown fat cells keep burning calories post exercise." You know how we do this? We exercise in precisely the correct manner! When we do this, we can actually change bad fat into good fat. This is over the top, awesome people! We also know that much adult BAT likes to sit in the neck, upper back, and upper chest regions of the body. There is one simple trick to activate this fat burning BAT up to 300% more for you. Simply utilize ice therapy to help activate BAT-Your good fat that helps to burn unwanted fat. This ice pack works best for rapid fat loss
<http://waketheforkup.com/shop/amazon-products/core534/>

Are you beginning to understand why YOU must have a complete program that scientifically addresses and approaches things differently? A program that gets these powerful, proactive hormones working for you like they did when you were youthful and overflowing with energy? Why waste your hard-earned time, money, effort, and desire any longer? The solution is much easier than people make it out to be, but it's not so simple even a caveman can accomplish it. The truth almost always lies somewhere in between. The truth to six pack abs and a tight sexy booty style of training is

about to be revealed, once and for all. Simply shoot here for instant access:
<http://waketheforkup.com/programs/>.

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