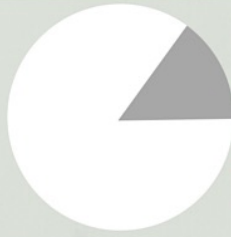


8 Tweaks to Effortless

Frustrated because your progress has slowed?
Give these tips a try.



Check your 20.

The 80/20 rule works... until it doesn't.
Be really honest with yourself: is your 20% really 20? Or is it creeping up?

Mellow out on the drinks.

I don't take alcohol away from my clients, but I do alert them to the sugary, inflammatory nature of boozin'. Be real with your intake; dial it down a notch to get weight moving.



Drop dairy.

When I asked you to eliminate dairy, you may have said: "But I love cheese," or "It's just the cream in my coffee." Struggling to lose weight? Ditch dairy, outright.

Don't go nuts on nuts.

Nuts are great little fat nuggets, but they are also really easy to overeat. And if you are inflamed, the phytic acid in a nut might be holding you back.



Gut check time.

Dial down sugary and carby foods which feed bad gut bugs; take a live probiotic supplement; eat more fermented foods. A balanced gut improves everything: nutrient absorption, fuel partitioning and more.

Ramp up your fats.

I bet you're not eating enough fat. Almost nobody does. Put fat on your plate and get appetite and cravings under control.



Nightshade elim?

Tomatoes, eggplant, potatoes... this family of veggies can be inflammatory to some people, and you may be among the unlucky few. Eliminate nightshades for 30 days, see what happens.

Add some hustle to your workouts.

Including sprint-type workouts to your roster can kick-start some serious-business fat loss.

