

## The Essentials of Successful Fat Loss

### Part 2

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In Part 1 we discussed the first 3 critical factors needed for fat loss. The next 3 are lesser known but probably more important to get sorted.

#### 1. Cortisol Control

Cortisol is a stress hormone. It is necessary for us to raise cortisol at certain times such as in the morning to wake us up and at times of real stress (i.e. life threatening situations). However, with today's lifestyle, cortisol gets produced far too often in times of mental stress. This messes up our natural rhythm. If you find it hard to wake up in the morning your cortisol production is out of whack. If you find it hard to fall asleep your cortisol production is out of whack. If you feel excessively tired throughout the day then your cortisol production is not functioning as it should.

So what has this to do with fat loss? When cortisol gets produced it breaks down muscle tissue which slows down your metabolism causing fat storage. It is mainly responsible for the fat around your belly button region. So, if you want a flat stomach you've got to sort out your sleep and stress habits. Also certain forms of exercise will increase cortisol too. Believe it or not exercise can make you fatter! For starters doing more than 60 mins without proper nutrition and recovery will cause you to break down muscle tissue. Doing excessive forms of any exercise will increase cortisol too. Make sure you follow a varied training programme otherwise too much of a good thing can become a very bad thing!

#### 2. Hydration

Dehydration is a major stress on the body. Stress produces cortisol. Read above for why that's a bad thing! Also being hydrated means you will feel better, think more clearly, exercise better and burn more fat. Without optimal water intake fat loss is virtually impossible.

On an even simpler scale fat is stored energy it must be transported into the blood stream and be used as energy. Your blood is 50% water. If you are dehydrated then you cannot transport much fat in the blood stream therefore it'll stay right where it is.

Your water requirements depend on your weight and activity levels. For every 50lbs or 3.5 stones of weight you have you need approximately 1 litre of water.

#### 3. Toxicity

Toxins slow down every process in your body especially fat burning. Your liver is where most of your fat gets metabolised and it's also where toxins get eliminated from the blood stream. If your liver is overloaded with toxins how much fat do you think it can burn? Not a lot.

The easiest way to detoxify is to eliminate as many chemicals/toxins from your life. This means sticking to a natural diet void of any pre made meals, junk, fizzy drinks etc.

Taking a good multivitamin daily will also help in detoxification as it's these nutrients that bind to the toxins to eliminate them from your system.

There you have it. The 6 vital ingredients you need in order to achieve maximum results. It doesn't matter how easy it feels to implement all of these but to simplify it more all you have to do is make one or two changes each week and soon you will notice a massive difference in not only your body shape but your energy and mental focus too.

Make a plan to eliminate sugars and get more water. Then sort out your sleep patterns and get 7-8hrs a night. When you increase your good fat and protein intake you will curb hunger cravings and feel a whole lot better. And finally you can exercise smarter avoiding excessive aerobic exercise. Yes aerobic exercise will increase your cortisol levels and can make you fatter! Lift weights instead as these will increase your muscle mass helping you become insulin sensitive while increasing your metabolism all at the same time.

Dedicated to Helping You Get Results Fast,

John O'Connell

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