
Summer is just around the corner
Get swimsuit ready!
Scroll down for my top ten tips

1 - FIND OUT YOUR METABOLIC TYPE

What you eat matters!

Focus on the foods that support your metabolism

2 - DO INTERVAL TRAINING

This type of exercise lowers insulin levels which leads to weight loss

No more excuses - just 15 minutes a session and you're done!

3 - LIMIT YOUR STARCH INTAKE

Starches include grains in all forms, beans, and root vegetables

No more than 1/2 cup per meal!

4 - EAT EVERY 4-5 HOURS

If you leave this much time between meals, you'll burn your body fat for energy

This is important - I promise!

5 - MAKE FRIENDS WITH YOUR BLOOD SUGAR

This is huge if weight loss is your goal!

Your fasting level (in the morning) should be under 90*

Your postprandial reading (45 min. after meals) ideally, should be under 120*

6 - Optimize digestion

We are what we absorb

1 teaspoon of apple cider vinegar in 4 oz. of water before meals will do the trick!

7 - practice intermittent fasting

Allow a 12-hour window of time where you don't eat - it's easy if you do it at night

This lowers blood sugar and insulin levels and WILL speed up weight loss!

8 - Identify and eliminate food sensitivities

There are labs for this - contact me if you are interested

Better yet, eliminate the top offenders for three months

Ditch gluten, pasteurized dairy, corn, soy, and egg whites - you'll feel great!

9 - Take magnesium and vitamin D

These supplements will augment your weight loss and are non-negotiable

10 - manage your stress levels

Engage in activities that feed your soul on a daily basis!

Don't underestimate the importance of this step - your cortisol levels will thank you!

And for heaven's sake, get a solid eight hours of sleep every night...