



HOMEOSTASIS DIET

“Wake up don’t eat let your glycogen deplete”. This is a saying for those who decide to start fasting to remind themselves to let their sugar stores deplete. When your sugar stores deplete you start flipping the switch. You can view this research paper here to learn more.

[Flipping the Metabolic Switch: Understanding and Applying Health Benefits of Fasting](#) In this paper, you will learn about the benefits of having the body on both fuel sources.

Once you understand the science, weight gain and weight loss are both very simple topics. Sugar consumption, which raises insulin levels, is the primary cause of weight gain. In scientific terms, this is known as your IGF-1 or insulin growth factor. We explain IGF-1 as the body grows and the brain slows down. This is due to a research topic centered around the saying "The bigger the belly the smaller the brain". Many bodybuilders use IGF-1 to help them grow. We have high levels of IGF-1 when we abuse sugar, and our bodies begin to grow.

Simply put, when you eat sugar, your insulin levels rise, allowing the sugar to enter the cells and cause the body to grow. Too much sugar means too much insulin, which means too much body fat. When it comes to losing weight, timing is everything. If you have been overweight for a long time, it will take some time to lose weight. All of the weight loss you desire is directly related to what and when you choose to eat. If you are consuming soda throughout the day you are not allowing your body to lower its insulin which is going.

If you have watched the video that is attached to this document, you will see what happens when we consume too much sugar in the morning. Our reset button program is a great place to start if you want to learn more about this. Please read this if you want to do more research before joining our program. [The bigger the belly the smaller the brain.](#)

The top 3 suggestions for losing weight.

1. Start exercising. This could be as simple as talking with weights. As mentioned in [The Telomere Effect: A Revolutionary Approach to Living Younger. Healthier. Longer](#)
2. Eat the proper amount of calories.
3. Sleep 8 hours. [Why We Sleep: Unlocking the Power of Sleep and Dreams](#)

Consider it this way. If you don't exercise, you're not getting enough BDNF, which is something that depression medications try to increase. We're all getting older, and exercise is a necessary part of life. The best thing that can happen if we don't get enough sleep is that our hormones

become 10 years older than we are. Could you imagine being 20 years old and actually being 30?