

Functional Fat Burning

How to Quickly and Easily Get Rid of Stubborn Belly Fat
Without Fad Diets, Appetite Suppressants or Invasive Surgery



By Ricardo Miranda, L.Ac.



CONTENTS

Contents 2

Introduction..... 4

1. Restore the Gut Bugs 6

2. Using Fat for Cellular Energy 7

3. Use Mindfulness, not Cortisol..... 9

How to Make Powerful Lifestyle Shifts..... 10

 1. Go easy on the fruit in the morning! 10

 2. Detoxify first 11

 3. Thyroid health..... 12

The Four Body Types: Where are You Storing Fat? 13

 The Adrenal Shape..... 14

 The Thyroid Shape 14

 The Ovary Shape..... 14

 The Liver Type..... 14

“What if This Doesn’t Work for Me?” 15

What about cost?..... 16

"I'm Ready To Get On Track and Start Feeling Good Again, What Do I Do?" 18

"How Does Consulting With Your Institute Work?" 19

What Is Included In The Initial Consultation & Review?..... 20



Notes to the Reader

While the writers of this book have attempted sensible endeavors to guarantee the precision and convenience of the data contained in this, the writer and distributor expect no obligation as for misfortune or harm brought on, or charged to be created, by any dependence on any data contained in this and repudiate all guarantees, communicated or suggested, as to the exactness or dependability of said data. The creators make no representations or guarantees as for the precision or culmination of the substance of this work and particularly repudiate all guarantees. The exhortation and techniques contained in this may not be suitable for each circumstance. It is the finished obligation of the per user to guarantee they are holding fast to all nearby, local and national laws. This production is intended to give precise and definitive data as to the topic secured.



INTRODUCTION

Do you remember how you felt when you were a kid? Tackling life with energy, curiosity and excitement. Living in the moment, sleeping at night, waking up with energy in the morning. Can you recall not worrying about your pants not fitting right, T-shirts being too small, or concerned about walking up stairs without losing your breath?

Today is an exciting day because you are going to learn how to get back to the place of health. **But before we get started I want to make a couple promises to you. The first promise is I'm not just going to tell you that you need to diet and exercise in order to lose weight. I'm not going to tell you that you need stronger willpower or that you just need to be more disciplined.**

My promise to you is that I am going to give you better solutions to helping you get rid of unwanted belly fat and fat reserves than you have ever received before. The second promise that I will give you is an opportunity to come into our clinic, either physically or through our online consultation program, and work with one of the highest respected, holistic practitioners in the country at a discounted rate.

If what I share with you today makes sense for you then I believe that there is nothing that is more powerful than having a mentor when it comes to your health and we would like to be your mentor. Having a practitioner who is also your researcher, chief strategist for health, and educator is what healthcare is lacking now more than it ever has. We have helped thousands of individuals just like yourself reclaim their health and create a life worth living. Are you ok with those two promises I have made?

The common advice that most Americans have been given is to diet and exercise more if they want to lose weight. **When you go to your doctor you will be told that if you just lose 20 pounds then you will be healthy. What I have seen is that you first must get healthy and then your body will lose weight naturally. The big difference is in addressing the cause of the weight gain and not just the symptoms.**



!!!..

The fact that you are reading this lets me know that you are a motivated individual who is looking to get to the cause of your weight gain and not just treat the symptoms with an appetite suppressant.

I highly doubt that you would have asked for this material if you weren't looking for a long-term solution for your health. There are thousands of books that are written on diet and weight loss, but this one will be completely different than what you've ever read because it aims right at the heart of the matter-get healthy first, lose weight second. What I want to introduce to you is a path that will help you uncover why you have put on weight in the first place and then show you how you can take the necessary steps to get the weight off in a natural and sustainable and permanent way.

This is not a program that is about having willpower it's a program about really exploring how your body functions and why imbalances show up in the first place. So let me be the first person to congratulate you on this critical step in getting back your health and getting back the body that will allow you to live the life of your dreams. Before we get started I would like you to answer a few questions: In three years from now what would you like to see happen with your progress in order for you to be happy with your progress?



For years we thought that restricting calories, exercising, and eating low-fat foods would make us fit and healthy. But as a society we are fatter, sicker and more depressed than ever and it won't go away unless you do something about it right now. If you want to get to your ideal weight, feel energized again and have healthy hormones then there are three secrets that you need to know about for:

1. RESTORE THE GUT BUGS

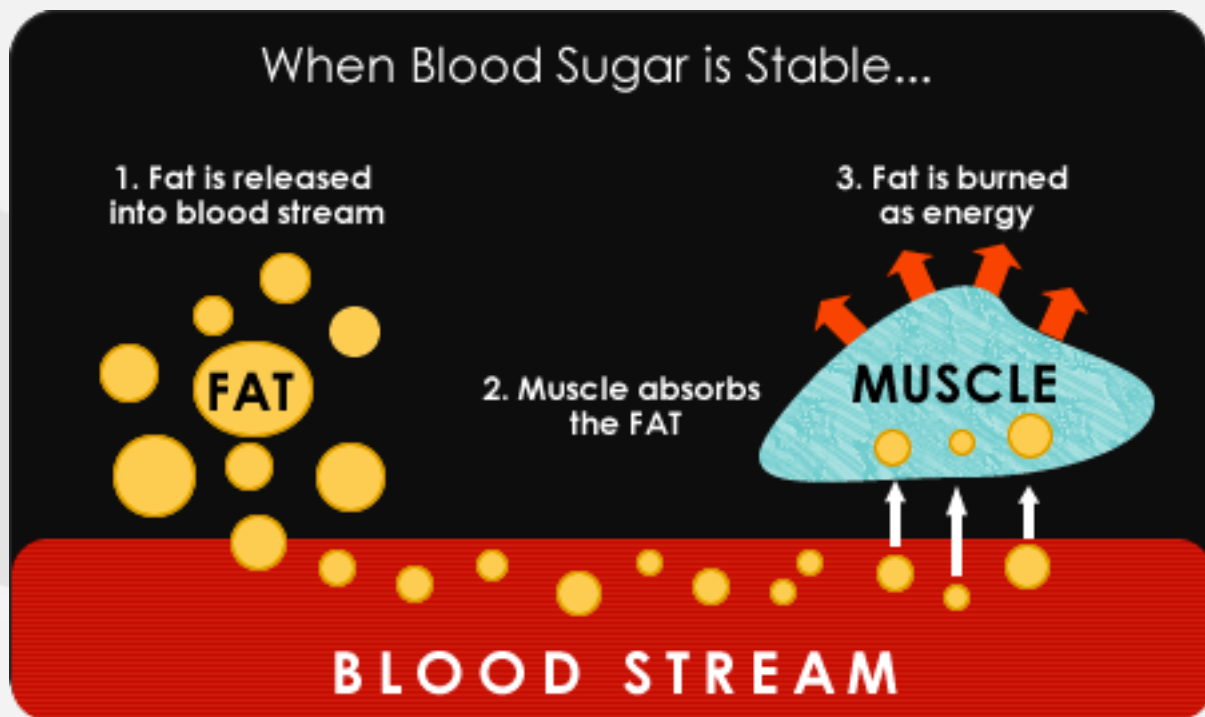
Fix your gut and find your six pack again. Research has proven that the ratio of Bacteriodes to Firmicutes bacteria in your gut determine whether you will metabolize the calories you consume or store them as fat. For thousands of years our ancestors ate fermented foods on a daily basis, which in turn fed the Bacteriodes bugs and kept them lean and healthy. The food we eat today is molecularly different than the food our grandparents ate, especially different from the food that our Paleolithic ancestors munched on. We have genetically modified the majority of our crops and depleted our soils for decades, causing Americans to be overfed and undernourished. We have been guinea pigs and when this science project is finally over, we will be able to see the insane amount of damage that we have done to the planet, our ecosystems and to our health.

**ARE
GUT BUGS
MAKING
YOU FAT?**



2. USING FAT FOR CELLULAR ENERGY

In order to achieve your ideal weight you need to change the energy that your cells depend on. Our body is far more efficient at using fat as an energy source instead of sugar. The best way to lose weight but still enjoy your food while loving your life is to consume 60 to 70% of your calories every day from healthy fat sources like avocados, sardines, anchovies, coconut and grass fed butter.



Ansel Keyes would be rolling over in his grave right now if he read this because he was the primary antagonist towards saturated fats which spurred the creation of the infamous food pyramid which has now contributed to America's obesity epidemic. Like many researchers, he left out the studies that did not support his hypothesis and Americans have suffered for the last 60 years because of this.

An article published April 13th, 2016 in the New York Times revealed some new light on how the science of nutrition has been misleading. "Several years ago, Christopher E. Ramsden, a medical investigator at the National Institutes of Health, learned about the long-overlooked study. Intrigued, he contacted the University of Minnesota in hopes of reviewing the unpublished data. Dr. Frantz, who died in 2009, had been a prominent scientist at the university, where he studied the link between

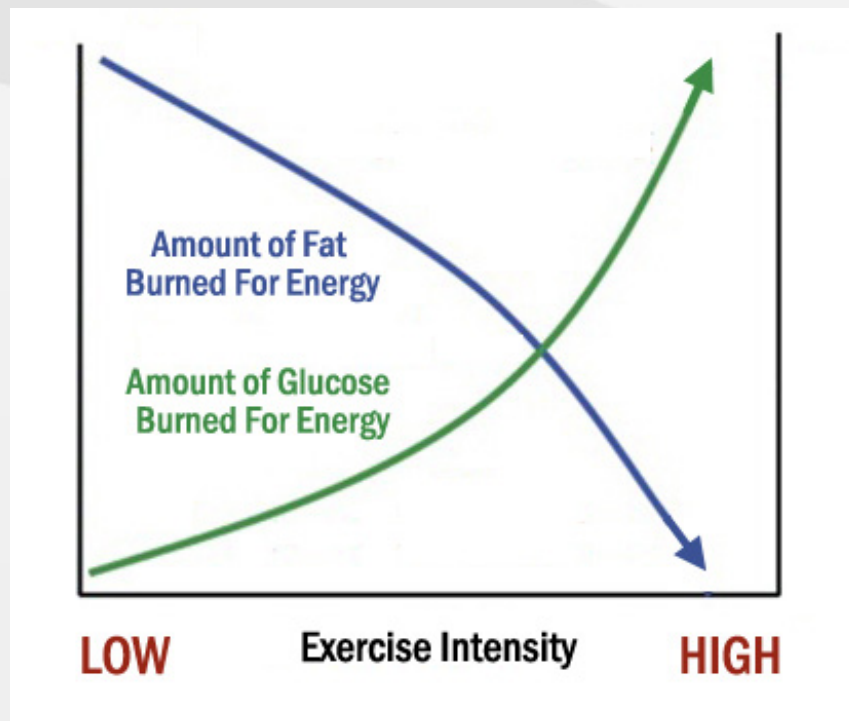


saturated fat and heart disease. One of his closest colleagues was Ancel Keys, an influential scientist whose research in the 1950s helped establish saturated fat as public health enemy No. 1, prompting the federal government to recommend low-fat diets to the entire nation.

Several years ago, Christopher E. Ramsden, a medical investigator at the National Institutes of Health, learned about the long-overlooked study. Intrigued, he contacted the University of Minnesota in hopes of reviewing the unpublished data.

"One would expect that the more you lowered cholesterol, the better the outcome," Dr. Ramsden said. "But in this case the opposite association was found. The greater degree of cholesterol-lowering was associated with a higher, rather than a lower, risk of death."

It can take some time to warm up to the fact that we need 60-70% of our total calories from fat but we see dramatic improvements with this approach.



3. USE MINDFULNESS, NOT CORTISOL

Mindfulness is more than just a catchy term. It is the one thing that will allow you to decrease cortisol -one of your fat storing hormones. Mindfulness is also the shortest route to changing poor habits into good habits like planning your meals in advance versus going through the drive-through fast food restaurant. Not only does mindfulness help you make better choices but it has also been shown in several studies to reduce insulin resistance in your cells -this means that the sugar you do eat is consumed as energy instead of being stored as fat.



Getting ready for swimsuit season means looking at weight as just a symptom of a bacterial overgrowth of Firmicutes, eating the wrong foods, and lack of awareness. Once you make the commitment to dig deeper into the cause of your weight gain you will be shocked at what you will find and how much better you can feel without carrying around an extra 10, 20, or 100 pounds. Check in with your body whenever you eat and notice if you get cravings, lack of energy, poor sleep, or brain fog. These are all indicators that you may have some food intolerances that need corrected. In our wellness programs we look at several factors when it comes to your health. If any of these are missing then the goal will not be reached.



HOW TO MAKE POWERFUL LIFESTYLE SHIFTS

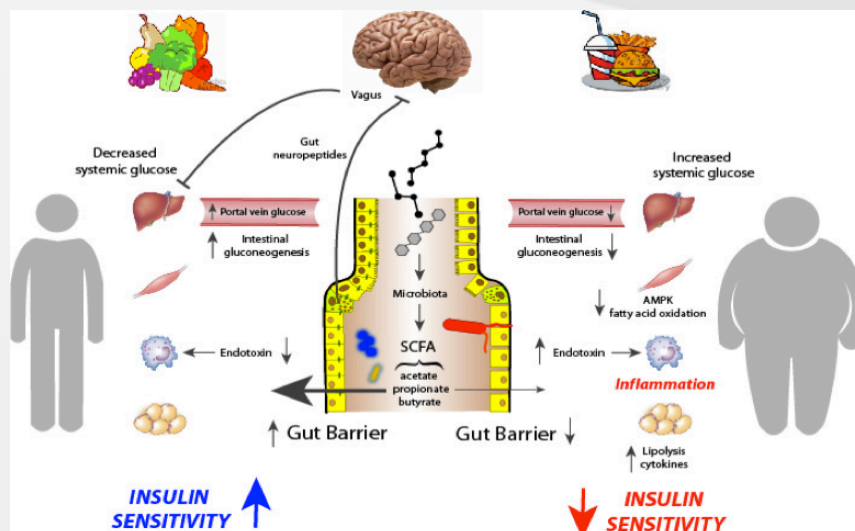
There are three things that get in the way of individuals losing weight in a healthy way. In order for us to help you get and stay fit and healthy we want to make sure that you aren't engaged in some of these "health tips" that are making people put on weight.

1. GO EASY ON THE FRUIT IN THE MORNING!

Do you start your morning out with a fruit smoothie? Studies have revealed that if you eat more than 25g of fructose in a day you will feed yeast organisms that compete with your fat burning bacteria. High levels of sugar consumption in the morning contribute to insulin resistance because your cortisol levels are already high. This contributes to inflammation that causes your body to store sugar as fat in your belly. This storage of unneeded fat also raises your levels of toxicity.

I doubt that any of you eat any sugar....but I bet you know people who do....so what they can do is use an herb called gymnemma on their tongue when the sugar cravings arrive and this herb actually numbs the taste buds for sweet things. It also has been proven to treat diabetes and insulin resistance.

What are you eating for breakfast? Save that bowl of fruit for the evening and try eating a few cups of steamed vegetables with an avocado. Make sure to load on the olive oil or ghee to add in your fats. Drinking a cup of bone broth soup will also give you boundless energy while repairing inflammatory issues in the gut as well. The best foods in the morning are veggies, avocados, healthy fats, fish, sauerkraut and some fat enriched coffee (if you are a coffee drinker). What you do not want to consume in the morning is more than 20 grams of protein or more than 10 grams of carbohydrates.

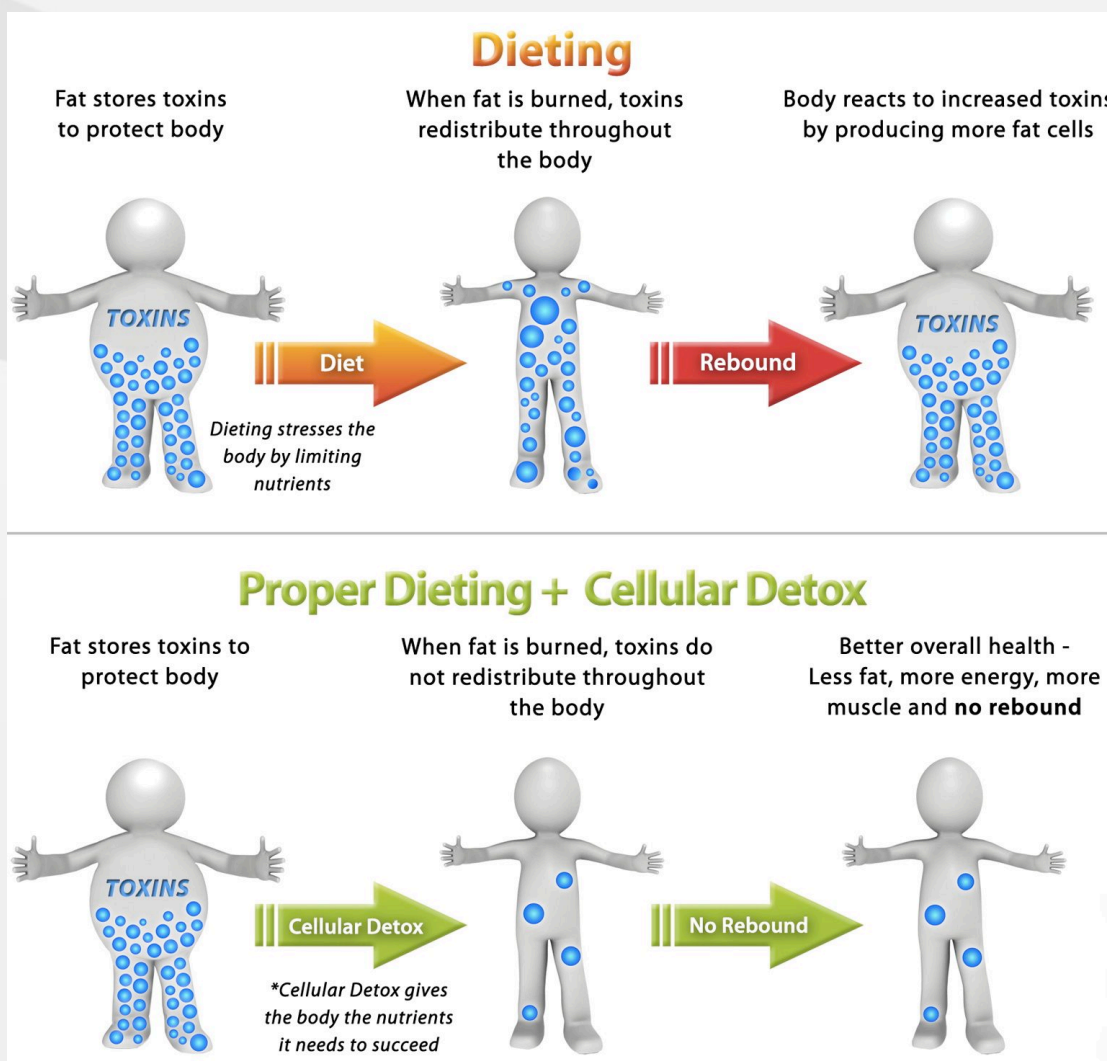


2. DETOXYFY FIRST

Failure to detoxify your liver will result in yo-yo weight loss. This means if you lose 20 pounds you're almost guaranteed to put on 30 pounds within the next month or two because you didn't take the time to cleanse your body first.

Your liver has two types of detoxification pathways-phase 1 and phase 2. Phase 1 detoxification which is where your liver converts fat-soluble toxins into water soluble molecules that can be excreted through your gallbladder and into your small intestine and you know where it goes from there. You can use glutathione in the morning and at night before you go to bed. Phase 2 is complete once the toxic molecule is excreted all of the way out of your body through your urine or stool. Use activated charcoal to assist your body in this process.

You will be amazed at how much more mental clarity you have when you detoxify your liver. If you have a history of exposure to heavy metals use zeolite volcanic ash and eat one cup of cilantro every day.

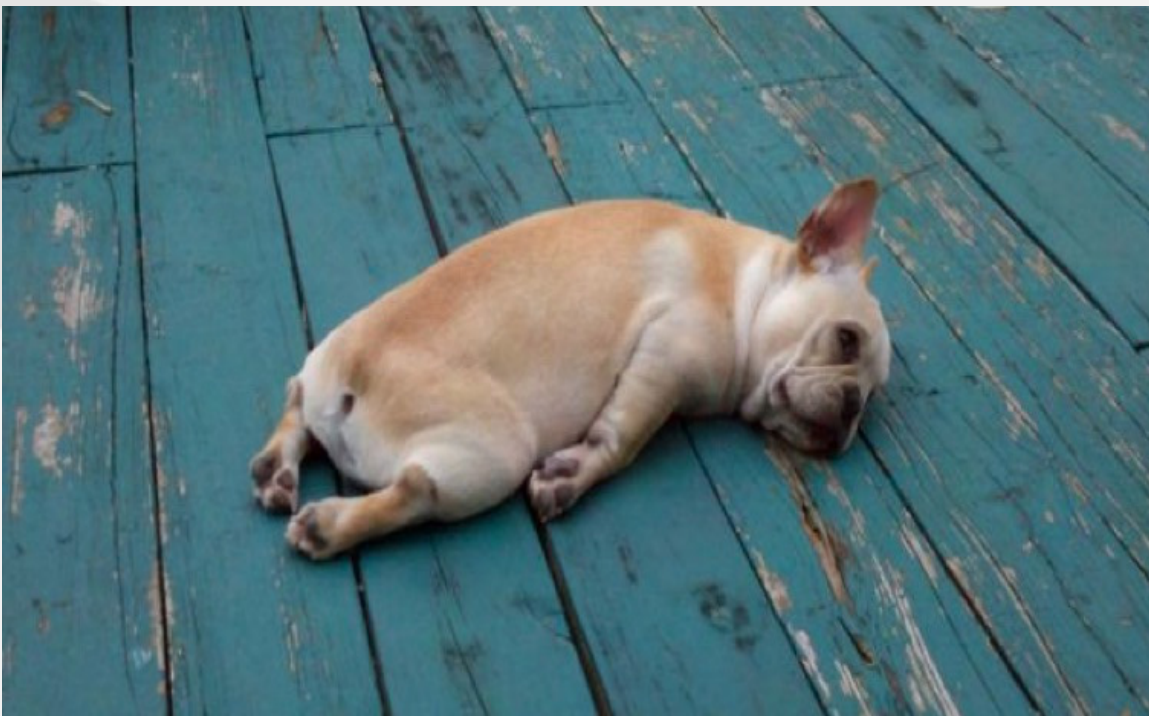


!!

3. THYROID HEALTH

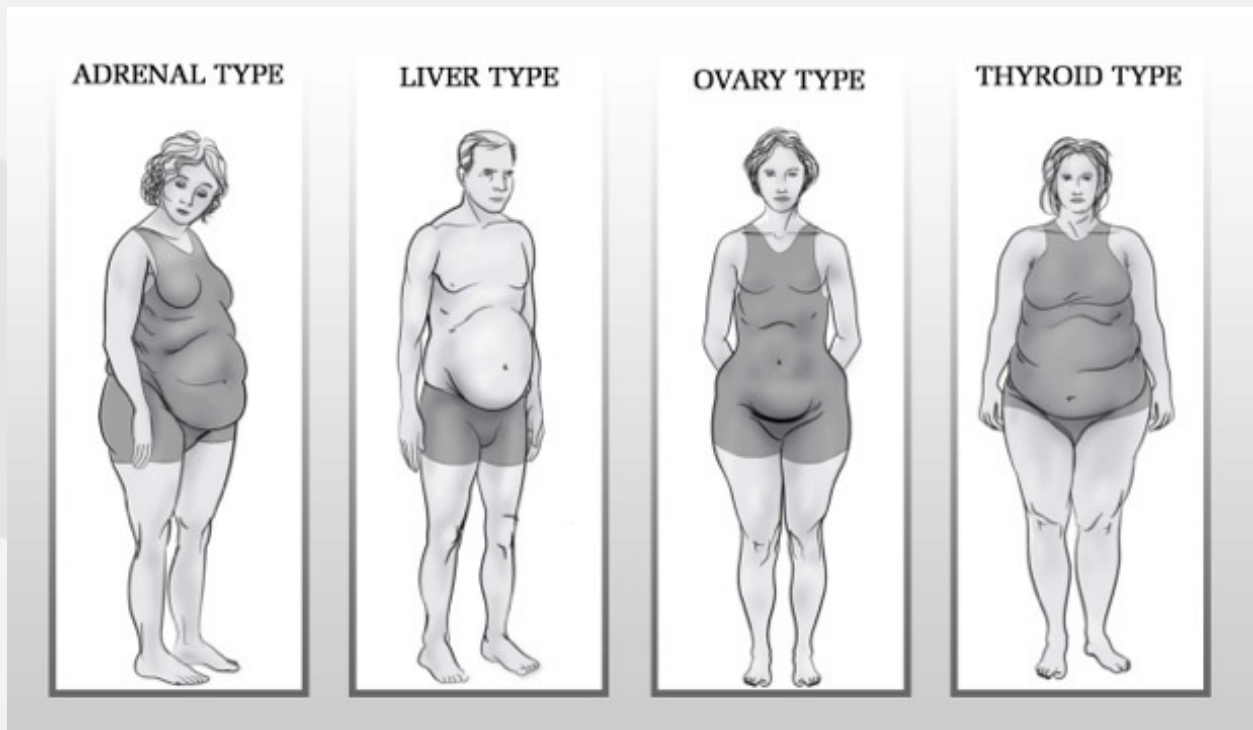
Metabolism is dependent on adequate thyroid hormones in your body. Every cell in your body has an engine called the mitochondria and it is for thyroid hormone that ignites this engine and allows you to start consuming the food you eat as energy. Thyroid issues are at epidemic proportions in America because of the large quantities of fluoride we have dumped in our water in the past 25 years. If you do not regulate your thyroid and adrenal glands then weight loss will be nearly impossible because you will not have a healthy metabolism.

The best way to find out how your thyroid hormones are performing is through a blood test that can easily be done at a very low cost. In the meantime make sure that you are NOT on a calorie-restricted diet. You will want to cook your cruciferous vegetables and eat only organic meats and wild caught fish.



THE FOUR BODY TYPES: WHERE ARE YOU STORING FAT?

One of the reasons why putting everyone on the same diet doesn't work is because we all store fat in different areas of our body based on where our stress is coming from. Dr. Eric Berg, wrote a book called the 7 Principles of Fat Burning and he describes in detail why certain individuals hold on to fat on the abdomen why others may store more around the hips or thighs. Here are some examples:



What Dr. Berg concluded in his work is that your body shape can be a direct result of fat storing hormones. No matter what shape your body is, it is likely to be linked to a hormone. Recognizing your body shape and how hormones play a role in how your body is shaped is the first step to leading a healthy and happy lifestyle, while achieving the body shape you desire.



THE ADRENAL SHAPE

Adrenal glands are directly tied to stress and how the body copes with stress. If too much stress builds up inside you, the adrenal gland releases the hormone cortisol – which builds up fat around your vital organs. The worse your stress becomes, the harder it is to lose weight. Stress can also lead to poor sleep patterns, brain fog and, of course, weight gain.

THE THYROID SHAPE

The Thyroid is a gland that can be found in your lower neck. This small but crucial gland makes hormones that control your metabolism. People with thyroid challenges tend to put on weight all over. Oftentimes the thyroid body type is triggered by estrogen – which tends to slow the body down, which leads to weight gain. Stubborn baby weight after pregnancy can stem from an abundance of estrogen. Those with thyroid challenges not only struggle with weight gain, but also hair loss and ridged nails.

THE OVARY SHAPE

Much like the thyroid shape, the ovary shape is often triggered by a spike in estrogen. This body type is most common in women trying to conceive. Their over-productive ovaries can develop into saddle bags and stomach weight or pooch belly. One of the greatest challenges for ovary types is that with the spike in estrogen that accompanies childbearing, ovary types can turn into thyroid types after having the baby – especially if thyroid problems arise during pregnancy or shortly after delivery.

THE LIVER TYPE

The liver type is that person with skinny legs and arms and a large, protruding belly. These people have a condition called ascites – which means the liver is leaking a plasma-like fluid into a sac that sits right above the intestine. The unfortunate part about the liver type is that, while their weight may be high, much of that weight is not fat, but fluid that has leaked from the liver. This fluid makes the liver type have low blood sugar in the morning and can cause digestive problems such as heartburn and gas.

So go take a real look in the mirror and find out what body type you might be.



So, You Are Probably Wondering, "This Makes Sense; Why Doesn't Everybody Do It This Way?"

One reason is they just do not know what they need to know. They are seriously behind the times, living in the 1940s, 50s and 60s. They are using an outdated diet and exercise only model, which does not work for the majority of people.

I know you may not have experienced this before, but it should truly be a "partnership" when you work with a doctor on your health condition. That is the way it was always intended to be, but unfortunately, medicine and healthcare in general have moved away from that.

"WHAT IF THIS DOESN'T WORK FOR ME?"

You deserve better than this. You deserve to have a doctor who listens, who understands you, who is willing to do what it takes to work with you and help you. What matters is that you are still suffering, and you need someone who is going to support you correctly and help you.

The number one factor that determines success or failure with a case is how closely the patient follows my recommendations.

If you do the things we prescribe, then you are going to go down the road you have been wanting, probably for a long time, which is moving toward "normal" again.

You are reading this because you are one of the smart few who want to take control of your health and do what it takes to help your body get well.

Nothing else matters when your health goes "South." I love working with patients like you because you are willing to sit here and learn about your problem, listen, and make the changes necessary to get your health back on track and to get back to the business of "living well again".



WHAT ABOUT COST?



Our initial review of your case and consultation is \$287* (but if you schedule your case review within 2 weeks of requesting this report, it is only \$87).

As we discussed, our unique approach steps out of the "medical box," so we can do what is needed and take the time necessary to help "YOU". Until we know the specifics of your case, what tests we need to run, and how long we anticipate it taking to make the functional changes we need, there is no way to say what the cost is going to be.

But rest assured, I am on your side. My job is to work WITH you, to help you improve your condition. My job is to deal with all of the specifics of your case, listen to you, and work with you to make the proper functional changes.





Everything can be done in steps. The first step involves a case review and consultation, so we can get to the specifics of your case.

Your main concern should be getting well and feeling better again. You have the rest of your life in this body, and you can be energetic and healthy enough to enjoy it, or suffer with fatigue, depression, weight-gain, and hair loss.

The smartest choice is to get to the root of the problem and not get "passed through" the medical system, being treated like you do not know what you are talking about or feeling.

Ask yourself if you can afford not to get treated. If you are honest with yourself, the answer is you CAN'T.



"I'M READY TO GET ON TRACK AND START FEELING GOOD AGAIN, WHAT DO I DO?"

At this point, you should realize that your thyroid condition may have not been managed properly or completely and that your current thyroid treatment is not going to get you where you want to go. You really should be asking, "How can I get this type of functional support approach? How can I get the kind of intervention you describe?"



"HOW DOES CONSULTING WITH YOUR INSTITUTE WORK?"

Every new client we work with begins with a case review and consultation, as previously mentioned.

Initial Consultation and Case Review: Please bring any labs that are no older than 1 year and we will look at them through an entirely new "functional" perspective to find out the cause of your weight gain.

This is why your lab tests are "normal" but you still feel sick:



In these areas you will find lab results that a doctor will say are "normal" but they are not optimal!



!!

WHAT IS INCLUDED IN THE INITIAL CONSULTATION & REVIEW?

1. A one-on-one consultation to discuss your problems and concerns.
2. A hormone balance screening of 5 major hormones.
3. Pulse and Tongue analysis of all major organs.
4. A complete analysis of lifestyle habits.
5. We will also review your medical records and lab tests (if available).

If you are sick and tired of being sick and tired and would like to take a comprehensive natural and functional intervention to enhance your current thyroid treatment, then call us at 310.914.1624 and schedule your Complete Case Review and Consultation.

We will get you scheduled as soon as possible. The \$287* cost (Only \$87 if you schedule within 2 weeks of requesting this report) for the initial consultation will cover the review of your medical history, review of past medical records, review of recent lab tests (if available), and our consultation and recommendations.

DO NOT continue feeling bad for another day when the potential answer to your SUFFERING is right here in front of you. How would you feel finding out years from now that the answer to your problems was right in front of your face all along, and you let it slip through your fingers. You will not regret it.

Sincerely,

Ricardo Miranda, L.Ac.

