

PLATEAU BUSTERS

YOUR DOING
ALL THE RIGHT
THINGS

SCALE IS NOT MOVING

- 1. Cut out all fruit (including berries)
- 2. Cut out all snacks, eat only 3 meals per day without snacking in between meals (if you find that you cannot make it to the next meal without feeling hungry then you need more protein with each meal)
- 3. Stop exercising (other than walking, yoga, swimming or biking)
- 4. Start exercising if you haven't been (only walking, yoga, swimming or biking)
- 5. Cut out chicken. Focus on eating grass-fed beef and seafood only. This is because ALL chicken is fed soy, even if it is organic. Soy disrupts the hormones including the thyroid which slows your metabolism.
- 6. Cut out nuts and seeds including nut milks and nut butters. This is because nuts and seeds are high in omega 6 oils which can slow weight loss.
- 7. Make sure you are getting enough to eat (at least 1,250 calories) every day. Do not forget to eat and do not skip meals.
- 8. Ensure you are drinking 3-4 liters of water (depending on your body weight, you should drink $\frac{1}{2}$ of your weight in ounces.)
- 9. Ensure you are getting 8 hours of sleep. This is HUGE. Fat burning takes place at night when you sleep and will not happen if you are not getting enough quality sleep.
- 10. Do not eat 3-4 hours before bed. This again is HUGE. Fat burning takes place during sleep and if your body is digesting food throughout the night it won't burn fat and it means you will not be achieving good quality sleep.

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- 11. Are you drinking the green juice in the morning? If not, drink one.
- 12. Get 15-20 minutes of sunshine per day, aka Vitamin D, WITH NO SUNSCREEN. Sunscreen blocks Vit D absorption.
- 13. If you aren't taking Omega-3 fish oil you need to, this is to help lower inflammation in your body. Fat loss will be really hard in the presence of inflammation. If you have excess body fat it is a sign of inflammation and you need to lower it (see academy lesson on gut health).
- 14. If you have excessive cravings or hunger despite doing all of the above, you need more magnesium. Drink CALM (magnesium drink) either during the day and/or before bed.
- 15. Reduce your level of stress. Stress releases cortisol and cortisol stores fat.
- 16. If you try all of the above and STILL can't lose weight, see a functional medicine doctor or a naturopathic doctor and have your hormones tested (even if you've had them tested before and they came back "fine".) Continue the Body Balance plan because eventually the program will correct imbalances but you may need additional support (Chinese herbs, bioidentical hormones, etc.) that only a doctor can prescribe with adequate testing.