



THE OVER 40 HORMONE RESET DIET

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THE OVER40 HORMONE RESET DIET



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The Over 40 Hormone Reset Diet was created for ONE reason...

I have ONE person (and one person only) to thank for stumbling across this 24-hour hormone optimization secret... **my beautiful bride Karen.**

It all started a few years after we first got married when out of the middle of nowhere we received the devastating news... **Karen tested positive for colorectal cancer.**

At her first screening appointment, the nurses told us people who had her type of cancer only have a 12% chance of living five years or longer after treatments...

As you can probably imagine, we were both overwhelmed with worry and emotion...

- ***Would she live long enough to see our grandchildren grow up?***
- ***Would she be able to babysit them, feed them, change their diapers, and listen to them giggle?***
- ***Would she hear the first word they ever spoke?***
- ***Would we see our ‘golden years’ together?***

All these unanswered questions were **haunting** her day and night.

Within just a few short weeks of the medical industry poisoning her body with harmful pain-killers, chemotherapy and radiation treatments, Karen had severe ovary damage...

The Doctor Diagnosed Her With “Cancer-Induced Premature Menopause”

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The negative metabolic side-effects started taking their toll almost immediately and sent her into a deep depression.

She felt like her days were numbered... like the chances of her ever being normal again were **slim to none**.

I'll NEVER forget when they administered her chemotherapy treatment for the first time. I was there squeezing her hand when they put the needle into her arm.

It was almost as if I could see her getting older right before my eyes. Watching Karen have to go through this was one of the most difficult moments of my life.

The next six weeks was the most stressful time of our marriage. She was on five different medications, she looked like she had aged 10 years...

Not only was Karen **storing excess fat** in very unusual places like the upper belly region... she was complaining of **joint pain** that prevented her from exercising or going on walks... her menstrual cycles were irregular... and she struggled with insomnia nearly every night...

Even though we were lucky enough to catch her cancer soon enough to save her... her metabolism and hormones were **destroyed**.

And no matter HOW hard Karen tried to lose belly fat afterwards, **NOTHING changed**.

Was it too much stress? Was it too much exercise? Was it the chemo and radiation? Was it bad genes? I don't know.

But the one thing I DO know for SURE is that more exercise and dieting didn't help... it only made matters WORSE.

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She maintained a healthy diet. She tried cutting carbs and calories. She tried doing LONGER cardio sessions. She even resorted to using hormones... NOTHING worked.

Have YOU ever felt this way because you've been so frustrated with your belly fat or embarrassing weight gain? **My wife has felt your pain.**

If you have, it's because you're probably not eating in a fashion to help optimize your current hormonal state—just like Karen.

ENTER: The OVER 40 Hormone Reset Diet

I knew I had to do something to help Karen get rid of her cancer induced menopause belly. After all of my research, I put together this 24 hour hormone reset protocol. But before I could share it with Karen, I had to show her real life proof. So I followed the plan for 25 days, and the results spoke for themselves. **After seeing my results, Karen was so proud of me that she was inspired to give it a shot!**

At this point she had nothing to lose so I told her, ***“Honey, just try it for one week. If you don’t see a change I’ll buy you dinner and clean the kitchen for a week.”***

Little did I know... this 24-hour hormone balancing blueprint would be so **powerful... so effective** that it would transform her body and save her from the living nightmare she was experiencing...

Helping this grandma (I call her Super Nana) lose 8 pounds of menopause belly fat **in the first 7 days.**

And then another 18 pounds the next few weeks reversing 100% of her symptoms from cancer and premature menopause—**saving her from a lifetime of resorting to deadly prescription**

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medicines, surgeries, and dangerous hormone replacement—leaving her doctors scratching their heads in amazement wondering how she did it.

So How did we do it?

Simple.

I used the **OVER 40 Hormone Reset protocol** I'm going to share with you below.

What I really love about this diet is that you can use any of your favorite nutritional approaches while following it.

- Paleo
- Carb Cycling
- Low Carb
- Slow Carb
- High Carb
- Mediterranean

You name it.

**The OVER 40 diet protocol is
BRILLIANT in its simplicity AND
flexibility.**

Ok, enough bragging...

Let's dance!



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Side Note: I'll also share how my wife Karen incorporates the same approach based on her age, gender, goals, lifestyle, and activity level.

I can get away with eating a LOT more carbs and calories than Karen for a few obvious reasons.

- 1: Since I'm a man, I have 10x more testosterone than she does.
- 2: I'm 11 years younger than she is.
- 3: I carry over 40 pounds more lean muscle than she does.
- 4: My workout intensity and calorie burning is threefold of what hers is.

You'll also discover how you can use this approach based on **whether you're sedentary, moderately active, or an experienced high-intensity exerciser.**



The Backbone of The OVER 40 Hormone Reset Diet: Strategic Intermittent Fasting

Intermittent



Fasting

The Super Powers of the “16/8 Protocol”...

There are only 2 rules to adhere to when using the 16/8 Hormone Reset protocol.

RULE #1: Your feeding window should be as close to 8 hours as possible.

RULE #2: Your fasting window should be as close to 16 hours as possible if you’re a male—and 14 hours if you’re a female.

This chart below gives you a sample guideline of how you would set up your fasting vs. feeding nutrition schedule.

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| LAST MEAL OF THE DAY | 6pm | 7pm | 8pm | 9pm | 10pm |
|---|------|------|------|------|------|
| First Meal the Following Day for Men: | 10am | 11am | Noon | 1pm | 2pm |
| First Meal the Following Day for Women: | 8am | 9am | 10am | 11am | Noon |

Like I said: **FLEXIBLE**

You'll notice that the recommended fasting period for men is 16 hours and the recommended fasting schedule for women is 14 hours—this is mainly due to the differences in our OVER 40 hormones.

However, as long as you've fasted AT LEAST 12 to 16 hours each day, you'll still be within the guidelines to get stellar results using this approach.

So technically, you could eat your last meal at 9pm and break your fast no earlier than 9am the next day, for a total of 12 hours (vs. 14-16) and still make serious progress...but I still recommend you fast as close to the 14 and 16-hour mark as possible.

Of course, the foods you eat and the activities you engage in during each window make all the difference.

I'll get to those details soon, but the 16/8 protocol gives you very flexible guidelines.

Just stay within a range of an 8-12 hour feeding window and a 12-16 hour fasting window each and every day.

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WHAT Is I.F.?

Intermittent Fasting (in case you don't already know) is essentially not eating or drinking anything that contains calories for a set time period. Generally, this time period lasts 14 to 24 hours.

Believe it or not, research actually proves that your OVER 40 metabolism won't slow down even after 36 hours of fasting.

Even though we've been told over and over again for the last 20 years that if we don't feed ourselves every 3-4 hours our metabolic rate will slow down, it's simply NOT true.

WHY I.F.?

When applied properly, fasting is not only great for your metabolism, it's also a killer way to break bad habits or shock your body mentally and physically.

Physically, it helps drain your muscle and liver of glycogen by forcing your body to use up stored calories and energy. It also lowers insulin, increases growth hormone release, and raises catecholamine levels by ramping up the sympathetic nervous system (SNS).

So in many ways intermittent fasting actually “mimics” high-intensity exercise.

Every OVER 40 hormonal trigger activated by intermittent fasting helps you burn more fat and preserve muscle (as long as you don't overdo it).

Mentally, it can break you of bad emotional habits or negative neuro-associations you may have with food and provide you with newfound energy and focus.

As always, with any great tactic, more is not better.

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If you abuse this strategy your body may start shedding lean muscle to slow down the metabolism and the end result is no weight loss at all. Essentially, your body thinks you are starving yourself so it will have to use amino acids from precious muscle tissue to survive.

Research shows this only happens if you overdo it. After using this technique for over two years now, **I've found that for men the 16/8 (16 hours of fasting, 8 hours feeding) protocol, and for women the 14/10 (14 hours of fasting, 10 hours of feeding) works best...**

It's also the easiest to adhere to for lengthy periods of time.

YES, you're skipping breakfast! I know. It's unheard of isn't it? :-)

Now don't freak out about this.

I guarantee it's a lot easier to follow and more effective than you could ever imagine.

And believe it or not, there's a whole subculture around the world following this method with unheard of results. Including myself. I've been using various methods of I.F. off and on now for almost 5 years to help me stay lean, healthy, and happy.

What If You're a “Breakfast Eater” Who MUST Eat First Thing In The Morning?

Trust me, I get it....

Some people MUST eat breakfast in the morning for a variety of reasons—including to take important medications or live with a chronic health challenge.

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Or, you're just one of those people who can't start your day unless you have some food on your stomach.

Either way, no need to worry! I gotcha covered.

The OVER 40 Hormone Reset Diet was designed with YOU in mind too.

In the Sample Day Nutrition Charts (starting on page 42), I provide you with specific **Energizing Breakfast Foods** you can eat soon after you wake up that 'mimic' all the positive benefits of Intermittent Fasting.

Meaning, you can still easily RESET your declining 'OVER 40' fat-loss hormones and significantly BOOST your aging metabolism—whether you don't or DO eat breakfast first thing in the morning.

You just have to eat the RIGHT foods, using the RIGHT combinations, in the RIGHT amounts. (Which is all clearly explained below....)

Easy peasy. ☺

Two Alternative Intermittent Fasting Protocols (Optional)

Note: We consider the "16/8 method" as the **BEST** version of Intermittent fasting to use in tandem with the Over 40 Hormone Reset Diet. It's the easiest I.F. protocol to follow while still experiencing **every** fat-burning and hormone-boosting effect Over 40 HRD has to offer.

However, it's possible you may find another method more enjoyable. So in the name of flexibility, we've provided two additional fasting methods for you below—what we consider the "Better" and "Good" options.

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Better: The 24-hour fast (a few times a week...or maybe just once)

One popular method of fasting is the 24 hour fast a few times per week. It's not everyone's favorite because a 24-hour-stretch of no food is quite extensive for many people.

Yet, once you get over the hunger pangs, you start to appreciate food at a whole new level. (Which is why Karen and I use a 24-hour fast about once a week now. It keeps our mental association with food in a very healthy spot.)

Do no more than two or three 24-hour fasts in one week. Don't fast on consecutive days. Most men and women who use this method will fast every *other* day. Then, you eat your normal, healthy meals on the days in-between...or your cheat meals if that's in the calendar. ☺

Once your body has adjusted to the 24-hr fasting lifestyle, you can take the next step to accelerate your results with exercise. I recommend performing intervals/cardio on your fasting days and save the resistance training for your feeding days.

Good: The 5:2 Diet

The 5:2 diet is when you can eat until you are satisfied for 5 days of the week and then eat a **calorie-restricted** diet on two days.

On those 2 days you are actually mimicking a ***semi-fast*** by eating under 500 calories 2 days a week. [This is not technically a "true" fast but it has been shown to normalize blood sugars and hormones.]

Karen and I aren't really fans of this particular method of fasting. However, if you can manage to make healthy choices for every meal and not go hog-wild on sweets on your 500-calorie day, it may be a good fasting option to start off with.

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Try to focus on nutritious, high-fiber, high-protein foods that will make you feel full without consuming too many calories.

Then after you're used to eating less twice a week, you can eventually use 16/8 or 24-hour intermittent fasting instead.

The Over 40 Hormone Reset Diet – Flexible Guidelines

Your strategic fasting periods do not have to be exactly 14 hours (women) or exactly 16 hours (men). It could be 17 or 18 hours... or it could be 12 to 14. But as long as you're fasting for at LEAST 12 hours or longer, you're still within range of the health and fat-burning results created from I.F.

Just try to stick with the 16/8 protocol as closely as possible if you're a male and the 14/10 protocol if you're female.

If you struggle with the idea of fasting, try consuming 5 to 10 grams of **branched chain amino acids** (BCAAs)* every 3-4 hours during your fast and make sure to consume 10 grams of aminos directly after exercise if you're not consuming a meal. **This will help prevent hunger pangs, preserve muscle, and make the whole fasting process more tolerable, especially if you're a beginner.**

*An Important Disclaimer About Branch Chain Amino Acids (BCAAs)

Don't forget that one of the prime objectives of intermittent fasting is to have very low levels of insulin during your fasting window. So if you take a supplement like BCAAs, you can increase your insulin and are technically "breaking" your fast.

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Here's why:

1 gm of BCAA = 6 Cal

If you take 10 gm of BCAA supplement tablet or powder, you will be consuming 60 Calories.

Also, some research shows that amino acids like leucine can be insulinogenic, which can potentially break a fast. A few experts also claim that leucine sends a signal to your brain that you're eating—even though you're not.

However, amino acids can help prevent hunger pangs, preserve muscle, and make the whole fasting process more tolerable, especially if you're a beginner.

So our recommendation is to take your branched chain amino acids or BCAA supplement as close to the end of your fasting window as possible (especially as your body adapts to Intermittent Fasting and you don't feel as hungry during your fasting window).

Now back to your regularly scheduled program...

Remember, during the fasting process you'll keep insulin super low, naturally boost your OVER 40 fat-burning hormones (leptin, growth hormone, adrenaline), have more energy, get more done, give your digestive system and body a break from frequent feeding... and burn a LOT more fat.

Many professionals recommend different time frames for intermittent fasting, but I discovered the science and logic behind the 16/8 intermittent fasting protocol from a guy named Martin Berkhan and his Lean Gains blog.

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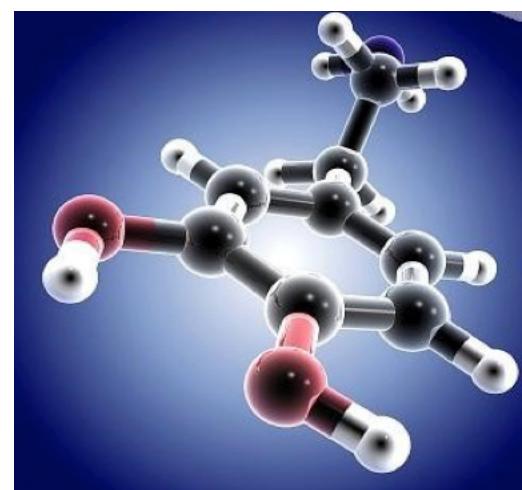
The Lean gains protocol recommends ending the 16-hour fast with your workout **because it serves as a powerful time of fat-burning.**

According to the research, Berkhan cites that fasting (and training) this way means:

- Blood flow to fat cells increases (blood flow is critical in order for fat to be burned, especially stubborn fat)
- Concentrations of epinephrine and norepinephrine go up (these hormones have been shown to help “break apart” stubborn fat cells)
- Metabolic rate goes up slightly
- Insulin levels remain very low (this sets up a fat-burning environment inside your body)
- Free fatty acids are released for energy (so more fat can be burned)

My good friend, Brad Pilon, the author of Eat Stop Eat, which primarily focuses on the 24-hour fast (I recommend this a few days per month after a cheat day or a few days of overeating), cites well **over 300 published studies validating the efficacy of intermittent fasting (aka I.F.).**

His impressive volume of published peer-reviewed scientific studies shows short-term intermittent fasting has been shown to have the following health benefits:



- Decreased body fat & body weight
- Maintenance of skeletal muscle mass

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- Decreased blood glucose levels
- Decreased insulin levels & increased insulin sensitivity
- Increased lipolysis & fat oxidation (fat burning)
- Increased Uncoupling of Protein 3 mRNA levels
- Increased norepinephrine & epinephrine levels (fight or flight fat loss hormones)
- Increased glucagon levels
- Increased growth hormone levels
- Decreased food related stress

With this plan, **you get fat-burning during one long, 14-16 hour stretch of the day and lean muscle building with recovery during the 8-10 hour feeding stretch.**

You might experience some hunger pangs at first if your body's ghrelin (hunger hormone) is trained for early morning meals. Consuming things like bullion, black coffee, no calorie green or black tea and even water will help, **but I've found that branched-chain amino acids (BCAAs) really do the trick.***

*Just make sure to read my disclaimer about BCAAs above on page 14 before taking them.

Other OVER 40 Hormonal Theories About Strategic Intermittent Fasting

I noticed after a few weeks of using the OVER 40 Hormone Diet Reset protocol, that I NEVER got hungry anymore. In other words, over time, intermittent fasting has become a lot easier and skipping breakfast doesn't even faze me anymore.

So I did some research on this phenomenon I was experiencing and I discovered that we can actually "retrain" our hunger hormone ghrelin.

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Simply put (to save you from the mental agony), ghrelin is the hormone that controls your body's hunger response to food. It's secreted when you're about ready to eat.

In other words, you can reprogram ghrelin to respond at a different time of the day. This process only takes a few weeks (many times less) with the OVER 40 Hormone Protocol.

Also, ghrelin is a potent stimulator of growth hormone. So if you combine the growth hormone release that naturally occurs during fasting with your body's ability to "re-train" ghrelin, **you get a potent one-two GH punch.**

Side Bar: If you love breakfast food (like me), just move it to late morning or early afternoon. Just think about the actual meaning of breakfast?

"Break-Fast"

It doesn't HAVE to be right when we wake up or in the morning. I cook up omelets, turkey sausage, breakfast potatoes and even healthy pancakes in the middle of the afternoon or at night when I'm fasting earlier in the day.

But if you MUST eat breakfast in the morning, make sure to only consume the Energizing Breakfast Foods I recommend in the nutrition charts provided below.

Final Thoughts on the OVER 40 Hormone Reset Diet Protocol

The first couple of weeks of fasting—whether you do it for 5 days or just decide to use it a few times a week for health reasons (which I highly recommend)—is the hardest.

Initially, fasting seems like a big pain in the butt, but remember to focus on the reward. You might have to sacrifice if you have an obsession with food or eating every 2 to 3 hours, but I considered it a welcome break from the burden of having to eat from sunup to sundown day after day.

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I.F. becomes really fun when you understand how to properly apply it.

It makes it possible to get leaner, all while eating bigger at night, enjoying a few glasses of red wine, and even an occasional dessert a few nights of the week.

Plus, the fat loss results from intermittent fasting are ridiculous if you stick with it.

Shaun's Personal **OVER 40 Hormone Reset Schedule**

I personally end my feeding window at about 9 or 10pm and work out first thing in the a.m. in a fasted state, so I'm eating my post workout meal and breaking my fast right at the 12- to 16-hour mark at least 5 days of the week.

Then I eat 3 or 4 big meals between 2pm and 10pm, rinse and repeat. Sometimes it's noon to 8pm... sometimes it's 1pm to 9pm... just adjust your fasting window according to what works best based on your personal schedule.

There are many days where I work out first thing in the morning at 7 or 8am (only about 9 or 10 hours into my fast). I just make sure to consume 10 grams of amino acids directly afterwards.

This prevents my body from going into catabolism and potentially losing muscle, but still keeps my body in a "fasted" state to enhance fat loss.

I then wait until my 14-16 hour fasting window ends, at which point I break my fast with my first meal of the day.

Scientific Side Note: Amino acids have been shown to be insulinogenic (stimulating the production of insulin), but since it's the post-workout time period, insulin is actually desirable in small amounts. **It helps with nutrient partitioning of future meals, speeds up recovery, prevents muscle loss, and it also helps with adequate testosterone production.**

Whether it's a weight training day (many times when I couldn't get to the gym, I did my 12-minute OVER 40 Abs workouts of push-ups, pull-ups, jump squats, and dips), or a high-intensity beach run, I always break the fast with my OVER 40 Hormone Reset SUPER Shake:

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OVER 40 Hormone Reset Post Workout SUPER Shake:

- 1-2 scoops of [Spring of Life Grass-Fed Whey Protein](#) for males (1 scoop for females) or 3-4 scoops of [BioTrust Low Carb](#) for males (2 scoops for females)
- 1 serving of [Athletic Greens](#)
- 3-4 grams of [CLA](#) (Conjugated Linoleic Acid)
- 3 grams of [Krill Oil](#)

I also add 1 cup of organic berries or a spotted ripe banana on weight training or resistance training days, but I SKIP the fruit on cardio/interval days.

Remember, after breaking your fast with high intensity exercise, your body is PRIMED for nutrient absorption, which is why I focus on a high-protein, nutrient-dense shake that has small amounts of friendly fats.

This is a perfect ratio of nutrients that gets my body ready for my first high carb meal of the day.

In fact, even though [CLA](#) is generally touted for its fat-burning properties, the most recent published research from ***Journal of Sports Sciences*** shows that taking 2 to 4 grams of CLA can increase glycogen storage (stored energy in your muscles and liver from carbs) 75% MORE than those test subjects who took a placebo after high intensity exercise.

This basically means that people who take CLA can potentially store 75% more of their carbs into muscle and liver tissue after exercise than those who do not supplement with CLA.

Pretty dang impressive, which is why Karen and I use CLA... but supplementing or using a SUPER Shake is NOT mandatory for this plan to work.

A supplement is just that—a supplement!

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It *supplements* your efforts as you eat right and exercise. It doesn't do it for you.

If you supplement with a sedentary lifestyle and a crappy nutrition plan, it's most likely not going to help much.

However, if you're eating right and exercising consistently, supplementing can give you the extra edge.

About an hour after my OVER 40 Hormone Reset Diet SUPER Shake, I'll have a starch and protein.

Typically, it's either:

- 4 whole egg-omelet with raw cheese, spinach, salsa, and 1 cup of potatoes
- Protein pancakes made with 2 whole eggs, $\frac{1}{2}$ cup cottage cheese, $\frac{1}{2}$ cup steel cut oats, stevia, and a tad bit of vanilla extract (blend, cook with small amount of coconut oil, and top with $\frac{1}{4}$ to $\frac{1}{2}$ cup of organic berries)
- $1\frac{1}{2}$ cups white rice, free range chicken breast, peas, carrots and pea pods, and a small amount of soy sauce (healthy fried rice – only it's steamed :-)

Modification and Fat-Burning Tip:

Like I mentioned at the beginning of this guide, the main reason this diet was created was because we frequently had company in town and many times planned a big dinner night with lots of carbs (eating out or at home).

On these days, I would SKIP the fruits and starches in my post workout meal(s) and save them for later in the evening so I could enjoy family, food, and fun.

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I would also try to schedule my heavy weight training workouts or resistance training on the beach the morning after eating late-night carbs.... this is a great trick to use for “pre” workout energy and damage control the following day.

This is just one of the many flexible ways you can modify the OVER 40 Hormone Reset approach to match your lifestyle.

Karen's Personal **OVER 40 Hormone Reset Schedule**

Karen usually has her last meal of the day between 8 and 9pm, then she breaks her fast the next day at around 10 or 11am either with a gym workout on Mondays, Wednesdays, and Fridays or a 4-mile beach walk on Tues, Thurs, and Saturdays.

After she trains she typically has 2 scrambled whole eggs with a very small amount of raw cheese, $\frac{1}{2}$ cup spinach, and $\frac{1}{2}$ cup organic berries.

If it's post weight training many times she'll have a starch (either one piece of Ezekiel toast, $\frac{1}{2}$ cup steel cut oats, or $\frac{1}{2}$ cup of potatoes).



Our Guilty Pleasure (and a quick note about eating out)...



A few nights a week (and up to 5 nights a week when we are on vacation), Karen and I indulge in our guilty pleasure:

Healthy Red Wine and Dark Chocolate

Karen would have one glass of organic Pinot Noir and one piece of 72% cacao dark chocolate.

I would have two (or three) glasses of organic Cabernet with two (or three) pieces of 72% cacao dark chocolate :-)

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Believe it or not, Karen and I never gained fat from doing this nearly every night of the week the entire time we lived in Siesta Key from January to May.

I attribute it to the fact that we did it in moderation (most of the time, lol...).

We also mentally prepared ourselves and picked our battles ahead of time when eating out, which happened at LEAST 3 or 4 nights per week when we had company in town.

Karen would pick two nights per week where she was allowed to indulge in a piece of bread or two... or she would have a few bites of 4 cheese gnocchi or homemade pasta when we went to our favorite Italian restaurant, O' Momma Mia.

I would pick two nights per week where I could have a cheat meal and dessert.

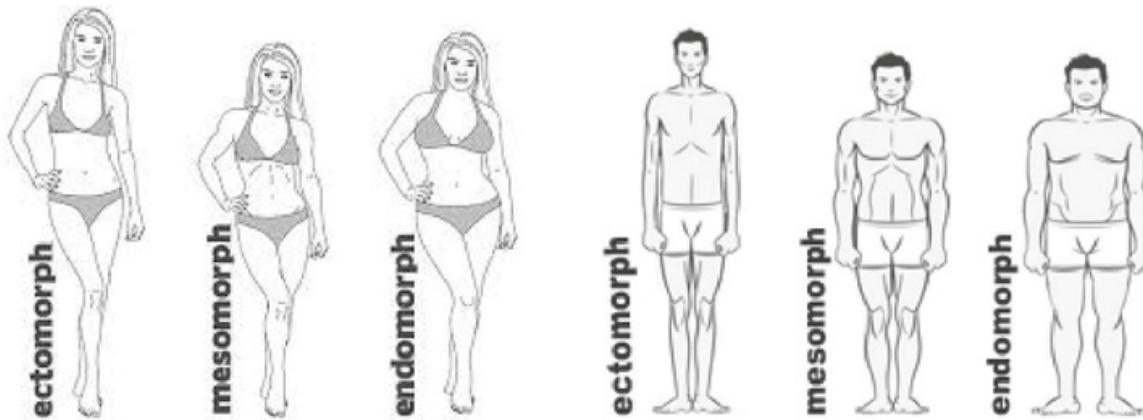
There were many times we also ate healthy when eating out, but since we still had our cheat meals planned ahead of time on the other nights of the week, it wasn't even a second thought.

That's why it's so important to pick your battles and mentally prepare yourself before eating out. If you don't, **you'll just be consumed with worry—instead of enjoying your food and company!**



How To Customize Your Carb Intake With The Over 40 Hormone Reset Diet

Make sure to adjust your carb intake based on your body type.



Whether you're an Ectomorph (skinny), Mesomorph (medium frame), or Endomorph (stocky and thick) will play a factor in how you monitor your carb intake.

An easy way to monitor your portion control is to always use the size of your clenched fist for impact carbs (starches and fruits).

For example:

- **Ectomorph** serving size for fruits and starches = 2 clenched fists (~50 to 75 grams)
- **Mesomorph** serving size for fruits and starches = 1.5 clenched fists (~35 to 50 grams)
- **Endomorph** serving size for fruits and starches = 1 clenched fist (~25 to 40 grams)

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Again, these guidelines aren't set in stone because all of us have different genetics, metabolic rates, activity levels, and so forth.

You'll notice I've provided portion control guidelines below that are specifically designed for weight loss. If you're looking to gain muscle, I've provided some additional notes to help you make it happen.

Next, make SURE you monitor your carb “choices” based on your activity level.

When it comes to carb intake there are four things you need to monitor in order to keep your body burning fat and never gain fat from eating your favorite carbs.

I call it the Carb-Quattro technique.

Just manage these four things:

- 1. Carb choices:** Always do your best to choose clean carbs based on your activity level.
Simply put: wrong carbs = store belly fat...right carbs = burn belly fat.
See the chart below for details and guidelines.
- 2. Carb timing:** Always try to consume impact carbs 3 to 5 hours before high intensity exercise or 1 to 3 hours after high intensity exercise if your goal is fat-loss.
Remember, you can still save your carbs for later at night before bed, but do your best to plan some type of early morning exercise the next day.
- 3. Carb combinations:** If you continuously and obsessively “snack” on processed carbs without combining them with other foods (like protein and veggies), you'll constantly be in a fat-storing environment from sky-high insulin levels.
So always combine your impact carbs (starches and fruits) with complete protein whenever possible and NEVER eat a high sugar carb by itself.
- 4. Carb portion control:** A fist-sized portion of impact carbs is always a great rule to follow if your goal is fat-loss.

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If you're trying to gain muscle, it's always best to double or even triple your carb servings in your post workout window.

But remember, this is for post-workout ONLY.

Every other time of the day your goal should be to keep blood sugar and insulin under control as much as humanly possible to stay healthy and keep your body burning fat.

Now if you're sedentary, the rules totally change.

You need to be even more conscious about blood sugar control because your metabolic and hormonal need for carb intake is MUCH less than somebody who exercises.

The following guidelines will help you set up your diet and carb choices properly based on your activity level.

Sedentary People (no exercise or activity):

Limit intake of starches and ripe fruits. Stick with smaller amounts of starchy carbs like squash, quinoa, and slow cook oatmeal unless it's your cheat day.

Moderate amounts of fruits like berries, cherries, and grapefruit are great carb choices as well.

Active (moderate exercise 3-4x per week):

Consume moderate amounts of starchy carbs like sweet potatoes, brown and black rice, lentils, and slow cooked oats.

Fruits are great choices too, but try to consume your ripe fruits and starches on exercise days.

THE OVER40 HORMONE RESET DIET



High-Intensity Exerciser or Endurance Athlete (active 5-7 days of the week):

Most people who fall into this category (weight lifters, high-intensity exercisers, and endurance athletes) are **severely** carb depleted and need MORE white starches and ripe fruits in their diets.

Potatoes, white rice, and ripe bananas are 3 of the best choices you can use if you fall into this category. Feel free to eat any of the carbs listed above from groups 1 and 2 as well.

This *Carb Control Chart* below will also help you select the proper carbs based on your activity level and lifestyle.

Carb Control Chart

| Activity Level | Sedentary | Active | High Intensity Exerciser |
|-------------------|--|--|--|
| Activity Level | Desk job or someone who has other limitations that prevent them from exercising | Moderate exercise 3 - 4x per week | Weight lifters, high intensity exercisers, and endurance athletes who exercise 5x or more per week |
| Type of Nutrition | Paleo with very limited starches and moderate amount of fruits | Paleo + low glycemic starches and fruits on exercise days only | Paleo + Glucose: Lots of pure white starches and fruits allowed pre and/or post workout |
| BEST carb types | All non-starchy veggies with organic berries and small amounts of other fruits and berries. Things like quinoa and squash are acceptable in small amounts. | Lower Glycemic Based Starchy Carbs: Yams, Sweet Potatoes, Brown & Black Rice, Lentils, Slow Cook Gluten Free Oats *All organic fruits and sedentary carb choices allowed | Gluten Free Glucose Based Carbs: Potatoes, White Rice, Ripe Bananas, Brown Rice or Black Bean Pasta *All low glycemic starches and other organic fruits are acceptable |

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So, if you're sedentary, go ahead and eat like a caveman and follow the Paleolithic eating approach as much as possible.

But if you're using ANY type of high intensity exercise, the pure glucose from starches and certain fruits can help you...

- Build more lean muscle
- Boost metabolic rate
- Raise thyroid output (T4 to T3 conversion) production
- Improve leptin sensitivity
- Improve the free testosterone to estrogen ratio
- Increase insulin sensitivity

All of this will help you burn more lower abdominal fat. It's also crucial to help with recovery, over 40 hormone levels, and insulin sensitivity for high-intensity exercisers.

The OVER 40 Hormone Reset Nutrition Plan

Portion Control Guidelines

1. Protein = the size of your palm

- An acceptable range is 15 to 30 grams per serving for women and 30 to 40 grams for men. This can increase 10-20 grams during the post workout window.
- If you're not consistently exercising, these amounts can be lower.
- You should be shooting for 1 to 1.5 grams of protein per pound of LEAN body weight. An estimate is fine. Don't get caught up in the details.

2. Impact Carbs = the size of your clenched fist

- Acceptable ranges should be 25 to 35 grams per serving for women and 40 to 75 grams for men.
- Post workout on weights / resistance training days should be 40 to 50 grams for women and 60 to 75 grams for men.
- Weights or Resistance Training Days total carb grams for the day: Women 75 to 100 grams / Men 150 grams (under 200lbs.) 200 grams (over 200lbs.)
- If you're trying to gain muscle, you can double the serving size of your post workout carbs.

3. Fats = the size of the end of your thumb x 2

- Carbs and proteins only yield 4 calories per gram while fats yield 9 calories per gram, which indicates you have to monitor fat intake and use smaller portion sizes for fats (ex: 12 to 15 nuts, not HALF the jar) :-)
- Acceptable range should be 15 to 30 grams per serving (approx. 1 to 2 tablespoons)

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Are you a calorie counter? I gotcha covered.

Here's a general ballpark figure on how you can count calories for fat loss.

- 1. 10Xs your lean body weight = lose weight/burn fat**
- 2. 12Xs your lean body weight = maintain**
- 3. 15Xs your lean body weight = gain weight/lean muscle**

Again, this is just an estimate. Food choices, genetics, exercise intensity, sleep, recovery, and supplementation can ALL affect overall results as it relates to burning fat and/or gaining muscle.

NOTE: These are acceptable “ranges” and do not have to be exact. If you go over or under a little bit, don’t sweat it as long as you’re making healthy choices. That’s what helps keep your body in a fat burning environment.

Food Types & Meal Combinations

Below you'll see a few different types of meals listed:

- 1. P + S + A (protein + starch + fruit) Post Workout meals**
- 2. P + S + V (protein + starch + vegetables)**
- 3. P + V + O (proteins + vegetables + fats / oil)**
- 4. P + O (proteins + fats / oil)**

** Directions and guidelines for each individual day of the plan are provided below each individual meal plan chart below.



THE OVER40 HORMONE RESET DIET

Type (P) = Protein Choices and Serving Sizes

- Eggs and egg whites (try to use cage free or locally farmed fresh eggs)
 - Men: 3-4 whole eggs
 - Women: 2-3 whole eggs
- Cottage cheese (try to use organic)
 - Men: 1 cup
 - Women: $\frac{1}{2}$ cup
- Greek Yogurt (no / low sugar plain flavors only)
 - Men: 1 cup
 - Women: $\frac{1}{2}$ cup
- Lean beef, venison, lamb, pork tenderloin, or fresh ham (try to use grass-fed or locally farmed)
 - Men: 5 – 6 ounces
 - Women: 3 – 4 ounces
- Turkey breast (try to use organic turkey meat)
 - Men: 6 – 8 ounces
 - Women: 4 – 5 ounces
- Chicken breast (try to use cage-free organic chicken meat)
 - Men: 6 – 8 ounces
 - Women: 4 – 5 ounces
- Low carb protein powder (make sure you use a low temperature-processed brand like Spring of Life or BioTrust)
 - Men: 1 – 2 scoops (30 – 50 grams)
 - Women: 1 scoop (15 – 30 grams)

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- Fresh wild caught fish: Salmon, Trout, Tuna, Cod, Tilapia, White fish
 - Men: 6 – 8 ounces
 - Women: 3 – 4 ounces
- Other wild-caught seafood: lobster, crab, shrimp, scallops (limit your intake)
 - Men: 6 – 8 ounces
 - Women: 3 – 4 ounces

Starch Requirements & Serving Sizes:

1. Serving sizes: Men under 200 lbs = 1 cup, Men over 200 lbs. = 1½ cups. Women = ½ to ¾ cup.
2. Try to limit fat intake to under 10-15 grams in all meals containing starches.

Type (S) = Starches

- Sweet potato / Yam
- Potatoes
- Steel cut oats/oatmeal
- Acorn and butternut squash
- Wild rice, brown rice, black rice, white rice (steamed/boiled not fried)
- Quinoa
- Gluten free / wheat free pasta: rice flour or black bean
- Legumes (avoid canned beans and canned foods whenever possible): kidney beans, black beans, black-eyed peas, lima beans, red beans, chickpeas, pinto beans, butter beans, navy beans, lentils
- Acceptable breads: Ezekiel, Millet, Rice (avoid all whole grains, wheat breads, or wheat based products)
- Acceptable wraps: Ezekiel or wheat/gluten free: rice flour or sprouted grain
- Corn (locally farmed only and limit intake)
- Peas

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*Try to stick with starches from nature as much as possible. Limit your intake of processed carbs.

Fruit Requirements & Serving Sizes:

1. Serving size men = 1 to 1½ cups. Women = ½ cup.
2. NO fruit juices.

Type (A) = Fruits

- Cherries
- Apples
- Oranges
- Grapefruit
- Bananas
- Apricots
- Kiwi
- Mango
- Watermelon
- Blueberries
- Raspberries
- Strawberries
- Blackberries
- Peaches
- Cranberries
- Papaya
- Plums
- Pineapple
- Nectarines
- Tangerines
- Pears
- Grapes
- Melon (honeydew, cantaloupe, etc.)

* Try to use organic or locally farm grown whenever possible.

Vegetable Requirements & Serving Sizes:

1. Make sure to have at least 2 – 3 servings of cruciferous vegetables per day.
2. Serving size (men and women) = 1 cup or more on all veggies (raw, steamed, or minimally cooked)

THE OVER40 HORMONE RESET DIET



Type (V) = Vegetables

- Broccoli
- Asparagus
- Cucumber
- Lettuce
- Cabbage
- Cauliflower
- Spinach
- Green beans
- Radishes
- Onions
- Celery
- Mushrooms
- Artichoke
- Peppers (any type)
- Arugula
- Tomatoes
- Spaghetti Squash
- Brussels Sprouts
- Zucchini
- Kale
- Spring mix
- Collard greens
- Eggplant
- Carrots

* Try to use organic or locally farm grown whenever possible.

Fat or Oil Requirements & Substitutions:

1. Serving size (men and women) = 1 tablespoon. Cheese = a sprinkle or small serving.
Krill or fish oil = 2 to 3 grams (1,000 mg = 1 gram)
2. Monitor your portion sizes carefully with fats. It's very easy to overdo it and add in an additional 300 to 400 calories per day if you're not careful.
3. Make sure you LIMIT fat in any meals containing starchy carbs or fruits.

Type (O) = Fats or Oil

- Flaxseed oil or ground up flaxseeds
- Krill oil or organic fish oil
- Olive oil

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- Mayo (use small amounts and avoid canola or vegetable oils)
- Small amounts of raw cheese or almond cheese
- Grass-fed or organic butter
- Coconut oil
- Egg Yolks (cage free or farm fresh)
- Heavy Cream
- Limit raw nuts, seeds, nut butters, and avocado on Carb UP days
- w nuts, seeds, nut butters, and avocado on Carb UP days

Condiments

You may use condiments, but watch for hidden sugars and always check carb count. Great examples are mustard, salsa, sugar-free hot sauces, and low-sodium soy sauce.

You can also feel free to use the follow:

- Sea Salt Horseradish
- Stevia or other no/low calorie all-natural sweeteners
- Pepper (any kind)
- Vinegar
- Garlic
- Ketchup (high fructose corn syrup-free or no sugar only)



THE **OVER40** HORMONE RESET DIET

The OVER 40 Hormone Reset Diet Recommended Nutrition Schedule

| MON | TUES | WED | THURS | FRI | SAT | SUN |
|--|---------------------------------------|--|---------------------------------------|--|---------------------------------------|----------|
| Men: 2 Starches + 2 Fruits Women: 1 Starch + 2 Fruits | No Starches 1 Serving of Fruit | Men: 2 Starches + 2 Fruits Women: 1 Starch + 2 Fruits | No Starches 1 Serving of Fruit | Men: 2 Starches + 2 Fruits Women: 1 Starch + 2 Fruits | No Starches 1 Serving of Fruit | FREE Day |
| | | | | | | |



THE OVER40 HORMONE RESET DIET

The OVER 40 Hormone Reset Diet Recommended Exercise Schedule

| MON | TUES | WED | THURS | FRI | SAT | SUN |
|--------------------------------|----------------------------------|--------------------------------|----------------------------------|--------------------------------|----------------------------------|----------------------------|
| Weights or Resistance Training | High Intensity Interval Training | Weights or Resistance Training | High Intensity Interval Training | Weights or Resistance Training | High Intensity Interval Training | Off or Steady State Cardio |

Resistance Training Day At A Glance

| MEAL | TYPE |
|---------------------------|------------------|
| *Optional Breakfast Snack | P/O |
| 1 | P/S/A |
| 2 | P/S/V/A or P/V/A |
| 3 | P/V/O |

*This is an optional breakfast snack for those who cannot follow Intermittent Fasting in the morning. If you consume one of these snacks, cut out one of your 4 meals later in the day. (All of your breakfast snacks can be found above on page 39 under the Protein food types).

Note: Move post workout meal to whatever time of day necessary based on your exercise time.

P = Protein S = Starch V = Veggies A= Fruit O = Fat (oil)

THE OVER40 HORMONE RESET DIET



Over 40 Hormone Reset Diet Sample Day – Resistance Training M W F

| MEAL | TYPE | WOMEN | MEN |
|------|--------------------------------------|---|---|
| *BS | P/O | 2-3 scrambled eggs with a sprinkle of cheese (raw, organic preferred) | 3-4 scrambled eggs with a sprinkle of cheese (raw, organic preferred) |
| 1 | P/S/A | ½ cup oatmeal with ½ scoop of protein powder with 1 cup of strawberries | 1 cup oatmeal with 1 scoop of protein powder with 1 cup of strawberries |
| 2 | P/S/V/A (women) P/V/A (men) | 3-4 oz. Baked Chicken with steamed broccoli + 1 Tbsp. Olive oil + 1 apple P/S/V/A | 5-6 oz. Baked Chicken with steamed broccoli + 1 apple P/V/A |
| 3 | P/V/O | 3 oz. beef with sautéed spinach (in coconut oil) | 5 oz. beef with sautéed spinach (in coconut oil) |

Type Key: P = Protein S = Starch V = Vegetables O = Fat A = Fruit

*Optional Breakfast Snack

DAILY GUIDELINES AND DIRECTIONS

1. Double your servings of starch and fruits in your post workout meal if your goal is to gain muscle
2. These meals can put in ANY order you wish, but it's highly recommended to have a serving of starch and fruit (with protein) in your post workout meal (meal 2 above).
3. Women should only have one starch on this day and replace the starch with a serving of friendly fat. Meal #3 will change to P/V/O instead of P/S/V.
4. If you're under 10% body fat and you exercise intensely you may have to make your portion sizes of carbs and protein larger to meet your caloric needs and prevent muscle loss. Typically, 12-15x your lean bodyweight is the number of calories you should be shooting for on a daily basis.

THE OVER40 HORMONE RESET DIET



High Intensity Training Day At A Glance

| MEAL | TYPE |
|---------------------------|------------------------------|
| *Optional Breakfast Snack | P/O |
| 1 | P/A |
| 2 | P/V/O |
| 3 | P/V/O |
| FF | Cheat Meal (only on Sat/Sun) |

*This is an **optional breakfast snack** for those who cannot follow Intermittent Fasting in the morning. If you consume one of these snacks, cut out one of your 4 meals later in the day. (All of your breakfast snacks can be found above on page 25 under the Protein food types).

P = Protein S = Starch V = Veggies A = Fruit O = Fat (oil)

Over 40 Hormone Reset Diet Sample Day – HIIT/Cardio T Th Sat Sun

| MEAL | TYPE | WOMEN | MEN |
|------|-------|---|---|
| *BS | P/O | 1 Cup <u>Protein Shake</u> | 1.5 Cup <u>Protein Shake</u> |
| 1 | P/A | Cottage Cheese (add ½ scoop protein powder) with slices of apples | Cottage Cheese (add ½ scoop protein powder) with slices of apples |
| 2 | P/V/O | 3-4 oz. fish with sautéed asparagus (in 1 Tbsp. coconut oil) | 5-6 oz. fish with sautéed asparagus (in 1 Tbsp. coconut oil) |
| 3 | P/V/O | 3-4 oz. beef with sautéed Brussels sprouts (in 1 Tbsp. coconut oil) | 5-6 oz. beef with sautéed Brussels sprouts (in 1 Tbsp. coconut oil) |

Type Key: P = Protein S = Starch V = Vegetables O = Fat A = Fruit

*Optional Breakfast Snack

THE OVER40 HORMONE RESET DIET



DAILY GUIDELINES AND DIRECTIONS

1. No starches on cardio or interval days unless your goal is to gain muscle. You can also feel free to cut out the fruit if you want to more aggressive with fat loss.
2. These meals can put in ANY order you wish, but it's recommended to have your serving of fruit (with protein) in your post workout meal (meal 1 above).
3. If you're under 10% body fat and you exercise intensely you may have to make your portion sizes of carbs and protein larger to meet your caloric needs and prevent muscle loss. Usually 12-15x your lean bodyweight is the number of calories you should be shooting for on a daily basis.



Cheat/Free Day & Cheat Meal Guidelines

1. Exercisers are allowed one **cheat day** per week and non-exercisers are allowed one **cheat meal** per week with a dessert. You can choose to make this day whenever you want but try to stick to the daily schedule the other six days of the week.
2. Avoid alcohol the first two weeks if possible. If you insist on drinking, do it in moderation after your cheat / re-feed meal, avoid excess beer, and try to stick with red wine or clear liquors (vodka, rum, gin).
3. It's not necessary to count calories or grams on this day, but keep in mind it's designed to optimize hormones, along with a reward for being consistent the other days of the week.
Don't binge or stuff when eating your cheat meal(s).
4. Drink extra water before, during, and after your cheat meals. This will aid in digestion, prevent overeating, and help with glycogen replenishment from the extra carb intake.
5. Try to perform some type of low intensity cardio or 15 minute HIIT workout an hour or two before your cheat meal(s) to help minimize fat storage and enhance absorption of nutrients.

For your Cheat Meal, we are suggesting that you pick whatever you'd like to eat (few slices of pizza, a juicy burger, lasagna, etc.) but remember portion control. We've also included one dessert in your cheat meal. Your choice!

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Protein Shake

Type: P/V/O

Servings: 1

INGREDIENTS:

1 cup unsweetened almond milk

Tbsp. Peanut butter or almond butter

One scoop Protein Powder

1 tsp. vanilla

ice

DIRECTIONS:

1. Mix all ingredients in a blender and enjoy!

Other Tips and Tricks To Increase Your Results...

1. Go into every workout in a fasted state whenever possible

I recommend breaking your fast with a high-intensity workout for those who can handle “fasted” exercise. This isn’t mandatory, but it will help increase fat loss.

This metabolic trick will do two things. It will boost OVER 40 fat-burning hormones like HGH and adrenaline levels and it will give your body no choice but to use fat for fuel (since you have very little “food energy” in your system).

Remember, you might not have as much energy as if you were training in a fed state, but you’ll achieve the goal of burning fat at a much faster rate.

This is the great debate of the health and fitness industry that will probably go on for years to come, and there’s solid science that supports both sides.

Which is better: fasted and fed exercise sessions?

Here’s my take. Nothing is more telling than real world results. After working with literally thousands of people from all walks of life, my experience shows that fasted exercise gets superior fat loss results. Every. Single. Time.

Side Note: For those of you who like to see the research, here are a few links to published studies showing fasted workouts are superior for fat loss.

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This study shows that fasting prior to exercise increases nutrient uptake and absorption in post workout meals:

<http://www.springerlink.com/content/w8712615714k8150/>

This one demonstrates that fasting increases the release of catecholamines (precursors to adrenalin) and therefore naturally increases resting metabolic rate.

If you combine that with high-intensity exercise, you get a powerful 1-2 punch to help you release more fat in the bloodstream where it can be burned off:

<http://www.ajcn.org/content/71/6/1511.abstract>

This study (for the first time) shows that fasted training is more potent than fed training to facilitate adaptations in muscle and to improve whole-body glucose tolerance and insulin sensitivity during hyper-caloric fat-rich diet. <http://www.ncbi.nlm.nih.gov/pubmed/20837645>

If you absolutely HAVE to have something before a workout (maybe because of health concerns, or if you're already super lean, or maybe you just can't tolerate fasted exercise), I recommend a scoop of whey protein powder like [Spring of Life Grass-Fed Whey Protein](#) or [BioTrust Low Carb](#) with a few krill oil capsules.

Just make sure you do a thorough five- to ten-minute warmup to bring down insulin levels so you maximize fat loss during and after the workout.

2. Ride the post workout fat-burning wave

Make sure you wait 45-90 minutes after exercise before eating any food or consuming any calories. This is a great trick that I've personally used for years to get lean despite the fact that many fitness professionals recommend eating as soon as possible after exercise.

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Although eating directly after a workout is a healthy choice, it's not the best choice for maximal fat loss.

Immediately feeding your muscles and your body after workouts will definitely burn up and store the food and calories at a much faster rate because of increased insulin.

And if your goal is to gain muscle, feel free to eat as soon as possible after exercise.

But if your goal is fat loss, remember the minute you put food or calories in your system, **you've just instructed your body to stop burning fat and start burning food instead.**

Here's why.

If your exercise intensity is high enough (which it should be), you'll force your body to release all kinds of fat-burning hormones, so we want to maximize this metabolic environment.

However, the minute you eat food, you'll spike your body's primary storage hormone—insulin—and although insulin helps shuttle nutrients to muscles quickly, it could potentially blunt or block your growth hormone and other hormones from working their magic.

Simply put, insulin is the “antagonist” of growth hormone. Every time you eat or consume calories, you raise insulin.

In theory, these fight-or-flight hormones will also spare muscle and help you burn a lot more fat while you ride the fat-burning wave during the post-workout window.

Ultimately, when it comes to aggressive fat loss, the solution is to get the best of both worlds by fasting for about 30 to 45 minutes after your workout and then consuming a post workout shake or meal so that your body can still take advantage of the post workout “metabolic window” to absorb nutrients at a much faster rate.

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3. Overdo it a little on exercise whenever you can

Aggressive exercise and slightly over-training for short periods of time (especially when you're wanting to enjoy bigger meals later in the day) can be super effective for fat loss.

You shouldn't have to worry about going much over 5 or 6 hours of total exercise time for the week, but make sure you pick up the intensity.

4. Monitor your water intake.

Water is the catalyst for all metabolic processes inside your body, so staying adequately hydrated is extremely important.

If you're retaining water you'll weigh more on the scale and it will make your skin look loose and your face look puffy. Remember, the more water you give your body, the less it will hold onto.

It's extremely important to stay hydrated while fasting. Shoot for at least 100oz per day if you're a female and 120oz per day if you're a male.

Conclusion and OVER 40 Hormone Reset Diet Update...

Karen and I have become so accustomed to this diet that we're still following it now that we are back home in Michigan.

In fact, I've made DRAMATIC progress using the Over 40 Hormone Reset approach since we've gotten home because I'm not eating out 3 to 4 nights every week.

If there's one undeniable benefit of using this diet, it's the fact that it eliminates any emotional attachment you may have with food, while giving you more flexibility with your daily meals.

THE OVER40 HORMONE RESET DIET



Make sure you send us an email us at support@getleanin12.com and let us know how it works for you!