

7 FACTORS THAT CAN IMPROVE YOUR RESULTS ON THE BETTER BODY SYSTEM!



1. HIDDEN SUGARS

Some processed lunch meats such as hot dogs, bacon, or ham contain hidden sugars. Thus, be sure to use fresh-carved, lean deli meats for your protein snacks. Also watch for sugar, high fructose corn syrup and honey as ingredients in your foods. Condiments such as BBQ sauce, teriyaki sauce, honey mustard, mayo, jelly/jam and ketchup are loaded with sugar and can add up. Utilize healthy fats (nuts, avocados, peanut butter, almond butter, spices, and low-sugar salad dressings) to add flavor, enjoyment and nutritional value.

2. HIDDEN CARBOHYDRATES

Avoid processed instant foods such as flavored pastas, flavored rice, and soup powders. Milk and even non-fat milk contain a good amount of carbs. High protein bars are loaded with carbohydrates. Just because it says high protein doesn't mean it's low in carbohydrates. In fact, even if it says low carbs, it doesn't make it true. Read the nutrition facts label located on the back of the product. If it has 15 carbs or more, don't eat it. If it has more carbs than proteins, don't eat it. Never eat carbohydrates after 3 or 4 in the afternoon. This will throw your body into fat storing mode.

3. STARVATION

You have to eat every 2 - 3 hours to permanently lose weight. If you are waiting more than 3 hours between meals, your body goes into starvation mode and shuts down your fat burning process. It's ok to feel a little hungry, but it isn't ok to stop eating. The exception is at night when you have gone into rest mode.

4. OVER EATING? GET A FOOD SCALE

Don't just grab a handful of meat. It's probably too much. You need to be weighing your food until you know what 2 - 4 ounces looks like.

5. METABOLIC INFLAMMATION

Having metabolic inflammation means you have three or more disorders related to your metabolism at the same time. If you have tried everything, but you still can't seem to lose weight, order some Yoli Truth. Truth is loaded with antioxidants which help reduce metabolic inflammation and is designed to strengthen and boost your immune system. The good news is you can add Truth to your water, and it makes a nice snack that you can drink any time.

6. SLEEP

Many people don't get 8 hours of sleep every night. When you miss sleep, you don't produce one hormone that causes you to be hungry. Instead you do produce another hormone that causes you to crave carbohydrates. To get more sleep and a better night's rest, try drinking your YES shake in the evenings.

7. DRINK WATER

It is crucial that you consume half your weight in ounces of water. It is very difficult for the body to differentiate hunger from thirst. If you don't drink enough water throughout the day, you may mistake thirst for hunger and eat more than you really need, which can also impair weight loss. Be sure to drink plenty of Yoli Passion, Truth, Fun and Yes shakes.