

14-DAY ⚡ ***FAT FLUSH***



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Introduction

There is no escaping the low-carb trend sweeping the country. No matter where you turn, you'll hear about ketosis, intermittent fasting, or adding butter and MCT oil to coffee—to consume more healthy fats and facilitate the production of more energy-boosting ketones.

But another fat-focused approach to weight loss and wellness emerging in the 80s pioneered a perspective on healthy weight loss that added nuance and a more holistic approach to shedding unwanted pounds and achieving optimal health while curbing carbs or sugar.

Moreover, The Fat Flush Plan emphasizes maintaining electrolyte levels, emphasizing elements like sodium and potassium, along with an adequate intake of essential fatty acids and medicinal oils like evening primrose—rich in GLA, essential for maintaining brain, skeletal, reproductive, and metabolic health as well as stimulating skin and hair growth and to balance omega-3 and omega-6 fatty acids to mobilize metabolically active fat known as brown adipose tissue (BAT).

Furthermore, our bodies can become sluggish without implementing rituals to regularly cleanse and detox to facilitate regenerative cell renewal and functioning, and the plan is the perfect tool to help release the buildup that can create pesky problems with everything from stalled weight loss to digestive issues.

And with millions waging war with the scale, it's essential to evaluate variables like exhaustion, anxiety, depression, leaky gut, overweight and obesity, and more, linked to dietary choices, minding your meals to promote health and longevity is the key.

Besides, environmental and experiential stress factors play a critical role in weight loss, with hormones like cortisol released during times of stress, along with hunger-control hormones like ghrelin (increases hunger) and leptin (curbs appetite) affecting the metabolism, appetite, and signaling to the body to store or release excess body fat.

Introduction

The Fat Flush Plan considers weight loss from a multifaceted lens, therefore addressing many interrelated issues that can support or thwart weight loss and deliver consistent improved vitality.

If you're seeking a lifestyle plan to revolutionize your health, shed unwanted weight, and boost energy and gut health, you'll want to keep reading for more on this simple yet powerful approach to eating, as these goals are at the program's very core and the foundational basis for this proven decades-old plan.

We'll walk you through the history, premise, and essential parts of the program to help you evaluate whether this popular and time-tested protocol is an option that's right for you.

The Roots of The Fat Flush Diet

Fat Flush uses whole foods, prebiotics, and liver-boosting nutrition to provide optimal support to promote hormonal balance and holistic health.

The combination of fruits, vegetables, herbs and dietary supplements plays a significant role in the cleansing and detoxifying aspects of low-carb living, Fat Flush uses whole foods, prebiotics, and liver-boosting nutrition to provide optimal support to promote hormonal balance and holistic health.

And the focus on health over counting fat and carb macros makes this plan the wise choice for maintaining a healthy lifestyle for years to come.

People seeking a sustainable diet often find themselves frustrated with so many fad diets touting tall tales of their benefits but failing to work well long-term. In the wake of so many setbacks, defeats, and weight-gain relapses, with swathes of people waging the battle of the bulge and losing, the search for a solution began.

The solution was accomplished through the formulation of a diet that could not be found anywhere else. A sound nutritional approach, complemented by an in-depth examination of the most common underlying causes of overweight and obesity as well as keeping focused on macronutrients.

Furthermore, the program offers hope to those seeking to remediate the symptoms of lifestyle diseases like type 2 diabetes and heart disease, both heavily affected by diet, exercise, and even mindset.

The plan essentially suggests feasting on 'smart' or healthy fats, balanced proteins, fibrous seeds, low-glycemic and slow-digesting carbohydrates, beneficial and flavorful spices, and encourages its followers to seek a renewed and upbeat zeal for life and new beginnings.

Plus, in addition to revitalizing health and overall feelings of well-being, The Fat Flush Plan also goes a step further and effectively addresses the 10 most common causes of weight-loss stalls and setbacks, to position you with the knowledge needed to position you perfectly for success, with ease, by default.

In the age of diets promoting Fat-free and calorie-restricted plans, The Fat Flush Plan boldly departed from the status quo by touting the critical nature of including essential fatty acids into the diet to promote effortless fat loss, hormone regulation, and improve overall long-term health outcomes—a school of thought widely and lovingly now embraced by the legions of low-carbers touting the many benefits of healthy fats on the mind-body wellbeing.

Top 10 Hidden Weight Gain Factors

Cutting calories, carbs, and sugar from your diet can seem like a steep sacrifice—especially if you're not seeing results on the scale or clothes fitting looser.

However, the process of weight loss extends well beyond measuring calories in and calories out to determine a certain result with a specified and guaranteed window of time. A host of factors significantly impact your weight-loss experience and subsequent results.

Particularly, liver health and not overloading this vital filtering organ is critical to weight loss and metabolic health. The goal is to focus on consuming healthy, fat-burning fat sources, like avocado and MCT oil, and curbing fast-acting carbs to help balance hormones to prevent unwanted fat storage.

Furthermore, issues like insulin resistance, inflammation, the stress-fat cycle, microbiome, thyroid, and bile health, potential parasites, and mineral deficiencies all contribute to the big picture and your results on your low-carb, wellness and weight-loss journey.

There are some common culprits when it comes to hidden weight gain factors, here are our Top 10 picks responsible for derailing many concerted weight-loss efforts that are otherwise aligned with achieving success.

We'll cover all of the highlighted hidden weight gain factors most commonly identified by the plan's founder, to help you curate a well-crafted plan to achieve your best health, one bite and sip at a time.

1. **Your Tired, Toxic Liver:** The heart is revered and romanticized, but the liver should be exalted for its fantastic filtering abilities, keeping our systems in tip-top shape by eliminating toxins and other unnecessary matter every day of our lives.

With more than 500 hundred documented functions, the Fat Flush uses whole foods, prebiotics, and liver-boosting nutrition to provide optimal support to promote hormonal balance and holistic health.

our largest internal organ—is our body's primary filtration, detoxification, and self-cleaning system, helping to eliminate toxins, metabolize proteins, and improves hormonal balance, all while producing immune-boosting compounds that support overall health and vitality.

Plus, in addition to cleansing our systems, the liver also produces approximately a quart of yellow-green fluid called bile that serves as a carrier fluid to eliminate toxins from the body, while emulsifying fats and absorbing them in the small intestine for the body to assimilate and utilize its plentiful nutrients as premium fuel for the brain and body.

Moreover, the quality of bile produced by the body is a critical component to achieving optimal health—as the body's ability to assimilate the nutrients found in the fats we consume rests squarely in the quality of our bile and its ability to metabolize fat properly; so, the more unhealthy the state of the bile, the less efficient the body becomes at breaking down fat and extracting and using its vital nutrients appropriately—causing your body to store rather than utilize more of the fat you consume.

Also, excess weight about the abdomen may indicate conditions like 'fatty liver', where your liver ceases processing and utilizing fat properly and unfortunately begins storing it instead, impeding on essential real estate meant to accommodate vital organs, disrupting healthy function.

2. **Master Metabolizer:** A healthy liver performs innumerable functions, including metabolizing the fats, proteins, and carbohydrates you consume. Furthermore, the organ plays a tri-fold function in carbohydrate metabolism as follows:

- Glycogen, a storable version of glucose and galactose, is derived from the liver.
- When you have low blood sugar and no new carbohydrates to use for energy, your liver releases glucose back into your bloodstream by converting stored glycogen into glucose.
- Keeping your blood sugar levels in a healthy range will be easier with a diet low in carbohydrates. Furthermore, using ketosis regularly to trigger autophagy is also wise to enjoy the wide range of benefits that come with the metabolic state. The result will be an accelerated regeneration of healthy cells and added support for present healthy tissue

3. **A Powerful Detoxifier:** For all its various functions, the liver is undoubtedly associated with detoxifying the cocktail of toxins that assail our bodies daily. And thank goodness for it, as our systems are imposed upon by air, water, noise, and other pollution that impact the quality of life and can be challenging to regulate.

Further, pesticides, car exhaust, secondhand smoke, chemical food additives, and indoor contaminants from paint, carpets, and cleaners are additional environmental factors to consider.

The liver plays a significant role in detoxifying a myriad of harmful elements from the body without contaminating the bloodstream. Moreover, a healthy liver manages toxins in the body by:

- Incorporates antioxidants, like the body's premier antioxidant glutathione, to neutralize toxins
- Makes toxic elements water-soluble instead of fat-soluble for easier elimination
- Utilizes urine, feces, sweat, mucus, and breath to dispose of them

When the Liver is Overloaded

Our lifestyles and environment can do a real number on our liver, causing it to work overtime to expel an onslaught of elements challenging its defenses. However, although the liver is designed to filter contaminants from the body, it can still become overtaxed and overworked at a certain point—especially if your regular practice doesn't include intermittent fasting.

Fortunately, our liver is tailored to regenerate its own healthful cells to replace rogue derelicts in need of detox. Although, we must do our part to provide ourselves with adequate nutrients and the regular, thorough, removal of toxins as a rule to keep this master organ running smoothly.

You may want to consider a detox or cleanse if you notice the persistence of any of the following symptoms:

- An increase in body weight, particularly around the abdomen
- Cellulite
- Abdominal bloating
- Indigestion
- High blood pressure
- Elevated cholesterol
- Fatigue
- Mood swings
- Depression
- Skin rashes



Besides, every other organ in your body pays the price when your liver is failing to perform at its best. Blood vessels enlarge and blood flow becomes restricted making the organ unable to break down the adrenal hormone aldosterone, among other shortfalls.

There's just no getting around it: every other organ is compromised when the liver is sluggish and performing poorly—even blocking our weight-loss effort and making every milestone feel like drudgery, an exercise in walking in quicksand wearing a weighted backpack.

Furthermore, a toxic liver can lead to everything from sodium (and water) retention to hormonal dysregulation along with potassium suppression—potentially leading to elevated blood pressure and other commonly related issues.

Moreover, if the liver stops properly detoxifying estrogen in the body, symptoms of estrogen dominance may emerge. And with glucose dysregulation caused by a toxic liver, sugar cravings, candida, and the onset of other related conditions may occur.

Several chronic conditions can surface when the liver is overworked and overloaded, which can lead to one or more autoimmune disorders, like lupus or arthritis. Besides, an exhausted liver cannot metabolize and burn fat properly, which poses a significant roadblock to anyone seeking to slim down on The Fat Flush Plan—or any diet, for that matter.

The list of noted hidden traps act individually and in concert to derail your weight loss efforts and can serve as the source of ample frustration to anyone seeking to shed weight:

- 4. Liver Stressors:** The importance of keeping your liver healthy cannot be overstated when it comes to controlling your weight. The most effective way to do this is to avoid as many potentially damaging elements as possible, such as alcohol, while incorporating liver boosters into your weekly regimen.

Also, it's imperative to keep a close watch over your daily intake of lesser-known culprits of liver dysfunction like sugar, trans fats, caffeine, medications, and inadequate fiber intake, to make sure you're covering all your nutritional bases to prime your body properly for optimal performance.

5. **Fructose and Other Sugars:** Americans consume around 150 pounds of sugar and artificial sweeteners per person each year! However, one of the tricky things you'll find with sugar as you look to limit it in your diet is that it's everywhere! Sugar seems to find its way into everything, from condiments to beverages and sauces, even if it's just to balance flavors—and it's often listed by many names other than 'sugar', like sucrose and fructose, so beware.

Look out for and avoid products noting the following ingredients high up on its nutritional label:

- Glucose
- Fructose
- Sucrose
- Maltose
- Lactose
- Raw sugar, brown sugar, powdered sugar
- Molasses, maple sugar, honey, corn syrup, high-fructose corn syrup
- Cane syrup

Unfortunately, these sweeteners—especially consumed in excess as is the case with many Americans—all deprive the body of their nutrients as they're metabolized. All hat, no cattle: these ingredients may tingle the taste buds, but you walk away in need of nourishment with more sugar cravings and unbalanced blood sugar to boot as a result.

And consuming these sugars regularly can lead to chronic glucose, insulin, and other metabolic dysfunction, which can ripple into compounded health conditions that make getting in shape an unnecessarily difficult uphill battle.

Even consuming low-glycemic sweeteners—specifically, sugar alcohols like erythritol, xylitol, sorbitol, and mannitol—in excessive amounts, can lead to digestive and other gut health disruptions, so exercise caution.

6. **Trans Fats:** The Fat Flush Plan fervently promotes consuming healthy and helpful fats that are proven to aid in everything from heart health to weight loss. Unfortunately, trans fat is not one of those options and is one that is best to avoid for many reasons.

- The best bet is to stick to smart fats like extra virgin olive oil, avocado oil, and MCT oil, and steer clear of the trans fat variety, like hydrogenated margarine, which is linked to hormonal disruptions that can actually hinder weight loss despite consistent dietary and physical activity improvements.

It's best to eliminate trans fats, aka, trans fatty acids, created when vegetable oils are partially or fully hydrogenated. The use of these solid and semisolid fat-like products aids in stabilizing the shelf-life of convenience food products—a boon to restaurants and food distributors—but poses certain health concerns to savvy consumers.

Furthermore, trans fats are said to hinder our liver's ability to burn fat, a source of sabotage to those committed to shedding pounds and body fat. These fats retard the body's natural cleansing and detoxification process while thickening bile—impeding bile flow—and increasing unwanted fatty deposits in the liver.

Avoid margarine, highly-processed oils like canola, and steer clear of traditional shortenings that are solid at room temperature, opting instead for wholesome options like grass-fed and grass-finished tallow, as they can create arterial plaque residue and cause other hormonal issues with continued use.

7. **Medications:** We can benefit from various allopathic medications, but incorporating medications, as is the case with including varieties of foods and drinks, can impact the health and functioning of the liver—directly affecting metabolic function and weight regulation.

We can run into challenges when taking medications that overly tax the liver and wreak havoc with our hormones, making it difficult to maintain or lose weight.

Moreover, certain medications litter the liver with chemicals and other elements that the body then has to work harder to eliminate, presenting more stress and causing undue fatigue to the system.

It's important to watch your body's reaction to different prescribed and over-the-counter medications to determine which agrees best with your body. Here are some commonly-used medications known to pose a potential risk to liver health and may promote unwanted weight gain:

- Nonsteroidal anti-inflammatory drugs (NSAIDs)
- Cholesterol-lowering drugs
- Antidiabetic drugs
- Triglyceride-lowering drugs
- Anticonvulsants
- Antihistamines
- Beta-blockers and other blood pressure medications
- Corticosteroids
- Antiestrogens
- Sleeping pills and tranquilizers

8. **Inadequate Fiber:** Eating a diet abundant in smart, healthy fats and premium protein is a recipe for success. But it is also important to keep a close watch on another invaluable macronutrient: fiber.

If you are anything like the majority of Americans, you only consume between 10 and 12 grams of fiber per day, when nutritionists recommend an intake closer to 35 grams.

In addition to aiding in feelings of fullness and satiety, fiber also helps the body carry toxins out of the body, helping to keep your digestive tract clean and pristine.

Furthermore, the presence of adequate fiber captures upwards of 90 percent of the cholesterol and bile acids in the body, which would otherwise be reabsorbed and recirculated to the liver—further promoting an overworked, sluggish liver unable to metabolize fat and likely resulting in unwanted weight gain.



9. **Caffeine:** The ingredient adds a signature zing to the nation's most coveted concoction: coffee. Interestingly enough, emerging information suggests that caffeine also offers antioxidants in addition to its wake-me-up effect beloved the world over.

However, from a holistic health standpoint, it's important to remember that caffeine draws calcium from the bones and is acidic, so it's essential to replenish this element often if you're a regular drinker of coffee, tea, or soft drinks, to prevent degenerative conditions associated with calcium leaching, like osteoporosis.

Moreover, women between the ages of 36 and 50, often the most in need of calcium during child-bearing age, often consume large amounts of coffee or other caffeine-filled fare, which can work against them in their effort to bolster bone health as they age or seek to supply the nutrient to a growing or nursing baby.

Realize that caffeine is found in foods like chocolate and even medicines like Midol, so it is essential to monitor overall intake and corresponding calcium supplementation to ensure optimal levels.

10. **Missing Magnesium:** If there's a hierarchy to minerals and vitamins, and there is in terms of our system's reliance upon them. Magnesium is a master mineral as essential and coveted as vitamin D on that side of the nutrient spectrum.

Furthermore, magnesium is needed to boost the body's ability to burn and metabolize fat and plays a significant role in relaxation at a cellular level—think natural nutritional sleep supplements like CALM.

How The Fat Flush Plan Helps your Tired, Toxic Liver

There's a lot of focus on one's calories in, as compared to their calories out ratio when looking to release excess weight, but overlooking the importance of the liver in this life-changing pursuit is an unfortunate error and a costly oversight.

As we've shared: a healthy and optimally-functioning liver, adequate high-quality bile production, and well-balanced hormones all play a critical role in weight management and overall vitality, along with adhering to your designated macros.

Fortunately, The Fat Flush Plan values pampering the liver so that all will be well with your system—a wise move since the health of the liver impacts every other system and organ in the body.

Here's how the plan caters to the health of our largest, filtering organ:

- **Detox Beverage:** We begin with cran-water, a mixture of diluted cranberry juice and water—use unsweetened varieties to keep carbs to a minimum.

This simple, yet potent concoction is packed with phytonutrients that act as powerful antioxidants to support the body's detoxification process.

Plus, cran-water supports detoxification via hydration, as adequate fluids in the body benefit the liver and all other organs.

Plus, other Fat-Flush-approved beverages like dandelion root tea, fennel tea, and ginger tea, offer tremendous benefits to liver function, while providing a boost to bile health, and lowering liver enzymes for those who have experienced bouts of excessive use of items like alcohol, sugar, trans fats, and medications.

Protein: The talk always turns to protein when discussing muscle development, growth, and repair, but amino acids are also critical to your liver's health and function.

Furthermore, protein is the only macro capable of elevating metabolism—by up to 25%—while activating the production of potent enzymes that prevent free radical damage and aid in the detox process with its production of the helpful antioxidant, glutathione.

Moreover, animal-based sources of protein, like red meat, are an excellent source of L-carnitine, a nutrient that carries fat to the mitochondria in your cells and plays a crucial role in normalizing metabolism and liver enzymes in the blood.

Plant Products: A plant-based diet doesn't preclude you from trying The Fat Flush Plan to improve metabolism and overall health. You'll find plenty of whole foods, plant-based proteins, vegan-friendly mock meats, cheeses, egg replacements, and more that you can eat to get plenty of amino acids and follow the Flush.

Furthermore, incorporating phytonutrient-rich marine veggies such as dulse, kelp, chlorella, and spirulina supports optimal liver function, and you should consider consuming these foods regularly.

You can replace red meat and poultry with non-GMO soy, pea, or rice protein, which contains muscle-building amino acids, vitamins, and minerals to promote muscle gains and repair if you prefer plant-based options.

Plus, plant-based proteins are mostly cholesterol-free, so you can enjoy a broad range of selections all while boosting good cholesterol and improving heart health.

- **Supplements:** Added collagen, minerals, and vitamins, including lipotropic herbs that help catalyze the breakdown of fat during metabolism in the body, like dandelion root, milk thistle, turmeric, and oregon grape root are a cornerstone of the Fat Flush approach to living.

Bitter herbs like dandelion promote increased bile production by the liver to support the functioning of the gallbladder—causing the organ to contract and release endogenous bile stores, helping to handily metabolize consumed fat and excess body fat.

Furthermore, turmeric, which is one of the richest sources of beta-carotene, provides a variety of health benefits, including liver detoxification. In combination with fresh black pepper, its curcumin content is activated, giving it its widely known medicinal properties.

This plan also contains many other lipotropic herbs to assist in metabolizing body fat, such as the B-complex vitamins phosphatidylcholine and inositol, methionine, and lipase, which prevent fat buildup and thin or emulsify fat for effortless transport in your bloodstream.

- **Toxic Turnover:** Alcohol, sugar, trans fats, caffeine, and yeast-based foods such as bread and soy sauce (which contain toxic acetaldehyde, which inhibits fat burning) may disrupt liver function or increase candida production by clogging the body's detox pathways.

False Fat: On average, our bodies are 60 to 70 percent water by weight. You store two-thirds of your water in your cells and the rest in your blood, fluids, and spaces between your cells.

Water flushes toxins from the body, moistens the respiratory system, and participates in every metabolic process. Capillaries deliver water to the cells, allowing waste products and excess water to reach the kidneys.

Women may be particularly acquainted with 'false fat', or waterlogged tissue that appears bloated and like fat but it is not—an experience shared by many on a monthly basis during child-bearing years.

Water weight, or false fat, can result in carrying between 10 and 15 pounds of water trapped in cellular tissue; not genuine adipose tissue or true body fat.

Furthermore, waterlogged tissue in the body can result from:

- Consuming inadequate water and protein
- Food sensitivities
- Hormonal fluctuations
- Certain medications



Deficiencies and Water Retention

Although it may sound counterintuitive, a lack of regular hydration can cause your body to retain water (a.k.a., false fat). Our kidneys require enough water to flush waste and toxins from the body, and our kidneys opt to hold onto water to ensure its function if overall water reserves in your system are running too low.

Furthermore, insufficient water levels disrupt and slow the functioning of the lymphatic system—a network of organs, tissues, and tiny channels that filter waste and other foreign particles, littering your lymphatic vessels, and leading to unsightly conditions like cellulite.

Fear of Eating Fat: Decades of rhetoric demonizing fat for decades have left a lingering sour taste in some mouths. However, more evidence continues to emerge regarding the healing effects of 'smart' fats.

The idea that fat makes you fat has led many to stay away from the macronutrient altogether. However, fat does not make you fat by itself; it's the extra calories and macronutrients (along with fat), and a host of system imbalances, that cause you to gain weight. This means that if you follow a healthy diet, you can enjoy fats without feeling guilty.

By omitting avocado slices and extra virgin olive oil, we leave our bodies devoid of brain-boosting and heart-healthy quality fats that can improve health from the inside out, resulting in dry and less flavorful meals.

Furthermore, fat aids in satiation and establishing feelings of fullness for longer—helping to prevent overeating and mindless munching.

Insulin Resistance and Inflammation: Weight loss or gain is about so much more than an equation of calories in and calories out.

You've likely realized how interconnected and interdependent the body's systems are at this point. Our bodies can become imbalanced if we have too much or too little of certain elements, disrupting our natural balance, and causing weight gain, fatigue, and other degenerative conditions.

Making Carbohydrates Work for You

Fast-acting carbs and sugars release glucose into the bloodstream, which prompts the pancreas to produce insulin. Glycogen, a starchy form of glucose, is converted into energy by insulin.

Glycogen is then temporarily stored in the liver and muscle tissue. This allows the body to access and use glucose quickly when blood sugar levels dip after eating or drinking. It is critical to note, however, that the body is not able to store too much glycogen, and any excess amounts are converted into body fat (triglycerides) for long-term storage, which can lead to excess belly fat and other bulges you'd prefer to avoid.

As glucose flows through the body, our bodies transition into different metabolic states. When your blood sugar levels drop, your body produces the hormone glucagon, which releases fat from your adipose tissue and burns it as a fuel source.

The body uses this release to transfer glycogen from your liver to your bloodstream. Glucagon also works to balance and restore blood sugar levels by converting protein into glucose.

The process of insulin and metabolic hormone regulation runs smoothly when the body is balanced and all divisions are working as intended—releasing glucose into the bloodstream slowly and steadily—ensuring a measured and controlled release of insulin.

However, consuming fast-acting carbohydrates, which the body quickly converts to glucose, can overwhelm your system and trigger an equally elevated level of insulin—and an inevitable energy-zapping crash.

Having excessive insulin in the body can lead to sharp drops in blood sugar, leading to fatigue and increased cravings for carbohydrates. As a result, the following cascading events begin:

- Insulin levels remain high
- Insulin struggles to convert all the glucose in your body and instead begins storing excess amounts as fat, increasing your body fat percentage.
- A surplus of body fat is an active organ, generating proteins that trigger inflammation, further hampering the efficient use of insulin and energy.
- Cells lose their ability to respond to insulin properly
- Glucose that's no longer converted correctly to fat continues to circulate in the bloodstream. This creates inflammation within various organs, including the heart, kidneys, nerves, eyes, and blood vessels.

Not All Carbs are Created Equal

As with fat in days gone by, carbs are demonized and categorized as fat-making foods that lead to weight gain, but not all carbs produce the same metabolic response: some digest slowly and maintain a level of blood sugar equilibrium, while others flood the system with fast-acting sugars and starch, causing disruptive spikes and dips.

That said, the crux of the matter extends deeper than concentrating on simple or complex carbs.

You should pay close attention to the source of the carbohydrates you consume. In essence, the type of carbs you consume affects how your body processes those carbohydrates, determining whether they trigger your body to store or release fat.

Low-sugar, plant-based sources, such as dark leafy vegetables and certain legumes, digest slowly and allow the body ample time to metabolize and absorb the nutrients they contain.

Furthermore, avoiding fast-acting, starchy carbs and vegetables prevents the destabilization of your hormones, often resulting in weight gain and insulin resistance over time.

Eliminate Grains

It is fairly easy to identify carbs that are sugar-laden. The simplest way to avoid overly sweet foods is to steer clear of cookies, candies, and other overly sweet treats. You may also want to stay away from muffins, pastries, and other common breakfast foods that can blow your macro budget in one sitting.

Plus, in addition to containing loads of carbs that can quickly spike blood sugar, wheat also contains a protein known as wheat germ agglutinin that may inhibit your body's leptin receptors, potentially leading to leptin resistance.

Identifying sugar-laden carbohydrates is fairly straightforward. You can avoid overly sweet foods by limiting cookies, candies, and other sweet treats. Avoid muffins, pastries, and other common breakfast foods that can blow your macro budget in one sitting.

Not everyone experiences digestive upset and other related issues when consuming the often maligned gluten protein, but if you have disorders like Crohn's or Celiac Disease, or otherwise have an active non-celiac gluten sensitivity (NCGS), you might want to avoid all wheat-based products—and be careful because the ingredient is even found in unlikely places like sauce and dressings.



It's equally important to take note of any digestive upset when eating to see whether you may have an undiagnosed sensitivity.

A second inflammatory protein found in many modern genetically modified grains is gliadin, which is foreign to the body and difficult to assimilate. Due to its ability to bind to pleasure receptors in the brain, this protein increases appetite—potentially leading to overeating and unintentional, unwanted weight gain.

The benefit of Fat Flush on Insulin Health

In a single generation, Americans have shifted their diet in many ways. Since 1977, the percentage of fat found in the standard daily intake has declined from 39.7 to 33.4 percent since 2008.

To combat fat, food producers began pumping sugar-filled products into the market decades ago, touting that eating high-carb, low-fat foods would be the most effective way to maintain optimal health—while ostracizing fats of all kinds.

However, adopting a more balanced approach to eating like that advised by the Fat Flush, promotes balanced blood sugar, insulin levels and function, and hormone levels by default.

The Rebalancing Diet

The Fat Flush program was crafted and created to reclaim dietary balance and help recalibrate your insulin levels so the body is producing and utilizing the hormone in ways that benefit rather than sabotage the body.

Moreover, adding foods filled with Vitamin C and fiber into your weekly meal plan both aid in the absorption of other minerals and vitamins, aiding in your body's significantly improved insulin response to glucose, and fiber's slowed digestive effect which helps further metabolize glucose.

Comprise about 30 percent of your diet with protein, as the macronutrient causes the pancreas to produce glucagon, the hormone that offsets insulin to mobilize the body's fat cells from storage, resulting in a naturally trimmer and leaner physique.

Lastly, comprise around 40 percent of your diet's calories with premium anti-inflammatory fats, especially, flaxseed oil, coconut oil, MCT oil, and fresh avocados.

Choose Condiments Wisely

Dieters can benefit or suffer from dressings and sauces, depending on the quality of the ingredients used—so make sure your recipes feature anti-inflammatory selections.

Moreover, avoid condiments containing trans fats, high-fructose corn syrup, artificial sweeteners, and low-quality vegetable oils, like inflammatory canola oil, to prevent free radical damage.

Also, keep a close eye on added, often hidden, sugars that are often lingering in many selections, sometimes listed under lesser-known names for sugar.

We instead advise using oils like sesame, as well as sesame seeds, due to their abundant antioxidant content, including rich amounts of sesamol, sesamin, and sesamol, which stabilize the oil despite its high linoleic acid and omega-6 content.

The combination of increased omega-6 content with vitamin E creates a potent antioxidant system that promotes healthy insulin sensitivity—which is why sesame oil is a particularly favorable choice for seasoning and cooking to promote healthy blood sugar levels while imparting a distinct and nutty flavor.

Moreover, cinnamon, a potent and flavorful spice, can increase metabolism by 20 to 25%. This is even more effective than turmeric, a powerful spice known for its many metabolic benefits.

Supplements

We recommend a myriad of vitamins and nutrients on the plan, from essential fatty acids to vitamins A, C, and E, along with minerals like magnesium, and zinc, to facilitate well-regulated blood sugar levels and improved insulin action.

Furthermore, omitting pro-inflammatory foods like sugars, trans fats, and processed foods along with a whole food diet can help the body make adequate insulin-boosting components to regulate blood sugar and insulin levels effortlessly.

Stress as a Fat Maker: Calories and macronutrients often play a role in losing weight and leaning out. However, stress and the subsequent impact on your hormones can play a crucial role in your ability to lose weight and keep it off.

Besides, almost all diseases can be attributed to stress, which affects every system in the body. In the absence of proper regulation, stress can cause havoc across the body, disrupting metabolic, endocrine, and hormonal functions.

Stress and Cortisol

Cortisol releases glucose and fatty acids to provide energy for muscles.

However, stress hormone levels remain high even after the stressful event has passed, promoting excessive and unnecessary eating, a definite con for those looking to lose weight.

Moreover, prolonged and chronic stress can result in a continual stress-fat cycle that contributes to weight gain.

In times when a stress response is associated with running from a wild animal, an increase in appetite may have been helpful, but today's steady-state stressors that do not require physical activity but flood the body with stress hormones are highly harmful to health over time.

Furthermore, cortisol activates enzymes that store fat when it comes into contact with any type of fat cell. The central fat cells are deep abdominal visceral cells, which provide energy when stressed.

Every time your body is in a state of chronic stress, your body is encouraged to store more fat to prepare for a prolonged period of lack or challenge, thus priming the body to carry excess weight.

Messy Microbiome: Several factors can affect your weight and overall health, including food, the environment, and some lifestyle choices. There is, however, an ecosystem of sorts inside the body that impacts the functioning of every organ, but cannot be detected in any scan: the microbiome.

We have at least 10,000 different species of bacteria in our bodies, most of which reside in our guts. You have so many microscopic probiotic and prebiotic cells that they outnumber your human cells by 10 to one.

Plus, ongoing exposure to toxins, fat-free eating, hormones, stress, and lack of sleep can cause your body to malfunction and gain weight.

Helpful Bacteria: Probiotics

Bacteria are often thought of in a negative light, charged with molding food and causing other food-borne and other illnesses. But some bacteria are incredibly beneficial to our gut health, digestion, and overall well-being. Prebiotics and probiotics, which are beneficial bacteria found in our gut, are essential to our survival.

No kidding, our microbiome is more than just a collection of random particles. Health and proper function are supported by intuitive enzymes, vitamins, hormones, and neurotransmitters produced in and utilized by our gut microbiome.

Sadly, many microbiomes today face a precarious state: being bombarded by toxins and hormonal disruptors while experiencing deficiencies in gut-protecting pathogens needed to ward off a thinned lining or other harmful bacterial invasions.

Probiotic cells in a healthy digestive tract number around 100 billion to 1,000 billion per millimeter. Probiotics have an excellent chance of maximizing their effectiveness as health promoters and protectors at this rate.

When the gut is damaged by everything from environmental toxins, medications, and barbs from a maybe less-than-stellar diet, it creates porosity in the microbiome which can lead to a list of digestive issues.

Belly-Busting Bacteria

Research keeps pointing to the undeniable connection between a dysfunctional and underpopulated microbiome and stubborn weight gain and obesity. Moreover, the significant role that the microbiome plays in metabolic function makes it a primary factor in whether you'll succeed in your efforts to lose or maintain an ideal weight.

Inflammation Busters

Gut bacteria are responsible for more than just digestion and waste elimination. Your microbiome can also influence your weight through its role in regulating inflammation.

Approximately 70 to 80 percent of your immune system lives in your gut, along with your microbiome, making it a crucial hub of your body's immune system.

Moreover, the bacteria in your gut work in harmony with your immune cells continuously to maintain proper intestinal function.

Plus, many diseases linked to obesity are the result of large amounts of excess body fat altering the microbiome.

For example, a weak microbiome and poor insulin regulation contributes to type 2 diabetes at the onset. Furthermore, a microbiome that's compromised also has a lack of digestive byproducts necessary to ensure the health of the digestive system to effectively metabolize blood sugar.

People with insulin sensitivity and type 2 diabetes are unable to process glucose largely due to a dysfunctional microbiome.

Candida and Food Reactions: It's Overgrowth, Not Overweight

A growth of harmful bacteria such as candida can wreak havoc on your digestive system just as hormones affect weight loss. This may result in problematic and painful symptoms.

Candida can become out of control when your microbiome is messed up and your immune system is compromised. As the spores turn into a fungal form, they grow thread-like mycelia-structures that breach the intestinal lining, causing a 'leaky gut,' which drains nutrients from the body.

Furthermore, the holes in your intestines allow food macromolecules to enter the bloodstream, triggering food reactions and stimulating histamine production, another allergy trigger.

Plus, candida and food sensitivities are more closely linked when sugar and refined carbohydrates are consumed. Those sweets, chips, and pasta that you crave as a result of food allergies are the foods candida loves—they create an environment that cultivates yeast overgrowth and subsequent adverse symptoms.

Also, a diet devoid of essential amino acids, vitamins, and essential fats depletes your immune system, further creating an environment for candida and other harmful pathogens to thrive.

It is estimated that 80 percent of people with multiple allergies suffer from candida overgrowth, causing symptoms such as fatigue, headaches, bloating, nasal congestion, heartburn, and moodiness.

Birth Method

In modern times, C-section births have gained popularity for convenience, but at a steep cost: children born this way are likely to have a messy gut and poor microbiome from birth, not having passed through the birth canal and as a result unexposed to crucial bacteria when born.

Moreover, the method of your birth (e.g., vaginal birth versus C-section) impacts your baby's inflammation 'set point', or the base level of inflammation you will have throughout your life, in part due to its influence on the development of your gut's microflora.

It might sound counterintuitive, but the fecal matter we encounter while passing through our mother's birth canal actually serves as the basis for the baby's healthy and robust gut blueprint—helping us form our own strains of beneficial bacteria to proliferate and protect us throughout our lives.

Some studies even note a significant decline in certain areas of development and functioning found in babies delivered via C-section. Further, babies delivered via C section bare five times the risk for common allergies, an 80 percent increased risk of celiac disease, a 50 percent increased risk of becoming obese in adulthood, and a 70 percent risk of developing type 1 diabetes in childhood.

Antibiotics

The overuse of antibiotics in our culture has resulted in a higher tolerance of antibiotics in the general population. When taken regularly over time, this can lead to hormonal and metabolic disruptions.

There are several negative consequences of antibiotics for the gut microbiota, including decreased diversity, altered metabolic activity, and selection of antibiotic-resistant organisms, resulting in diarrhea accompanied by antibiotics and recurring infections with C difficile infections.

You can balance the healthy bacteria in your gut by consuming a healthy diet and using probiotic supplements, both during and after taking antibiotics. The most common side effect of antibiotics is diarrhea, which can also be prevented by these drugs.

Consider trying the following to restore your gut microbiome following antibiotics:

- Take probiotics to keep your gut healthy. Probiotics appear to have a variety of benefits, both when taken during and after antibiotic use, but the evidence for their benefits is mixed.
- Take steps to reduce stress.
- Exercise

How the Fat Flush Program Affects Your Maladapted Microbiome

A key benefit of the Fat Flush program is its foundational protocols that are beneficial to your microbiome. Meal plans that follow the protocol eliminate all simple sugars and processed grains. These foods feed yeast and fungus and drown out helpful bacteria that contribute to staying trim, lean, and healthy.

Aside from that, the diet eliminates all artificial sweeteners, which can promote fat-forming bacteria to thrive, which further facilitates hormonal balance and endocrine function.

Instead of causing a slowed and dysfunctional metabolism, as occurs with regular use of artificial sweeteners the body is unable to recognize or absorb, this plan produces balanced hormones and endocrine function, providing an environment that encourages you to thrive on every level.

Fortunately, the updated and refined microbiome-friendly features of the new Fat Flush include:

- Flora-Key, a sweetener that is prebiotic and probiotic. It can be added to smoothies on a daily basis
- A new sweetener that helps fuel a healthy probiotic population is yacon syrup, derived from chicory. Phase 3 of the program includes this new addition along with the Flora-Key throughout all phases.
- Fiber-rich foods like jicama, cauliflower, kale, asparagus, garlic, and onions make up the Fat Flush Plan and support a healthy microbiome; they promote feelings of fullness as well as being detox-friendly and high in fiber.

Poor Quality Bile

Bile may conjure up images of a bitter sludge, but it's actually brilliant!

As a well-rounded conversation related to weight loss must extend beyond calories in and calories out. No nuanced chat about losing weight and feeling great is complete without mention and consideration of bile.

By emulsifying and digesting fat, this yellow-green liquid allows your intestines to absorb it. Furthermore, it helps eliminate toxins that have been expelled from the body by the liver.

Despite its crucial role in metabolic health, bile receives far less attention than probiotics and prebiotics. Yet, the liver relies upon it for detoxification and regular healthy cell regeneration. And we couldn't live without the stuff!

It is essential to consume more healthy fats to provide your body with its optimal fuel source. However, if your body lacks the necessary bile to break down healthy fats, it is pointless.

Moreover, having toxic bile can impair your body's ability to synthesize and burn fat efficiently, leading to weight gain and depriving you of healthy fat's nutritional benefits.

Have you noticed that your bile is having difficulty metabolizing fat? Low-quality bile may lead to the following symptoms:

- Feeling queasy after eating fatty foods (impaired bile flow)
- Floating or light-colored stools (no bile output)
- A feeling of nausea (insufficient bile)
- Lack of essential fatty acids causes dry skin and hair
- Inadequate bile (constipation)
- Having a constant sense of fullness
- The inability to lose weight
- Right-side pain under the rib cage (gallbladder-related)
- Liver congestion (hemorrhoids)
- A varicose vein is caused by thickened bile due to constipation
- Pain between the shoulder blades (reflecting gallbladder pain)
- Gastritis or bloating
- The gallbladder meridian passes over the region of the eyes where headaches occur.
- A bitter taste in the mouth after eating (a sign of regurgitation of bile)
- Use of prescription or recreational drugs (needs more liver and gallbladder support)
- Chemical sensitivity
- A tendency to get intoxicated easily (needs more liver and gallbladder support)
- Fibromyalgia (a sign of liver and gallbladder overload)
- Hypothyroidism (signs of deficient bile simulate active thyroid hormone in fat cells)

HCl: Bile's Fat-Fighting Partner:

HCl, or hydrochloric acid, is the scientific name for stomach acid. For decades stomach acids were vilified in commercials for Pep to Bismol, noting them as the source for various gastrointestinal issues, but many need more, not fewer stomach acids to balance out their levels.

In light of food-borne illnesses and bacterial and viral contaminants present in various pockets of the food supply, bile has never been more needed for breaking down fats and metabolizing nutrients.

Bile and HCl are essentially a package deal. Bile needs an HCl prompt to function properly, while gallbladder dysfunction is dramatically associated with low hydrochloric acid levels.

What the Fat Flush Plan Does for Your Poor Quality Bile

There is no other diet and detox program that aims to increase bile production like Fat Flush. This is accomplished in a variety of ways.

We can directly influence our bodies' production of bile by what we eat. Therefore, consumption of beet tops, ginger, artichoke, lemon, lime, dandelion greens, milk thistle, choline, turmeric, betaine, and purified bile salts is excellent for improved bile flow. Additionally, keto and intermittent fasting may be helpful.

Furthermore, we can take the following five simple steps to naturally improve bile production:

1. Make sure your diet includes healthy fatty foods.
2. Reduce your cholesterol by consuming polyunsaturated fats.
3. For quicker gallbladder emptying, drink semi-skimmed milk.
4. You can increase bile healthfully by eating celery, radishes, and artichokes.
5. A tasty way to increase bile is to eat garlic and onions.

Bitter is Better

Add greens with a bit of a bite to your diet, such as arugula, Brussels sprouts, kale, broccoli rabe, radicchio, and dandelion greens. This will further promote fat metabolism and burning.



Plus, phase 2 of the program introduces the number one bile-building veggie of all: beets! Whether sliced, stewed, or juiced, these jewel-toned root veggies pack a powerful punch and are chock full of healthful phytonutrients that help the body effortlessly metabolize fat.

Bile-Thinning Beverages

Drinking slow-steeped lemon water first thing in the morning will help to cleanse the bile and neutralize your palate. Lemons are also excellent for cleansing the liver, keeping your body's master filter pristine and primed for protection.

Moreover, the plan promotes reintroducing proper reverence for lecithin, preferably an organic and non-GMO variety, as a fantastic daily supplement to support healthy bile production.

Rituals

Using heated castor oil packs to remove toxins from the body is another method of detoxification. You should incorporate this process into your regular cleansing routine.

Castor oil contains essential fatty acids, particularly ricinoleic acid, which facilitates the movement of chemical energy throughout the body. **The result is a powerful detoxifying effect.**

Tired Thyroid

Every single cell in our body contains thyroid hormone receptors because this butterfly-shaped master gland impacts the function of every system.

Our thyroid plays a chief role in regulating body temperature, hormone regulation, and the proper functioning of our immune and nervous systems, while supporting the heart, liver, brain, and gallbladder.

Signs of a sluggish thyroid gland may include any or all of the following:

- Swelling around the eyes
- Loss of appetite
- Extreme tiredness
- Cold hands and feet
- Muscle weakness and cramping
- Depression
- Hair loss
- Brain fog
- Poor eyebrow growth (especially the outer third of the brow)
- Inappropriate hair growth
- Dry, scaly skin
- Brittle nails
- Hot flashes
- Menstrual irregularities
- Insomnia
- Irritability
- Aching wrists, arms, and hands
- Fluid retention
- Decreased libido
- Increased cholesterol
- Constipation
- Difficulty swallowing pills, lump in throat
- Coarse voice
- Decreased blood pressure
- Premature graying of hair
- Inability to concentrate
- Dementia
- Infertility
- Muscle stiffness



Thyroid Burnout

When you consider the pivotal role in mood and mental health, as well as weight management, and even regulating body temperature, played by the thyroid gland, it's plain to see how essential it is to guard its health with the utmost care and attention.

As part of a complex and delicate dance with all other systems in the body, the thyroid is particularly prone to disruption, and any irregularities can negatively impact states of well-being on many fronts.

Stress and Adrenal Fatigue

Our thyroid gland is susceptible to stress, like other organs in the body. Moreover, stress can trigger the spread of EBV, a virus fueled by the stress hormone adrenaline—with the virus triggering the stress response in the adrenal gland to harvest its needed fuel source.

A symbiotic relationship exists between the thyroid and adrenal glands, helping to regulate all the functions of our body. Unfortunately, prolonged periods of experiencing a heightened stress response, may sour this otherwise perfect match.

Moreover, chronic stress can influence the release of other stress hormones, such as cortisol. This hormone acts as a stubborn deterrent to weight loss, creating a level of resistance, similar to what happens with insulin resistance.

We cannot recognize, utilize, or assimilate the maximum amount of nutrients from the foods and beverages we consume daily, regardless of how well our bodies produce certain hormones when faced with this resistance, a truly frustrating experience for those suffering.

What the Fat Flush Plan Does for Your Tired Thyroid

The Fat Flush Plan is the equivalent of an ice-cold drink of water on a hot summer day, or like a refreshing spa day, for your tired and overworked thyroid.

The plan provides loads of elements that promote high-quality bile, mitigate estrogen dominance and stress, facilitate restoration of an otherwise messy microbiome—porous and open to pathogenic disruption, and otherwise helps bring the body into better alignment.

With Fat Flush, you will be able to support and nourish your thyroid so that it operates at its optimal level, even at times of rest.

Coconut Oil

Several ingredients, such as turmeric and black pepper, boost one another's effectiveness by activating each other's ingredients. When used regularly, coconut oil has a similar symbiotic effect on thyroid function, boosting glandular function by up to 50 percent!

Cold-pressed coconut oil is an excellent source of saturated fats, is a variety that requires no bile to break it down, and has the ability to bypass the gallbladder and blood-brain barrier, similar to MCT oil.

Furthermore, the medium-chain triglycerides in coconut oil can enhance thyroid function and boost your metabolism and energy levels by up to 50 percent.

Increase Iodine

Our environment is filled with chemicals like bromine, fluoride, and chlorine, which are found in everything from toothpaste to pool shock. However, you can unknowingly impede the effective absorption of iodine into your thyroid gland if these chemicals are constantly present.

Along with avoiding the notorious iodine zappers, Fat Plush's staple ingredients boost iodine levels to better support thyroid function. Most notably, the best sources of iodine are in sea vegetables like nori, wakame, dulse, and sea moss—all packed with loads of essential electrolytes that our bodies need to thrive.

Nevertheless, the plan cautions against sea vegetables from Japan due to radiation fallout linked directly to the Fukushima nuclear disaster. Sea vegetables should instead be sourced from Maine, or from reputable companies such as Main Seaweed in the northern United States.

Hidden Parasites:

The process of weight loss and gain is driven by a complex cocktail of variables that are constantly in motion, continually returning feedback in real time.

Like hormones, such as cortisol and insulin, parasites can contribute to stubborn weight gain. Besides undermining your efforts to lose weight, they can also make you feel sluggish and fat!

Some of today's common illnesses may be linked to parasites, so if you notice any or a cluster of these symptoms, you may want to consider a cleansing:

- Chronic fatigue and candida can be a case of chronic giardia (a diarrheal disease caused by the microscopic parasite *Giardia duodenalis* or 'giardia').
- Ulcerative colitis may be a case of undiagnosed amoeba.
- Migraine headaches and depression may be the result of toxoplasmosis—a condition found in about 50 percent of migraine sufferers.
- ADD and ADHD can clear up when the underlying issues of pinworms are addressed.
- Food and environmental allergies disappear when worms are eliminated
- Rashes and boils may clear up when people complete a targeted colon cleanse.
- You may notice brain fog and hypoglycemia 'lifted' when threadworms are detoxed from the system.
- An amoeba infection can cause arthritis, while a pork tapeworm infection can cause seizures.

The exhaustive list of conditions worsened or triggered by parasites is lengthy and includes the following common ailments:

- Constipation
- Diarrhea
- Gas and bloating
- Infectobesity
- Persistent flu-like symptoms
- Anemia
- Secondary gluten intolerance
- Casein intolerance
- Lactose intolerance
- Crohn's disease
- Sleep disorders
- An enlarged liver or spleen

Raw and Undercooked Food

People have been warned for years not to eat raw or uncooked meat. And it's a valid warning since beef can contain tapeworms that can lodge in your digestive system without causing obvious symptoms.

Also, don't assume that raw or undercooked premium cuts of beef or pork are safe: even those selections have risks. A parasite found in these meats can cause toxoplasmosis, a disease that can result in birth defects, encephalitis, and migraine headaches.

You should cook beef to an internal temperature of 160°F, just to be safe.

Pork

Pigs can contain both trichina worms and pork tapeworms. Pigs are known to contract trichinosis from contaminated garbage and infected rodents, resulting in flu-like symptoms and muscle pain.

Pig tapeworms can cause serious brain damage if eaten, and they can be found in ham, sausage, and pork. Cooking pork to 170 degrees Fahrenheit will eradicate any parasites.

Tap Water

Many American cities have questionable tap water quality, whether it be water from Flint, MI or water from lead pipes in urban housing developments. Furthermore, research reveals that about a thousand Americans die from gastrointestinal illness each year as a result of drinking tainted water.

Daycare

If you're a parent or a teacher, you know this very well. Viruses and bacteria thrive in daycares, which is the perfect breeding ground for the common cold.

Moreover, daycares are known to harbor giardia, which can lead to chronic fatigue, persistent diarrhea, bloating, cramps, flatulence, and unintentional weight loss.

Daycare settings are prone to spreading giardia and other bacteria due to substandard diaper changing practices and poor sanitation. Giardia is most often found on unclean counters, sinks, and chairs, as well as in lakes, rivers, and streams.

Microwave Cooking

Raw meats and fish should not be cooked in a microwave oven. Unlike convection, conventional, or air fryer ovens, the technology cannot cook evenly, and often yields tough and rubbery results and under or overcooked areas—an invitation for bacteria proliferation.

Plus, microwaves may leak radiation into your food, so it's a smart idea to limit their use in general to fare on the safe side.

Restaurant Dining

Eating out with family and friends is an excellent way to reconnect and catch up with those you love, but it's important to choose your dining location carefully to avoid leaving with more than a marvelous meal and a doggy bag for a repeat of late night leftovers.

Americans spend a huge chunk of their monthly dining budget on eating out, with many preferring to consume rather than cook food. Unfortunately, poor food handling practices, as evidenced by E. coli breakouts at popular chains like Chipotle highlight the risk taken when allowing others to handle your food.

What the Fat Flush Plan Does for Parasites

The Fat Flush Plan is as focused on liver, bile, parasitic elimination, and balancing microbiome as it is counting calories, if not more so since those systems can all impair weight loss despite maintaining perfect macros when they're misaligned.

Cran-water. Cranberry juice is long said to help cleanse the body, and using cran-water is an excellent tool to thwart the proliferation of unwanted pathogens that may seek to invade your immune system and cause all kinds of unfortunate function disruptions.

The plan helps eliminate unwanted pathogens daily using cran-water as a staple and recommended beverage in all phases of the program.

Furthermore, cran-water provides four types of acids that facilitate eased digestion and the release of waste since its elements are highly anti-parasitic.

Vitamin Boosts

It goes without saying that any antiparasitic diet worth its salt is rich in zinc and vitamin A, and the Fat Flush plan is no exception. Furthermore, zinc strengthens your intestinal lining, which makes it more resistant to parasites.

These fortifying elements can be found in beef, eggs, and seeds, such as hemp and pumpkin. Furthermore, zinc-rich seeds like pumpkin are known to help expel a variety of worms when consumed regularly.

Moreover, vitamin A is essential as it is a fat-soluble vitamin that increases the body's ability to resist invasion from parasite larvae, fortifying your intestinal lining to mitigate breaches that may compromise your health.



Helpful Herbs

Spices and medicinal herbs can enhance the flavor and health benefits of your meals. Antiparasitic herbs, like thyme, garlic, and oregano have been used for centuries to cleanse the body of toxins.

Garlic, for instance, contains allicin, a natural sulfur substance which decreases infection levels by 50% within five days after ingestion —just two cloves are usually enough to ward off roundworms, pinworms, tapeworms and hookworms.

Sushi, Anyone?

It is common to consider sushi as a treat and delicacy, but its raw fish puts it on the no-no list, unless it is meticulously sourced and/or prepared at home in a way that ensures the highest level of hygiene and proper food handling, to prevent foodborne illnesses.



Magnesium Matters: Magnesium is the mineral complement to vitamin D in the vitamin realm; it is a vital component of a healthy lifestyle and has outstanding benefits.

When magnesium is lacking, our bodies are unable to effectively burn fat thanks to its role in converting food into fuel.

Furthermore, the relationship between magnesium and vitamin D is co-dependent and symbiotic because magnesium is so vital that vitamin D cannot function properly without it.

Plus, magnesium's calming effects aid in managing issues of depression, anxiety, muscle tension, heart palpitations, fatigue, fibromyalgia, asthma, or restlessness related to insomnia to name a few related conditions.

Plus, the dynamic duo of magnesium and vitamin D also help to relax muscles to prime the body for a better night's sleep, a definite benefit to any holistic wellness routine.

Metabolism

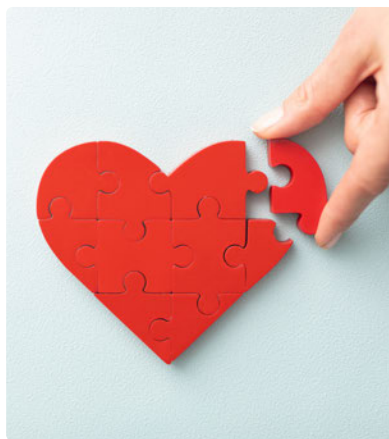
Magnesium is a master mineral with plenty of health benefits, but many of us are deficient in this marvelous mineral. And consuming adequate amounts of magnesium is particularly helpful in relation to weight management and maintaining a healthy metabolism—as the crucial mineral acts as a catalyst to facilitate more than 300 key metabolic functions, including energy distribution and facilitating efficient fat usage and burning, which will help you maintain a healthy weight.

Further, this mighty mineral is linked to metabolic hormone regulation, directly impacting the function of the thyroid gland, improving almost every hidden weight gain factor we've shared.

Plus, magnesium deficiency extends beyond stalling weight loss. You may need to increase your magnesium intake if you experience high blood pressure, leg cramps, migraines, anxiety, irritability, depression, heart disease, unstable blood sugar, or insomnia. You may need to follow the program and bump up your daily magnesium intake to recalibrate the body.

Heart Health

Magnesium plays many roles in the body, but it is especially helpful for supporting and maintaining cardiovascular health. It is powerful enough to halt cardiac arrest in its tracks. Heart function depends on this mineral so much that some surgeons dose their patients with it before surgery to improve potential outcomes.



Three-Day Ultra Fat Flush Tune-Up

Feeling like you've fallen off of the health bandwagon and you've begun to slide back into old ways that no longer serve you? Consider a three-day reset to get yourself back on track! This short jumpstart to get your metabolism rearing can deliver immediate results to bust through a weight-loss plateau or energy slump.

The Three-Day Ultra Fat Flush Tune-Up can be defined by five factors:

Factor #1: Choose Fluids Wisely

Every day, you will consume three metabolism-boosting cocktails and three skinny smoothies. Drink plenty of cran-water or plain, filtered water between meals. Hydration will increase metabolism by at least three percent.

Factor #2: Hot Spices

Cayenne pepper, mustard, turmeric, and ginger are mixed with just the right amount of fat-stoking ingredients to boost heat production in the system.

Factor #3: No Grain Drain

Grains can have an especially triggering reaction, causing the body to store fat while promoting fat-storing, hunger-producing insulin.

Instead, you'll fill up on tasty smoothies packed with protein to encourage the release of glucagon to help your body efficiently access and torch stored body fat for an effortlessly leaner physique.

Factor #4: Daily Detox

Loading up on chlorophyll-rich greens and other vitalizing low-glycemic foods can encourage the body to gently detox daily, effectively eliminating toxins from pollution and pesticides in food stored in fat cells. As we cleanse more frequently, our fat cells actually shrink and become less prominent.

Factor #5: Fire-Power Smart Fats

This tune-up is low in calories, but it provides all the slimming smart fats you need to satisfy your hunger. And as these fats burn, they activate more metabolism-
revving heat to promote a thermogenic burn, even during periods of rest.

The Three-Day Protocol

Daily Menu

Upon Waking	<u>Fat Flush Metabolizer Cocktail</u> (see recipe below)
Mid-Morning Snack	<u>Fat Flush Smoothie</u>
	2 raw jicama, carrot, or celery sticks (your preference)
Lunch	<u>Skinny Smoothie</u>
Mid-Afternoon Snack	<u>Fat Flush Metabolizer Cocktail</u>
Dinner	<u>Skinny Smoothie</u>
Before Bedtime	Drink at least 8 ounces of cran-water or pure water between all meals and snacks.

Fat Flush Metabolizer Cocktail



Serving: 1

Ingredients :

- 1 large ripe tomato, or 8 ounces low-sodium V8 or Knudsen's Very Veggie Juice (or bone - broth)
- ¼ cup, lime or lemon juice (fresh-squeezed)
- ½ cup, water (filtered, unless using juice instead)
- Handful of fresh parsley
- Handful of romaine lettuce or spinach
- 1 green onion (chopped)
- 1 clove garlic (crushed)
- ⅛ tsp, mustard
- ⅛ tsp, turmeric
- Pinch of ginger
- 2 tsp, high-lignan flaxseed oil
- 1 tbs, chia seeds
- 6 ice cubes

Instructions:

1. Blend all ingredients until the desired consistency is achieved

Skinny Smoothie



Serving: 1

Ingredients :

- 8 ounces cran-water (1 ounce of unsweetened cranberry juice with 7 ounces of water)
- Small handful of romaine lettuce, kale, or spinach or a scoop of green powder
- ½ cup, frozen berries
- 1 scoop protein powder (try our [Keto Shake](#) for a flavorful twist!)
- 1 tbsp, coconut oil
- 1 tbsp, ground flaxseeds, chia seeds, or hemp seeds
- 1 tbsp, non-GMO sunflower lecithin granules
- Ice cubes (optional)

Instructions:

1. Blend all ingredients until the desired consistency is achieved

Fat Flush Smoothie



Serving: 1

Ingredients :

- 1 cup, baby spinach
- 1/2 avocado (peeled and pitted)
- 1 Persian cucumber (chopped)
- 2 cups, honeydew melon (cubed)
- 1 banana (frozen overnight, chopped)
- 2 cups, almond milk (preferably homemade)

Instructions:

1. Blend all of the ingredients until smooth.
2. Pour the mixture into two separate cups and consume the entire amount. Give your body a chance to absorb those nutrients!

The ABCs of the Fat Flush Plan

The mission of the Fat Flush Plan is pretty straightforward: increase metabolism, banish bloat, accelerate fat loss, and decrease inflammation in the body—with the primary goal of reclaiming balance and equilibrium in the body.

Each phase of the program is carefully crafted and curated to achieve targeted results aimed at promoting a balanced lifestyle filled with simple healthy habits that can be followed long-term.

The Fat Flush plan is a comprehensive approach to health and well-being worth considering for a level-headed and well-rounded approach to eating with managing our body's vital systems along with curbing calories as the primary focus of the approach.

Your daily meals will feature smart, fat-burning fats like flaxseed, hemp seed, avocado oil, MCT oil, gamma-linolenic acid (GLA) and conjugated linoleic acid (CLA), muscle and metabolism-boosting protein, and loads of filling fiber to aid in digestion and producing feelings of fullness.

Plus, plant-based ingredients like chia, hemp, sunflower and flax seeds, along with vibrant and colorful veggies and various low-glycemic fruits, along with healthful herbs and spices like apple cider vinegar, cumin, turmeric, and ginger round out the health benefits of the plan with restorative ingredients featured in each and every recipe.

Furthermore, you can expect to lose a noticeable amount of unwanted weight while following Fat Flush. Fortunately, the plan helps promote efficient cell turnover, leaving you feeling energized, revitalized, and with renewed vigor, and with virtually zero hassle.

Plus, your body, possibly for the very first time, will experience many mind-body benefits from making some simple switches in your daily meal plan that you'll begin to notice almost immediately.

Here's what you can expect at each and every phase of the Fat Flush plan:

Powerful Proteins: If you want to maintain a high supply of this muscle-building macro, you should consume eight ounces or more of protein a day, like lean chicken, beef, brown rice, or pea protein alternatives.

Furthermore, These noted proteins help to boost metabolism and leverage that for every pound of muscle gained, you torch an extra 70 calories per hour. As a result, you'll finally cap your voracious appetite and unwieldy cravings to reclaim control of your health and weight with ease.

Amazing Omegas and Slimming Smart Fats: Brain-boosting fats that encourage the production of more endogenous ketones that the body can burn for energy are excellent options to keep handy while following the Fat Flush plan.

Consider omega-3-rich selections like flaxseed oil, flax seeds, chia, GLA-rich botanicals like evening primrose oil, borage, black currant seed oil, coconut oil, and avocado, which stoke your body's fat-burning furnace and kicks the release of excess weight into high gear by default, while effortlessly discouraging weight gain.

Moreover, oils like flax aid in satiety and help you feel fulling longer, while consuming fewer calories with little to no effort, as you return to a more intuitive style of eating, all while providing your system with an oil that can transport toxins from the body to aid in daily detox.

Eat the Rainbow with Carbohydrates: It is imperative to incorporate colorful carbs such as sweet bell peppers, zucchini, squash, olives and green onions into your Fat Flush meal plan. This will maximize your options and take advantage of the full experience of trying out the various healthful ingredients you can mix and match.

Incorporate Thermogenic Spices: Cayenne pepper, ginger, cumin, turmeric, cinnamon and mustard all increase body temperature and trigger your metabolism to kick into overdrive.

Moreover, some of the fat-burning spices have been shown to triple the body's ability to burn calories for energy instead of storing them as fat.

Busting Metabolism Blockers: Yeast-based seasonings, wheat, and milk can disturb metabolic and digestive processes, resulting in food allergies and reactions even to products that seem harmless, like cosmetics and skincare.

Fiber-Rich Seeds: Low-carb diets are a fantastic approach to regulating hormones and blood sugar levels, but with some opting to eliminate almost all carbs, fiber levels could be lacking, leading to irregularity and uncomfortable elimination.

You can ensure regular digestion and detoxification by increasing your intake of delicious and nutritious seeds, like hemp, chia, and flax. In this way, your gut lining will be strengthened and your gut microbiome will be fortified.

Before You Begin

Begin drinking water in between meals to prepare to start the Three-Day Ultra Fat Flush Tune-up as you prime your body to engage in the complete Fat Flush Plan.

Begin increasing your intake gradually by drinking at least two glasses of water between breakfast and lunch and two more between lunch and dinner.

As you increase your fluid intake, you will establish a new habit that will ensure higher levels of hydration, which is especially useful for those who are active or in ketosis and need to rehydrate frequently.

Once you feel confident that you've bolstered your hydration to adequate levels, begin editing other areas of your routine such as eliminating trans fats like margarine, fried foods, and processed vegetable oils like canola which are associated with increasing inflammatory responses in the body.

Moreover, you'll do yourself a huge favor if you prepare yourself for the lifestyle changes required to adopt the Fat Flush approach to living by curbing all alcohol, coffee, tea, sodas (regular and diet), and energy drinks, which include decaf coffee, sugar alcohols, and aspartame, as well.

So, if you are like many modern coffee drinkers and indulge in more than two cups a day, you may want to start reducing your intake to one cup a day to limit your body's physical dependence on the full-bodied brew, as you prepare to make changes along the way.

Phase 1: The Two-Week Fat Flush

During this initial phase, approximately 1,200 calories per day are consumed in order to accelerate weight loss and purge the system.

During this phase, you'll help tailor your weight loss to resculpt and define specific areas of your body—concentrating on stubborn areas like the inner thighs, hips, belly, and buttocks.

Many followers of the plan report losing between 12 inches and five pounds during this initial phase. In other words, the weight loss on the scale is real fat, not bloat or water weight.

It's helpful to remember that muscle weighs more than fat. Therefore, dropping a couple of dress sizes can make more of a visible difference in the way your clothes fit than losing 10 pounds on the scale.

Whether you want to lose a few pounds or a lot of weight, the Fat Flush program will reset and fine-tune your metabolism to keep it in fat-burning mode all the time. Further, to maintain the body's fat-burning posture, so that bile can efficiently break down fats and eliminate toxins out of the body to maintain an overall healthy environment.

Some low-carb diets recommend altering macros and eating healthier ingredients to lose weight, but others often fail to eliminate toxins from the body. As the body's fat stores shrink, poisons inside our food are released into the bloodstream, organs, and tissues, causing conditions such as headaches, nausea, and moodiness, if the body cannot burn them effectively.

The initiation phase of the plan focuses on increasing the healthy or smart forms of fat in your diet in the form of accessible and nutrient-dense options like flaxseed, coconut, MCT oil, avocado oil fiber, water, and exercise to help flush out water-soluble toxins from your body more rapidly.

We can eliminate toxins from our bodies through urine, sweat, bowel movements, as well as healthy oils. Fortunately, fat cells and toxins trapped in your fat stores are transported out of your body through these oils.

You may want to continue phase 1 for up to a month if you need to lose more than 25 pounds.

Replace breakfast and lunch with smoothies, adding a full, solid meal in the evening. Additionally, smoothies are a delicious way to introduce collagen-building, detox-enhancing, electrolyte balancing, blood sugar leveling, and anti-aging benefits to your daily routine.

Alternatively, you can move into phase 2 after week two.

Contrary to some other weight-loss programs, many report even greater weight loss in phase two--after adding more fibrous foods into your meal plan--a benefit that outweighs the initial drop and frustrating leveling off produced by some other weight-loss programs.

However, it's important to note that people with kidney or liver disease, women who are pregnant or breastfeeding, and those with a history of eating disorders should seek medical advice--as this protocol may be too strenuous for some people.

Shopping list:

Oil	Avocado oil spray (like Chosen Foods), coconut oil (like Nutiva or the premium Tropical Traditions), high-lignan and standard flaxseed oil. Fish oil (such as Carlson's) is also an alternative to flaxseed.
Eggs	Seek out eggs as rich in omega-3 fatty acids as possible for the best nutritional payoff for your buck

Protein Powders	Hormone-free, unheated, non denatured, and lactose-free varieties with no artificial sweeteners are the best options to try.
Lean Protein Fish	<p>Fish is a great food for muscle-building while supporting heart health and reducing overall calorie intake, even as your main source of protein.</p> <p>Stick to varieties like mackerel, trout, cod, grouper, sole, salmon, sardine, tuna, sardines, mahimahi, whitefish, and canned tuna—draining and washing before eating if the fish is packed in oil or salted.</p>
Additional Protein Sources	You can also incorporate plant-based protein options like tofu and tempeh, of course from brands using organic and non-GMO soy.
Vegetables	<p>Add all green, red, orange, and purple fresh and in-season produce. When possible, choose fresh foods, followed by frozen, and then canned options without salt.</p> <p>Furthermore, you'll want to consume a lot of mineral-rich sea vegetables like nori, dulse, and wakame, even in convenient forms like Eden Seaweed Gomasio, so that you get your daily dose of electrolytes.</p>
Fruits	Consume low-glycemic whole fruits like lemons, or berries like strawberries, blueberries, blackberries, and raspberries, along with tart and sweet cherries to round out your antioxidant intake.

Citrus	Incorporate lemon and lime as often as possible to increase alkalinity and brighten drinks, soups, salads, and dressings.
Bone Broth	Beef, chicken, or fish, vegetable broth are all excellent options to boost gut health and provide added collagen, which is particularly helpful as we age.
Tomato Products	Jovial or Rao's are great brands that boost lycopene and add endless layers of slightly sweet and savory flavor to recipes.
Flax Seeds	To enjoy the full fatty acid and omega benefits of this brain-boosting powerhouse seed, whole brown or golden yellow flax seeds bought in bulk can be ground daily as needed in a food processor or coffee grinder on its finest setting.
Chia Seeds	While these fibrous and filling seeds do not have to be ground, you can still buy them in bulk for everything from chia pudding to energy bars, or use the gelatinous seeds to thicken smoothies and sauces and to replace eggs in recipes.
Hemp Seeds	You can sprinkle hulled hemp seeds on unsweetened yogurt or sprinkle them on chia pudding to add a punch of complete protein.
Cranberry Juice	Unsweetened cranberry juice is perfect for making our plan's cran-water and is a must-have staple for anyone considering the Fat Flush Plan.

Sweeteners	Stock up on Flora Key, plant-based stevia (Sweetleaf Stevia), monk fruit, and erythritol for your dressings, sauces, beverages and baking needs.
Supplements	The plan's originator has crafted a line specifically made to support those following the Fat Flush program, including The Dieter's Multi (with or without iron), GLA 90, Bile Builder, and Weight Loss Formula, but you can seek out other premium supplements to support liver and bile health, to best suit your needs.

Phase 2: The Metabolic Reset

The initial phase of the Fat Flush plan can create encouraging weight loss and cleansing results, but many enjoy moving into phase two of the plan, known as the metabolic reset, as it allows for more range with the foods included in your weekly meal plan while still empowering you to lose weight and maintain a sustainable cleansing program long-term.

This phase includes all the staple fat-flushing foods found on the phase 1 shopping list, plus two fibrous carbohydrate selections included in the mix, one at a time, each week allow for a bit more wiggle room in your macros while allowing you to reintroduce some of these foods in slowly to identify any food sensitivities that would otherwise continue to fly under the radar.

Furthermore, introducing more fiber during this phase of the plan, along with additional nutritious seed-like grains such as quinoa and steel-cut oatmeal, will help you feel fuller for longer, while keeping blood sugar and insulin levels in check.

Plus, easing into this increase in fiber in this phase is wise as it gives the body time to adapt to processing more of the element to prevent constipation or other digestive upsets.

People who have trouble losing weight report conflicting results during this phase, perhaps as a result of the carbs they are choosing to incorporate, which could interfere unconsciously with fat-burning and metabolism in those who are unable to lose weight.

In the sample of people who have increased weight-loss success during this extended phase of the diet, this is attributed to clean, low-glycemic eating choices focused on consciously increasing your intake of smart fats, while mitigating the intake of simple carbs and sugars.

Shopping list:

Enjoy these additional foods along with all the items permitted in phase 1 to continue along what most would consider the longest stretch of the program as—you journey toward your weight loss or body fat percentage goals.

Friendly Carbs	Include slow-digesting carbs like sweet potatoes, fresh or frozen green peas, beets, carrots, butternut squash, quinoa, and steel cut or rolled oats.
Fruit	It's important to note that the newest updates of the plan now include bananas and pineapple, in addition to the low-glycemic berries mentioned earlier.
Supplements	Continue to take the same supplements you used in phase 1, unless your nutritionist or primary doctor advises otherwise.

Phase 3: The Lifestyle Eating Plan

This phase of the Fat Flush Plan focuses on eating intuitively and living the plan as an effortless lifestyle--listening to and responding to your body accordingly.

Your dietary approach at this stage will be based on the principles of phase two, including one to two low-glycemic carbs permitted within your daily intake. You'll aim to consume approximately 1,800 calories a day.

As part of Phase 3, you're allowed to enjoy colorful produce and non-gluten seed-like grains (such as wild rice, brown rice, buckwheat, and millet) as part of your meals.

Additionally, Phase 3 of the program is the recommended approach by default for pregnant or breastfeeding mothers. Their bodies would greatly benefit from large amounts of calcium and increased calories at this stage.

To round out their fat intake, some do well to indulge in heavy cream during this phase. However, those who find that abstaining from dairy and casein-based products may notice improvements in the texture and tone of skin and can alternatively include a myriad of plant-based creamers--like Rippl's spot-on half & half offering--and create a similar experience without the cholesterol and potential bloat.

Shopping list:

Phase 3 includes all of the foods allowed in the first two phases but now incorporates the following:

Oils and Sprays	Avocado oil, extra virgin olive oil, macadamia oil, sesame oil, or olive oil sprays all act as excellent poured or spritz healthy fat options to add to your daily meal plan.
Sweeteners	Select sweetener options like yacon syrup by reputable brands like Sunfood Traditions or Swanson Health.
Beef (In Moderation)	Add grass-fed and finished beef snack options, like the premium jerky made by New Primal, B.U.L.K. or Paleo Snacks.
Turkey (Occasionally):	Opt for organic, nitrate-free turkey and turkey bacon or jerky. High-quality brands like Applegate Farms and New Primal make marvelous, flavorful options.
Nuts and Seeds	Use protein rich, fatty nuts to round out the texture and flavor profile of your meal plan, while adding portable snacks that you can easily enjoy on-the-go.

Fruit	It's worth noting that melons, such as cantaloupe, honeydew, or watermelon, as well as kiwi, pineapple, mango, papaya, and grapes are included in this phase of the plan.
Mayonnaise	Easily make some of your own at home, or opt for clean brands like that produced by Thrive Market.
Dairy Products	The best dairy options you can select while following the Fat Flush Plan are plain Greek full fat yogurt, cottage cheese, ricotta cheese, Swiss, Cheddar, Parmesan, string cheese, Romano, mozzarella, goat cheese, cream, ghee, etc.
Vegetable Juice	Sipping on low-sodium veggie juices that are water rich for added hydration and loaded with energy-boosting electrolytes are excellent selections while following Fat Flush.

Leverage the Power of Rituals

In addition to liver and bile cleansing, Fat Flush involves overhauling your blood sugar levels, insulin levels, and hormonal levels regularly to support optimal health.

In order to experience a proven path to success, you should implement certain tried and true rituals and ensure you consume specific medicinal herbs and spices on a regular basis, such as dandelion root, milk thistle, Oregon grape root, methionine, inositol, choline, lipase, chromium, L-carnitine (an amino acid said to boost the body's fat-burning ability), bile salts, beet root, and taurine.

The Fat Flush Plan On-the-Go

Like it or not, fast food is an integral part of modern life. According to a survey, 80 percent of Americans claim to eat fast food at least once a month, and 50 percent say they eat it every week.

Fast food outlets are frequented by one third of all American kids for their regular fill on any given day. Therefore, it is understandable why obesity statistics continue to rise.

As a result of lifestyle diseases such as type 2 diabetes, high blood pressure, and insulin resistance, younger generations could die earlier than their predecessors.

Yet, with a little creativity and planning, you can continue with your commitment to get healthy the Fat Flush way while making your rounds at the local drive-thru during the week with the family.

By following the plan's foundational principles you can focus on proteins, fats, and carbohydrates, like baked potatoes instead of fries. This will increase carbohydrates and manage macronutrients to maintain weight loss while allowing you more real-world options.

However, still remember to avoid trans fats and other endocrine disrupting ingredients that do nothing but hinder or completely halt the release of excess body fat by eating whole, organic foods as often as possible for best results.

Fat Flush Kitchen Essentials

Avoid Aluminum

Aluminum hinders the body's ability to use essential minerals like magnesium, calcium, and phosphorus, as well as potentially neutralizing the digestive enzyme pepsin.

Instead, opt for non-toxic paper options in the kitchen like Beyond Gourmet unbleached parchment paper to avoid chemical leaching and potential subsequent health outcomes.

Curb the Copper

It would also be a smart idea to replace all copper-plated cookware. Copper can disrupt the delicate zinc-copper balance in your system, with excess copper levels linked to depression, insomnia, compulsive behavior, anorexia nervosa, anxiety, hyperactivity, several skin disorders, and hair loss.

Other Smart Cookware

Cookware

- Stainless steel or healthy nonstick skillets and saucepans (e.g., Ozeri, GreenPan, GreenLife, etc.)
- Stainless-steel steamer
- Dutch oven, six quart slow cooker or Crock-Pot
- Air fryer

Bakeware

- Ramekins
- Baking sheets
- Oven-safe baking sheets
- Pizza stone

Easy Low-Carb, Fat Flush Recipes

There are so many wonderful recipe options that are just right for those following the Fat Flush Plan. Here are a few of our favorites to get you started on your journey to recovery and reclaiming your most vibrant self.

Through cleansing, detoxing, and returning to an organic, intuitive relationship with food, we can remove the pressure at mealtime that plagues so many people several times per day.

Here are some staple recipes to have handy at all times as you journey to flush out the fat:

Fat Flush Lemon Water

- 1 cup, hot water
- Juice of ½ lemon or lime
- Pinch of ginger (optional)
- Pinch of cardamom (optional)

1. Squeeze the lemon into the hot water
2. Add the spices
3. Sip slowly

This recipe is suitable for all phases of the plan.

Fat Flush Bone Broth

The addition of burdock and daikon in this recipe add a medicinal advantage, helping to metabolize fat, purify the blood, and stimulating the production of fat-synthesizing bile, containing elements like inulin and prebiotics to balance blood sugar and provide an added benefit to diabetics as a result.

Here's what you'll need to make it!

- 2 quarts, water
- 3 pounds, chicken or beef shank with bones
- 3 tablespoons, cider vinegar
- 2 cups, burdock (cut in 1" pieces)
- 2 cups, daikon (cut in 1" pieces)
- 1 large, onion (cut in 1" pieces)
- 3 stalks, celery (cut in 1" pieces)
- 4 sprigs, parsley (fresh)
- 2, bay leaves

1. Bring all ingredients to a boil in a large pot.
2. Cover, reduce heat, and simmer for about 45 minutes.
3. Save the chicken or beef for another use after straining and discarding the veggies and bones.
4. The contents should be refrigerated within three days or frozen for longer storage.

Makes 4 servings (ALL PHASES)

Raspberry Chia Pancakes

- Avocado oil spray
- 1 large, egg
- 2 tablespoons, cran-water or plain water
- 1 tablespoon, chia seeds
- 1 serving vanilla whey protein or pea and rice protein
- 1 cup, raspberries
- 1 teaspoon, Flora-Key

1. Apply a few sprays of avocado oil to a medium-sized pan.
2. Whisk together all ingredients except the raspberries and Flora-Key in a medium-size bowl.
3. Gently fold ½ cup raspberries into the batter.
4. Place all ingredients in a blender and blend until smooth.
5. Make waffles by pouring batter into the iron
6. Prepare according to the manufacturer's instructions and top with your favorite syrup, fresh fruit, or other tasty toppings.

Makes 2-3 servings (PHASE 2)

Vegetable Frittata

It's so easy to make, yet it has such a gourmet taste. And it's even better with tasty and phytonutrient-rich veggies, and an infinite variety of sharp cheeses, to create endless takes on the 'tata' while helping you use up leftovers and prepped ingredients you already have on-hand throughout the week.

- **Avocado spray**
- **½ pound, asparagus spears (fresh or frozen, cut up)**
- **4, eggs**
- **½ cup, cottage cheese**
- **1 teaspoon, mustard (dried)**
- **½ cup, mushrooms (thinly-sliced)**
- **¼ cup, onions (chopped)**
- **½, tomato (thinly-sliced)**

1. Preheat oven to 400 degrees F
2. Place asparagus stalks in a steamer for approximately five minutes or until they are tender
3. Beat eggs in a medium bowl until light and frothy.
4. Whisk in cottage cheese and mustard and set aside.
5. Lightly spritz an oven-safe skillet with avocado oil.
6. Add mushrooms and onions (optional but recommended) and bake over medium heat until tender.
7. Mix in asparagus pieces
8. Pour egg mix over veggies and cook over a low heat for around five minutes or until the frittata bubbles a bit.
9. Bake uncovered for around 10 minutes or until set.
10. Embellish with tomato slices.

Makes 2 servings (PHASE 3)

The Fat Flush at Any Age

The plan's more restrictive phases are not recommended for anyone under age 12. However, phase 3 is a very balanced and well-rounded approach to eating and balancing the body's systems that works well for virtually everyone, regardless of age.

Furthermore, the abundance of omega fatty acids advised on the Fat Flush Plan, like flaxseed and fish oil are shown to have notable and significant effects on children, helping to remediate several neurological and psychological symptoms like attention deficit disorder, depression, and aggressions.

Fat Flush Protocol

You may wonder how fast and hard you have to follow Fat Flush to notice results. It is also essential to consider whether this program can be tailored or customized to your unique dietary or lifestyle requirements.

As opposed to adhering to rigid rules and regulations, the Fat Flush Plan emphasizes principles of living that promote optimal health and well-being from a holistic perspective.

Build your meals around smart fats that increase fat-burning and promote an additional thermogenic effect after vigorous activity with a sustained afterburn for hours afterwards.

Focus on consuming loads of dark leafy greens and an assortment of other low-glycemic greens, along with other non-starchy veggies, and low-GI fruits like strawberries and blackberries.

Further, athletes and those who are very active may need additional carbohydrates to fuel themselves through long-duration, high-intensity workouts, like green peas or carrots.

In addition, combining healthful oils like flax with your meals boosts nutrient absorption. You can drizzle this oil over a heaping bed of bitter greens or use it for cold applications such as dressings. You should not use this oil to cook with or heat it to high temperatures—it's better suited as a finishing oil or a carrier oil.

You'll also want to remember to incorporate loads of thermogenic herbs like mustard, ginger, garlic, and cumin into your Fat Flush meal plan. This will tilt your metabolism toward shedding rather than storing fat.

Additionally, spices and herbs such as cinnamon, bay leaves, cloves, and coriander help control insulin and hormone levels. Furthermore, apple cider vinegar and parsley are natural diuretics. While dill, fennel, and anise help facilitate healthy digestion and elimination.

Cumin even helps protect the body against degenerative diseases and disorders, like a safeguard and form of defense for the immune system.

Plus, many obsess over the importance of protein and how much one really needs to healthfully follow the Fat Flush program. According to the Food and Nutrition Board of the National Research Council, we should consider the following guidelines:

Adult men	70 grams
Adult women	58 grams
Pregnant women	65 grams
Lactating women	75 grams
Girls, aged 13-15	62 grams
Girls, aged 16-20	58 grams
Boys, aged 13-15	75 grams
Boys, aged 16-20	85 grams

Use the suggestions noted above as a basic guideline and customize your approach according to your personal needs and lifestyle.

Additionally, here are some general guidelines to help you keep a close eye on your protein intake. Here's a reference to help you see many easy paths to hitting your muscle-building macros throughout the week.

1 egg = 7 grams

1 ounce of meat, fish, fowl, or cheese = 20 grams

1 or 2 scoops whey powder = 20 grams

4 ounces of tofu = 7 grams

2 ounces of tempeh = 7 grams

1 cup of broccoli = 4 grams

1 cup of spinach = 5 grams

2 tablespoons of chia seeds = 4 grams

A Word to Plant-Based Followers of Fat Flush

If you plan ahead and cultivate some foresight, you will be able to consume enough quality, low-glycemic carbohydrates, along with ample plant-based amino acids to adequately support optimal health on the Fat Flush diet.

It is also recommended to take an amino acid supplement containing lysine methionine, carnitine, and taurine with meals to keep levels optimal when following a vegan Fat Flush.

Key Alternative Ingredients

You may dislike the taste and texture of some staple ingredients, like flax and others, and wonder whether there's any alternative to substitute in their place to help you receive similar benefits without the features you prefer to avoid.

For instance, it's perfectly fine to swap flax oil pills for fresh oil. If you prefer, the benefits are the same, so the most important part is to take it regularly in whichever form you can stomach.

Plus, you can also swap in ground flax meal in place of oil or oil capsules, so you see you have options.

Flax oil is simply not tolerable for some people, who prefer fish oil and wonder if it can be substituted. **Short answer: yes.**

Replace one tablespoon of flaxseed oil with one teaspoon of fish oil. Uni Key's Super EPA capsules, Carlson's The Very Finest Fish Oil chewable softgels and oil liquid are high-quality brands to consider.

Although some swaps are not advisable. For instance, while some oils are interchangeable, the plan doesn't recommend swapping in soy protein powders in place of pea or whey varieties despite permitting fermented soy products like tofu and tempeh into the Fat Flush meal plan, as many soy powders are made with GMO soy.

Since most soy-based products are non-organic and contain GMOs and other ingredients that are problematic for your endocrine system, disrupting your hormones and causing your body to store more fat than you burn, it's best to stick to fermented and certified organic varieties.

Last but not least, you can use limes and lemons interchangeably to add brightness and alkalinity to beverages, sauces, and dressings.

Supplements and Medications

If you are following the Fat Flush Plan, supplements and medicinal herbs and spices can be helpful. We can utilize this to help cleanse and detox our bodies while also adding endless flavor variations to our meals on a weekly basis.

Fat Flush's approach to wellbeing incorporates higher doses of omega-3 fatty acids, premium fish oil, and other ingredients like bitters to boost bile production.

Furthermore, consider adding the following medicinals to your Fat Flush routine to maximize results:

Milk Thistle: You can use this antioxidant to protect your liver from the damage caused by free radicals. Also, it helps with bile stagnation and liver regeneration. A dose of 500 to 2,000 milligrams is recommended daily.

Dandelion: For centuries, this herb has been used worldwide as a liver tonic and blood purifier. Take 500 to 2,000 mg daily.

Globe Artichoke: This blood purifier also lowers blood cholesterol levels and restores damaged livers. Take 300 to 500 mg daily.

There is also the possibility that some may experience symptoms caused by a drug-nutrient interaction linked to some of the oils frequently used in the diet. Taking evening primrose oil with antidepressants may increase the risk of seizures for some people.

Furthermore, borage oil may increase the blood-thinning properties of medications such as aspirin, Dalteparin, Enoxaparin, and warfarin.

Exercise

Burning calories to create a calorie deficit for weight loss is wise, but elevating your heart rate for at least 30 minutes several times a week is a marvelous method to maintain cardiovascular health and wellbeing.

Plus, providing the body with resistance training throughout the week will help strengthen and tone your body to prevent sports injuries and fractures as we age.

However, exercise should be limited during phase 1, as the cleansing and detoxification process during this period is most intense, and your body could benefit from some extra care, grace, and pampering as you adjust to your new lifestyle.

Nonetheless, once adapted and you've entered into phase 2, frequent exercise helps to create a calorie deficit that aids in weight loss. Additionally, regular exercise helps the body rid itself of toxins—promoting healthy cell regeneration, which supports optimal cellular and system functionality.



Summary

Weight loss and wellbeing is about so much more than mere numbers on a scale. Abundant health is achieving a combination of the ideal body weight, improved muscle tone, increased liver function and bile production, regulating blood sugar and insulin levels, and enhancing physical and cognitive stamina is the overall end goal.

The calories we consume in contrast to that which we burn contribute to the equation of weight loss, but the big picture is much more nuanced, involving many significant and often co-dependent players.

Priming the liver, fortifying bile production centers, balancing hormones, improving gut microbiome, and curbing calories, carbs, and refined sugars all matter in an effort to achieve optimal mind-body health and performance are ideal.

Start slowly by increasing water in between meals and gradually convert your kitchen to reflect the ingredients needed to successfully execute the plan—which conquers half the battle we face when embarking upon significant life changes: being prepared and committed to change.

Follow the steps outlined here and trust the process. Change takes time and a bit of trial and error to see what works best for you often uncovers your preferences as well as items you could do without along the way. Enjoy the journey and be well.

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