Fastest Way To Burn Belly Fat After 40 (Menopause Belly Gone) Transcript

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Why Belly Fat Increases After 40

If you are a woman over 40 years of age, then you might have noticed something strange. You are eating clean and you're exercising, maybe even harder than before, but that belly fat won't just go away.

And it is not your fault and it's not aging. It is slowed metabolism because of hormonal dysfunctions in your body. And today I am going to show you the fastest way of losing this stubborn belly fat without starving yourself or doing intense exercising.

Which flips your body in the morning itself in fat burning mode. Hi, I'm Dr Anshul Gupta, a former Cleveland Clinic functional medicine physician from the US.

I help people improve their chronic diseases by making personalized functional medicines. After 40 years of age, the hormonal dysfunctions start especially in women.

We see fluctuations in estrogen and progesterone, so women are entering into the perimenopausal area. And some women who are older had already entered the menopause stage.

In both of these situations, because of an imbalance between estrogen & progeterones, it slows down your body's metabolism. That promotes the deposition of fat around your belly area Plus along with estrogen and progesterone other hormones go out of sync also.

Your body gets resistant to insulin plus your cortisol levels which is a stress hormone also raises high.

The 10-Minute Hormone Reset Routine

And both of these hormonal dysfunctions makes it difficult for your body to lose that stubborn belly fat. So no matter how clean you eat or no matters how hard you exercise, you still would not lose the stubborn fat The reason being your hormones are confused and the age old trick of calorie in and calorie out doesn't work anymore.

So to actually lose that belly fat after 40 years of age, you need to work on rebalancing your hormone specifically estrogen, progesterone, insulin and cortisol levels.

This is where I researched into the literature And I came up with this 10 minute ritual that you can do on a daily basis that is going to target all of these hormones and also is gonna boost your metabolism so you easily lose that belly fat.

So let me share with you this easy 10-minute trick of losing that stubborn bellyfat. The very first mistake people make is that they are only activating the fat burning mode in the morning or only once a day.

What research shows is that if you spend just a few minutes throughout the day promoting the fat metabolism, then you have a better chance of burning your fat.

This is where my routine starts in the morning. 3 minutes in morning is what I want from you. You need to consume this one cup drink which is going to rebalance your estrogen and progesterone plus also it is gonna kick start your metabolism and get your body into the fat burning mode.

How do you make this drink? You'll need 1 cup of warm water, you add 1 teaspoon of Ceylon cinnamon to it, then you'll add one tablespoon of ground flax seeds into it.

Morning Fat-Burning Drink

You squeeze in one lemon or lime and then add some pink Himalayan salt into. You mix it all together and you drink it. You do this first thing in the morning.

Why this specific drink? Because flaxseeds over here contains lignans as well as good omega 3 fatty acids which help in rebalancing your estrogen and progesterone.

The Ceylon cinnamon over is a metabolic powerhouse. It makes your body sensitive to insulin and also boosts your metabolism so your gets into the fat burning mode.

The lemon and the lime has vitamin C and antioxidants which supports your liver health. In the morning, your stomach is sluggish and that's the reason you accumulate more belly fat.

By activating your enzymes and flushing your belly, you help your body in losing that belly. The reason we are using pink Himalayan salt is to get the right minerals and electrolytes in the mornings so that again supercharges your rebalancing the other hormones.

So do this drink first thing in the morning as soon as you wake up so that it rebalances your hormone, kickstart your metabolism and gets you into the fat burning mode.

And this whole thing should take you only 3 minutes. Now the next 4 minutes I want you to spend is around your afternoon time. Afternoon time, everybody is busy, but around your lunch time you still have time.

For this, before you start eating, I will like you to take 4-5 deep breaths. The way to do that is that you inhale for 4 seconds, then you hold your breath for 7 seconds and then exhale for 8 seconds.

This is one cycle and then you do 4-5 cycles of it just before you eat lunch.

Afternoon Breathing and Soleus Pushups

This calms down your sympathetic system as well as your adrenal glands so that your cortisol levels gets a big boost because your Cortisol starts dropping in the afternoon.

The other thing which is going to activate your fat burning mode is doing this sitting soleus push up exercise. It hardly takes few minutes. Basically this exercise can be done easily while you are sitting down.

So you sit down, keep your foot flat on the ground. Then keeping your toes on ground, you actually elevate your heels as high as they can go. You hold it there for 1 second and you let your heel drop down And that's it.

That's one cycle of soleus pushup. You repeat this cycle for 4 minutes. Easily that can be done while you are eating your lunch. Research has shown that who do these soleous pushups after eating their meals, their sugar levels are lower as compared to before because their body already gets into the fat burning mode and also your body gets more sensitive to insulin.

So that's 7 minutes out of the day. The next 3 minutes I want before you go to bed. For this, we are going to make this golden milk with a twist. Instead of getting regular dairy milk, We will use 1 cup of warm coconut milk or almond milk.

Unsweetened. Then you add half a teaspoon of turmeric powder, Add a pinch of black pepper and you also add a Pinch of cinnamon powder also. You mix it all together and drink it.

Turmeric again lowers inflammation in the body while you sleep. It activates your liver enzyme so it can flush out all the hormones during the night time.

Plus cinnamon again is going to keep your body into the fat burning mode while sleeping.

Nighttime Golden Milk and Results

So here you go a simple 10 minute routine which rebalances your estrogen, your progesterone, insulin, cortisol levels plus also activates metabolism into fat-burning mode.

Let me share with you this real world example of my client who got amazing results using this protocol. This 52 year old teacher was trying to lose weight.

She was dieting, even tried keto diets, was doing intermittent fasting as well as was high intensity interval training. but she was unable to lose the belly fat as well as the fat around her hip area.

And then we started her with this exact 10 minute daily routine. Within 1 month of starting this routine, she could lose 2 inches from her waistline. It might not sound too much, only 2 inch, but was stuck unable to lose any weight for a long time and losing those inches means a lot to her.

And simply just this 10 minute routine is what she was doing. Not extreme dieting, not extreme exercising. So if you are above 40 and struggling to loose weight, then this ten minute can be a big game changer for you.

So, I hope you understand why you are unable to lose that belly fat and I have given you this powerful 10 minute routine that you can start today and within 3-4 weeks, you will see great results of reduced bloating, more energy, less inflammation and more importantly, able to loose that stubborn belly.

So I Hope you like this video. If you do, please like and subscribe to my channel as well as share this information with others who can benefit from it.

Until next time, take care, bye bye.