

SUPER
FLAT
AND
FIRM

Belly
SYSTEM



24 Hour Detox (metabolic kickstart) Flat and Firm Belly

If you are over 35 and absolutely hate putting on a pair of jeans because they seem tighter every time, then you are not alone. Dieting and the wrong kind of exercises, hormones and stress are some of the biggest factors that contribute to your protruding belly that just seems to get bigger each week.

However, there are a few factors that you most likely have overlooked that can have a huge impact on how bloated or how puffy your belly is each morning when you wake up.

Before you embark on some crazy new fad diet, or succumb to pills with harmful effects, here is a 24 hour plan that will prepare your body internally so that you can jumpstart your weight loss plan, and feel great by tomorrow morning with a flatter belly and slimmer waistline.

Hormones, packaged foods, too much salt and sugar, chemicals and stress put our bodies into “flabby fat storage” mode. With a

few simple tricks that have been used for centuries, you can be one step closer to a flat and firm belly for life.

Oftentimes our bodies store toxins from poor food choices, hormonal imbalances and sluggish intestinal motility. By ridding our bodies of these factors, we can eliminate pollutants from our insides and wake up with a flatter belly, that doesn't hold onto excess flab.

This is a easy to use 24 hour done for you plan.

It is meant to get your sluggish metabolic rate moving and set you up for a body that is ready to balance hormones, and set the path for your flatter and firmer belly for life.

Congratulations. You have just taken the first step to activating that metabolic rate of yours that seems to have been sleeping so that you can get closer to your flat and firm belly goals.

FOODS TO COMPLETELY AVOID FOR 24 HOURS:

- Sugar
- Salt
- Dairy
- Alcohol
- Trans Fats
- Gluten - Wheat, Barley, Rye, Spelt and Oats
- Pre-made and/or Packaged foods
- Caffeine
- Diet or Sugar Free Drinks, Juices and Soda's

Follow this simple 10 step guide for the next 24 hours,

ridding your belly of internal toxins that hold onto excess weight,

and wake up with a flatter belly that makes you look and feel thinner, younger and energized!

1. Start the morning with the juice of one whole lemon in a 8 oz. Glass of purified water.

Lemon is a natural detoxifier and energizer that prepares the digestive system and "wakes it up" to start the day.

2. Before rising, while lying in bed on your back. Give yourself a 1 minute deep belly massage. This practice has been used for centuries to

promote digestion and relaxation of the intestines. With your fingertips flat against your belly button, start to work your hands in a circle, gradually coming outwards towards the outside of your belly. Use this method every day before you get up to promote regular elimination.

3. Follow a simple, easy to digest meal plan for 24 hours.

BREAKFAST WILL BE AN ENERGIZING DETOX SMOOTHIE.

Flat and Firm Belly Detox Smoothie

- 1 1/2 C. Water
- 1 Scoop Plant based Protein Powder
- 1/2 Cup Blueberries
- 1/4 Avocado
- 1 Bunch Parsley
- 1 Bunch Spinach
- 1 T. Ground Flax Seeds
- Blend!

Lunch and Dinner will be your choice of 6 oz. lean protein as in eggs, fish, white meat of turkey or chicken breast.

Plus: 2 cups of sauteed organic vegetables with 1 Tablespoon of grass fed butter or

margarine. And 2 cups of raw mixed greens salad with 1 Tablespoon of olive oil and 2 tsps. Apple cider vinegar.

Vegetable options are peppers, onions, broccoli, kale, spinach, mushrooms.

Salad option is mixed greens, spinach, kale, romaine, with any choice of tomatoes, cucumber, peppers, and onion.

Snack choice

1 cup of plain full fat yogurt or plain kefir, with 1 tsp. of ground flax seeds.

Or, 10 to 12 raw organic almonds.

Or, 1 small organic apple.

4. Take a probiotic supplement with breakfast.

Probiotics keep the intestinal flora functioning properly so that good nutrients are absorbed and bad ones are flushed out. Aim for at least 30 Billion CFUs. Flushing out toxins is crucial to a flatter belly.

5. Practice deep and mindful breathing throughout the day.

Full deep belly breaths calm stressful hormone levels that contribute to belly fat. When we are overwhelmed with our day, we usually take short and shallow breaths that

make us nervous and tense. Tension over time produces higher cortisol levels...the belly fat storing hormone.

6. Engage in some form of activity.

Taking a brisk walk, or ride your bike for 10 minutes. This is enough today to keep your muscles and oxygen level activated to pump blood to your organs, and facilitate detoxifying while kickstarting your metabolic rate.

7. Drink 8-10 glasses of purified water throughout the day.

Add, sliced lemon, lime, cucumber, and/or mint for a refreshing pick me up that promotes a flatter belly by sunrise!

8. Do a short series of moves and stretches that engage the core and relax the back in the evening.

Poor posture, tight hips, and over-stretched necks contribute to a slouchy body, back pain, and a protruding belly.

FLAT BELLY - TIGHT CORE - RELAXED BACK EXERCISES

(Cat Stretch)

From a position on all fours on the floor, head hanging neutral, with hands directly under the shoulders, and back flat...push spine up towards the ceiling while taking a

deep breath in, while also tucking tailbone under for a count of 3, tightening core, pulling bellybutton in towards spine. Exhale while arching back and looking upward, with tailbone being pulled upwards.

Repeat 3 X.

Chest Opener- Belly Flattener

Stand with feet hips width apart, elongating spine, pulling core in tight and reaching behind you, clasping hands, pulling shoulders down and back.

Breathe in and hold while pulling core in tightly with each movement.

Lower chin to chest, slowly stretching neck.

Exhale as each movement is completed.

Circle chin to left shoulder, then slowly back to center, then slowly pull chin to right shoulder.

Keep shoulders pulled down by hands reaching towards your lower back.

This opens up chest, tightens core and relaxes back and shoulder muscles, preparing the body for a relaxing night of sleep.

9. Take a Magnesium Glycinate supplement before bedtime.

Magnesium is a missing mineral responsible for over 300 metabolic functions. This

commonly missing powerful mineral, calms a tired body, relaxes achy muscles and eases tension.

10. Drink one cup of Senna tea. This is a natural and safe detoxifier with laxative qualities. This is a powerful tea that should only be used once in awhile if you feel you have been “bound up”, or unable to use the bathroom. Many factors associated with women and aging, cause us to hold onto toxins that promote belly fat storage. Constipation is one of the reasons many women carry excess belly fat.

*Do not rely on this tea to keep you regular, and never use conventional laxatives that are dangerous and can actually promote constipation.

Never forget the powerful connection between weight loss, hormones and a good night's sleep. Studies show that 7 hours is the magic number that keeps hunger hormones turned off, and fat burning hormones working properly.

These are 10 simple tips that will detoxify your body in the next 24 hours so that you can rest assured you'll wake up with a faster metabolic rate and a flatter, firmer belly while preparing your body to lose weight and keep it off for life.