

15 Secret Scientifically Proven 'Hacks' to Help You Lose Weight Faster and Keep It Off Forever





Boost Your Metabolism and Burn More Fat the Easy Way

Losing weight can be downright maddening ...

... unless you have sound, scientific ways to overcome the bodily damage caused by yo-yo dieting, starvation, and life-long bad habits.

The weight-loss hacks you'll uncover here will help you reignite your body's fat-burning metabolism, rebalance your hormones to support weight loss and create simple, yet powerful habits to shed unwanted pounds ... and keep them off.

Try these proven weight-loss hacks and you'll finally see just how easily you can lose weight.



#1 Embrace Imperfection

Who starts a plan to lose weight with the expectation of failing sometimes?

You should if you want to succeed. It's unrealistic to think you'll stick to a new way of eating without making some mistakes. Even fitness models and champion weight lifters schedule 'cheat days' to help them stick to a healthy diet for the long haul. So, schedule in one or two cheat meals each week with your new weight-loss diet. There's no need to go cold turkey.

Learning to eat right is a journey, especially when you're trying to lose weight. Any behavior change is part of a process that applies to everything from quitting smoking to getting consistent exercise – and yes, losing weight.¹ Plan to attack one bad habit every week by replacing it with a good one. Psychological studies suggest this is an effective way to change bad eating habits.²

¹ "5 Steps To Changing Any Behavior | Psychology Today." 12 Oct. 2009, <https://www.psychologytoday.com/us/blog/happiness-in-world/200910/5-steps-changing-any-behavior>. Accessed 12 Sep. 2018.

²Gardner, Benjamin, Phillippa Lally and Jane Wardle. "Making Health Habitual: The Psychology of 'habit-formation' and General Practice." *The British Journal of General Practice* 62, no. 605 (2012): 664–666. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3505409/>



#2 Use Meal Planning

If you make sticking to your diet mindless and easy, you're more likely to follow through with it.

A great way to do this is to cook meals in advance – perhaps four to five at the beginning of the week – and freeze them. By preparing healthy meals ahead of time, you're far less likely to come home and plunge into a bag of potato chips, fill up on fast food, or order a pizza. All you have to do is pop one of your meals into your microwave or conventional oven and enjoy.

Failing to plan is planning to fail. You'll lose weight faster and easier if you know exactly what you're going to eat for the whole week.



#3 Sleep Away The Weight

Getting the proper amount of sleep is probably the easiest and most overlooked way to lose weight.

Sufficient sleep does a few things to help you burn fat. Research shows it lowers cortisol, a stress hormone that contributes to impaired fat metabolism.³ Studies further confirm that too many stress hormones can cause metabolic syndrome, which includes high blood pressure, increased blood sugar, excess fat and more.⁴ By getting the right amount of sleep, you help your body lower these stress hormones.

In addition to stabilizing hormones, sleep allows your body to calm down and repair cells.⁵ You will also lose water weight as you breathe and your body creates urine to flush toxins away from your cells. Get at least 8 hours of sleep a night to enjoy enhanced fat loss.

³Stewart PM, A Boulton, S Kumar, PM Clark, CH Shackleton. "Cortisol metabolism in human obesity: impaired cortisone, cortisol conversion in subjects with central adiposity." *J Clin Endocrinol Metab* 84, no. 3 (1999): 1022-7. <https://www.ncbi.nlm.nih.gov/pubmed/10084590>

⁴Brindley DN. "Role of glucocorticoids and fatty acids in the impairment of lipid metabolism observed in the metabolic syndrome." *Int J Obes Relat Metab Disord.* 19, no. 1 (1995): 69-75. <https://www.ncbi.nlm.nih.gov/pubmed/7550541>

⁵Chaput, Jean-Philippe and Angelo Tremblay. "Adequate Sleep to Improve the Treatment of Obesity." *CMAJ : Canadian Medical Association Journal* 184, no. 18 (2012): 1975–1976. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3519150/>



#4 Tap Into Toothpaste

Ever find chocolate cake or other sugary treats especially tempting?

Surprisingly, you can tap into the power of minty toothpaste to reduce those sweet cravings. The botanical oils in peppermint toothpaste, tea, mint leaves, or even breath mints work with your salivary glands to reduce hunger.⁶

So, if you have a habit or craving for something sweet after every meal, brush your teeth instead. It's also a great way to improve your oral hygiene and create a more attractive smile.

⁶ McKay, Diane and Jeffrey Blumberg. "A review of the bioactivity and potential health benefits of peppermint tea (*Mentha piperita* L.)." *Phytother Res.* 20, no. 8 (2006): 619–633.
<https://www.ncbi.nlm.nih.gov/pubmed/16767798>



#5 Ignite Your Metabolism in The Morning

Kickstart your metabolism so you burn more calories throughout the day by exercising in the morning. Just one 30 - to 45-minute workout in the morning has been shown to increase your metabolic burn for 14 hours afterward!⁷

If you're not a morning person, working out might not be the first thing you want to do after your alarm sounds off. But if you get your workout done right away, you'll experience an energy boost during your waking hours. You'll also avoid surprises and distractions such as last-minute meetings, calls, or meet-ups with friends later in the day that may derail your exercise schedule.

And let's face it, we all know how hard it is to find the motivation to exercise after a long and tiring day. An early morning exercise routine means you've completed a major weight-loss milestone before you've even started your day.

⁷Knab, Amy Andrew Shanely, Karen D. Corbin, Fuxia Jin, Wei Sha and David C. Nieman. "A 45-minute vigorous exercise bout increases metabolic rate for 14 hours." *Med Sci Sports Exerc.* 43, no. 9 (2011): 1643–1648. <https://www.ncbi.nlm.nih.gov/pubmed/21311363>



#6 Relax for Maximum Fat Loss

Relaxation is an important part of weight loss, just like exercise and eating right.

Stress causes a host of negative metabolic changes in your body, including the tendency to store fat instead of burning it. Plus, studies show we're more likely to crave and eat high-calorie 'comfort foods' to supplement low serotonin levels when we're stressed.⁸

Your body also releases cortisol to cope with and overcome stress. Excess levels of this hormone can substantially increase your appetite and water retention, resulting in overeating and weight gain.

Maximize fat loss by relaxing, destressing, laughing more, getting enough sleep, practicing meditation or yoga and spending time in nature.⁹

⁸Scott, Karen A., Susan J. Melhorn and Randall R. Sakai. "Effects of Chronic Social Stress on Obesity." *Current obesity reports* 1, no. 1 (2012): 16–25. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3428710/>

⁹Kondo, MC, SF Jacoby and EC South. "Does spending time outdoors reduce stress? A review of real-time stress response to outdoor environments." *Health Place* 51 (2018): 136-150. <https://www.ncbi.nlm.nih.gov/pubmed/29604546>



#7 Motivate and Track with Apps

When it comes to weight loss, dieting and exercise, there are countless easy ways to motivate yourself and stay on track using mobile apps.

People new to dieting and exercise often don't anticipate just how difficult it is to stay focused on their weight-loss journey. With apps, you can track your meals, calories consumed, workout duration, walking or running distances, pace, heart rate and so much more. This gives you a clear picture of your eating and exercising habits with very little effort or time on your part.

MyFitnessPal, Runkeeper, Sworkit, Yoga Studio, and Strava are just a few apps you might want to try. By tracking yourself and keeping in touch with your progress, you'll be more organized, accountable and motivated to keep losing pounds.



#8 Give Your Inner ‘Chocoholic’ Some ... Chocolate!

For some people, it’s hard to give up chocolate when trying to eat better. But if you’re a chocoholic, here’s some great news for you: You can have some!

The secret is knowing the right way to eat chocolate. Chocolate (cacao) is full of nutrition and can even boost serotonin, GABA, oxytocin, and other healthy, happy-making hormones. It’s the sugar added to most chocolate that contains empty, unhealthy calories. So, if you’re going to have chocolate, enjoy one serving or simply a small piece of high-quality organic dark chocolate with low sugar content. Check out brands like Alter Eco, Pascha, Antidote, or Equal Exchange.

Even better, you can enjoy a delicious and easy-to-make chocolate protein shake instead. Research supports moderate protein intake as a way to build lean muscle, which in turn burns off more fat.¹⁰ Protein can also help curb your appetite so you stop snacking on unhealthy foods during the day. A chocolate protein shake is not only nutritious and high in protein, it’s got that satisfying dose of chocolate you’re craving too!

¹⁰Paddon-Jones, Douglas, Eric Westman, Richard D. Mattes, Robert R. Wolfe, Arne Astrup, Margriet Westerterp-Plantenga. “Protein, weight management and satiety.” *Am J Clin Nutr.* 87, no. 5 (2008): 1558S–1561S. <https://www.ncbi.nlm.nih.gov/pubmed/18469287>



#9 Never Feel Hungry

You should never starve yourself to lose weight.

If you want to successfully shed those excess pounds and keep them off, make sure you permanently dismiss the ‘starvation myth’ that dominates the weight-loss industry.

There’s no need to be constantly hungry to slim down. In fact, you need to eat enough food to avoid triggering your body’s ‘preservation mode’, a survival mechanism that slows down your metabolism. When this happens, your body holds on to body fat for survival. Even worse, when you do eventually eat, your body will store your food as fat because it doesn’t know when or if the next meal is coming. So, keep your body well-fed with quality, nutrient-dense whole foods. You’ll feel full faster, will never be hungry and your metabolism will work harder to burn fat when it doesn’t enter starvation mode.

Besides, who wants to be cranky, irritable and lacking energy all day? That’s no way to lose weight! Eat enough to make you feel full, but stop there. You’ll find it much easier to lose weight when you’ve got the fuel to work out, keep your body out of preservation mode and burn your extra fat.



#10 Make Weight Loss Routine

Put your weight loss on autopilot and drop all the pounds you want with a solid routine.

Instead of trying to figure out what you're going to eat every day or when you're going to exercise, a routine ensures it effortlessly happens like clockwork. Whether you work a 9 to 5 job or your life doesn't follow any set schedule, a predictable pattern gives you the consistent weight-loss habits that'll become routine with a little bit of effort.

Your routine is simply a collection of actions you do so often that you no longer have to think about them anymore. With a positive set of habits established – a healthy eating plan, an exercise routine, etc. – you will never talk yourself out of doing what you need to do every day to lose weight, look great and feel amazing. A routine will be your best friend for melting away fat.



#11 Enjoy Healthy Fats

Eliminating all fats is not the smart way to lose weight.

In fact, enjoying fats in your daily diet is not as taboo as you might think. The key is to avoid eating excessive amounts of fats while trying to lose weight.

For years, healthy fats have gotten a bad rap. Why? The sugar industry wanted to shift the blame for our growing waistlines. But the reality is, we tend to turn to sugar and simple carbohydrates for fuel when we don't eat enough healthy fats. For that reason, Harvard Health says that the demonization of fats has actually caused the obesity epidemic.¹¹

Research shows that while eating trans-fats is ill-advised, healthy essential fatty acids like Omega 3s and Omega 6s can help us burn excess fat stores. You can find these vital nutrients in foods like avocado, hemp seeds, nuts, coconut oil, and olive oil.¹² Eating essential nutrients will make your weight-loss efforts much easier and even prevent you from binging on unhealthy carbs.

¹¹O'Connor, Anahad. "How the Sugar Industry Shifted Blame to Fat." *The New York Times*.
<https://www.nytimes.com/2016/09/13/well/eat/how-the-sugar-industry-shifted-blame-to-fat.html>

¹²Iqbal, Mohammad Perwaiz. "Trans Fatty Acids – A Risk Factor for Cardiovascular Disease." *Pakistan Journal of Medical Sciences* 30, no. 1 (2014): 194–197.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3955571/>



#12 Sidestep Sneaky, Sabotaging Drinks

Sodas, sugary lattes, milkshakes, and alcoholic beverages are the bane of society.

They're one of the sneaky ways we end up putting on pounds without even noticing it.¹³ For example, a single soda can have 150 calories (with 41 grams of sugar). Now, calculate how many you normally consume in a day. One, two, five? You may be adding 1,000 or more empty calories that don't provide a single vitamin or mineral your body needs to burn fat, stay energized and be healthy.

If you're serious about losing weight, opt for water instead. Water helps flush toxins from your body, which can cause you to store fat. Try adding a slice of lemon or a few strawberries to your water to give it a little more flavor. If you must, you can buy flavored water – but make sure it's sugar-free. Other options are protein shakes or green tea. Matcha green tea, in particular, contains thousands of plant compounds that can boost your metabolism.¹⁴

¹³Calories.info. <http://www.calories.info/food/soda-soft-drinks>

¹⁴Mousavi, Ateke et al. "The Effects of Green Tea Consumption on Metabolic and Anthropometric Indices in Patients with Type 2 Diabetes." *Journal of Research in Medical Sciences* 18, no. 12 (2013): 1080–1086. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3908530/>



#13 Slim Down and Look Great with Weights

Few people recognize weight training as the best workout for weight loss.

Cardio workouts definitely help your body burn calories and strengthen the heart. However, training with weights two to three times each week will give your weight-loss results an extra boost.

Working out with weights helps your body build lean muscle. When you're not working out, that extra muscle continues to use calories throughout the day. The more muscle you have, the more calories your body burns at rest.

Cardio is fine, but be sure to do resistance exercises or weight lifting to lose those stubborn pounds faster. If weight lifting isn't already part of your exercise routine, simply add in two or three full-body workouts each week. You'll burn more fat, lose more weight, tone up and enjoy a more attractive body.



#14 Get Lean with More Protein

This goes hand in hand with weight training and staying satiated, as we've mentioned.

The more protein you consume (including plant-based and whey protein powder supplements), the fuller you'll feel. You'll also be less tempted to eat calorie-packed junk food, fast food, or treats that cause weight gain.

Protein also plays an important role in preserving and building lean muscle. Remember, muscle is an essential part of the weight-loss process. Your protein intake can also affect thermogenesis, your body's ability to burn calories efficiently.¹⁵

Protein shakes are a great source of extra protein, but you can also find it in everyday foods like eggs and spinach. These foods are filling and have plenty of healthy carbohydrates to keep you energized and losing weight.

¹⁵Halton, Thomas and Frank Hu. "The effects of high protein diets on thermogenesis, satiety and weight loss: a critical review." *J Am Coll Nutr.* 23, no. 5 (2004): 373–385. <https://www.ncbi.nlm.nih.gov/pubmed/15466943>



#15 Bonus Weight-Loss Hack

Fast-Track Your Weight Loss With PHEN GOLD

All the weight-loss hacks we've shared with you so far are quite simple, straightforward and effective. They're all so easy, aren't they?

So, you know we're right when we tell you that using a supplement like PHEN GOLD can help you burn fat and shed those unwanted pounds even faster.

LOOSE WEIGHT FASTER & EASIER THAN EVER BEFORE

PHEN GOLD is a safe, proven weight-loss supplement specifically designed to help you:

- **Burn stubborn stored fat for** a slimmer, more beautiful body
- **Suppress your appetite** and stop unhealthy food cravings
- **Eat less and cut calories** without starving yourself
- **Block fat storage** to stop weight gain
- **Improve your mood and energy levels**

Use the above weight-loss hacks alongside PHEN GOLD and you'll be amazed how fast your body can burn fat and shed that unwanted weight.

Click on the link below right now to find out how PHEN GOLD is helping thousands of people like you achieve their weight-loss goals faster than ever.

[Visit PHEN GOLD.com Now](https://phen-gold.com)

We hope these weight-loss hacks have given you some useful, actionable ideas to implement into your daily routine.

Take just a few small steps every day toward your goal and we promise you'll look back in a few months and be proud of how far you've come.

Stay focused.

Take action *right now* ...

... and you will succeed.