

Natural Ways to **Burn Fat**

Susan Arruda

- **Caffeine** helps you burn body fat by giving your metabolism a boost and also helps your body burn fat as energy.
- **Green Tea and Green Tea Extract** - The extract gives you all of the nutritional benefits of green tea in a powder/capsule. The extract contains caffeine and polyphenol epigallocatechin gallate (EGCG), which both help you burn fat.
- **Capsaicin** - Capsaicin is the molecule that makes chili peppers spicy. Like caffeine, capsaicin stimulates the release of adrenaline, which speeds up your metabolism.
- **Maca and ashwaghandha**- natural energy increasing herbs I incorporate into my diet.
- **Guayusa Tea** -gwhy-you-sa) - An Amazonian super-leaf naturally packed with caffeine, polyphenols, and chlorogenic acids, so it provides a clean, focused energy. Guayusa is also high in the amino acid, L-theanine, which has a calming effect. That means your buzz will be jitter-free.

There are low tannins in guayusa, so it lacks the astringent, bitter taste sometimes associated with green and black teas. Instead, it tastes smooth and naturally sweet.

- **Adequate sleep** - Without a regular minimum of 7 hours sleep per night, your hormones can go haywire, working against your fat loss efforts. - Something I didn't prioritize enough in my younger years!

- **Move throughout your day**, in addition to your focused training session- By this I mean avoiding prolonged periods of sitting. If this is part of your job, I encourage you to take active lunch breaks (go for a brisk walk) and incorporate random movement in your day such as do 20 squats (sit down, stand up) every hour, stand up and stretch your hamstrings, quads, arms and calves. Fidgeting and moving boosts blood flow and burns extra calories.
- **Stress less** - Cortisol kills your body's ability to burn fat and can age you prematurely. Find and implement ways to reduce your stress naturally and avoid insulin spikes.
- **Cortisol** stimulates fat and carbohydrate metabolism for fast energy, and stimulates insulin release and maintenance of blood sugar levels. The end result of these actions can be an increase in appetite and can cause cravings for sweet, high-fat, and salty foods.

workout systems by
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