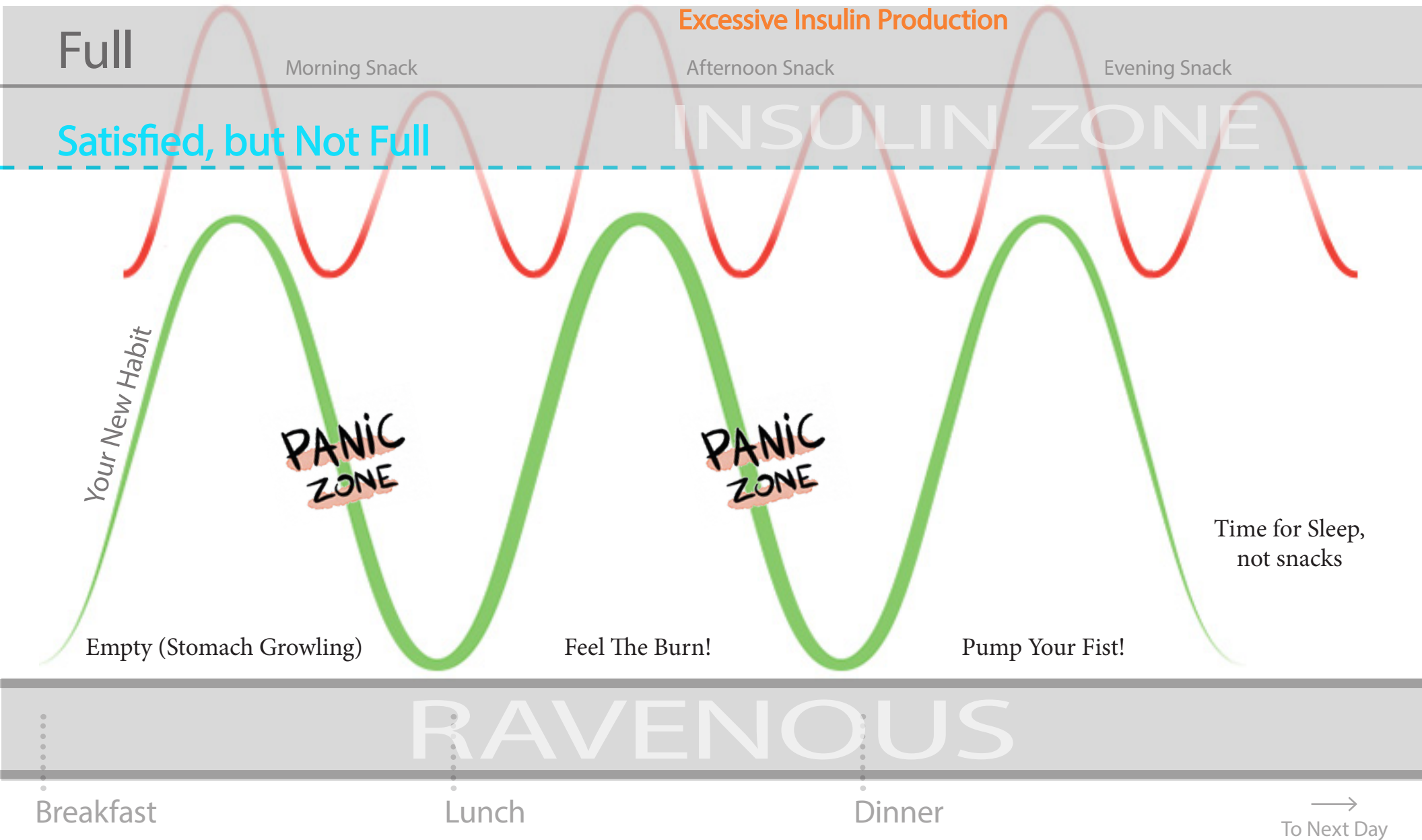


REDEFINE HUNGER AS A VICTORY



Crash through the panic zone!
Embrace the victory of hunger!

REDEFINE HUNGER AS A VICTORY

- Redefine Hunger. Pump your fist to celebrate the victory of feeling a growl in your stomach to start a meal. #FeelTheBurn
- The Panic Zone is when you mistake the feeling of not being entirely full with hunger. A tank that is 1/3 empty is still 2/3 full.
- Avoid the Gray Zones (Insulin Zone/Ravenous Zone).
- Chronic high levels of insulin production --> Insulin Resistance = Type 2 Diabetes.
- High insulin levels give you the inaccurate feeling that you cannot go without eating more than a couple hours without feeling miserable.
- High insulin levels increase fat stores and decrease protein/muscle mass
- In the presence of insulin, you cannot burn fat. When you are feeling the burn in your stomach from true hunger, your insulin levels are low so the burn you feel in your stomach is the actual burning of your fat.
- Decreasing daily insulin production is how you lower your weight set point.

