



How to
Reduce Belly Fat
&
Lose Weight FAST!

by Claire Abernathy

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Introduction

Be sure to see The Easiest Weight Loss Program in the World! page 18.

Thank you for downloading my eBook and inviting me into your life. It is my goal to make things better for you.

A few years ago, my life changed when I attended a book festival in San Francisco. The festival was in a massive warehouse where publishers and authors rented space to promote their books.



Near the main entrance, cookbook publishers had large open kitchens where celebrity chefs cooked before an audience. Nearby, famous writers signed copies of their bestsellers.

The deeper I journeyed into the warehouse, the cheaper the rental space became. Away from the celebrity chefs and bestselling authors, smaller publishers had meager stands offering forgettable books. Beyond them, self-published authors sat behind card tables offering only a paperback or two.

In the farthest corner of the warehouse, in the cheapest space available, I met a woman sitting behind a card table offering three simple books about Zen. The woman's eyes seemed focused in mid space. Her lips formed a pleasant smile.

I didn't know it at the time, but she was meditating. As I came into her view, she looked up and smiled just for me. Although I have made my living with words for many years, I have no words for how it felt to be in her presence. She radiated love.

Before either of us spoke, I knew she accepted me completely. In that moment, I understood what it means to be loved. To love someone is to accept them. Loving yourself means accepting yourself.

In an instant, my priorities shifted, and I knew I had to honor my life and love myself as much as I loved others.

It is my hope that through my eBook and website, HighJoyHealth.com, I can convey to you love and acceptance. More importantly, I hope you will discover how to love and accept yourself.

Health is an inside job. I'm convinced that most of the health issues we face are because we do not accept who we are.

HighJoyHealth.com is dedicated to promoting the message of self-acceptance, extraordinary self-care, and the cultivation of joy.



Through the promotion of retail products, I can bring this message to the world. Every product I offer is the most affordable and effective solution I have found and has proven itself to the patrons of HighJoyHealth.com for years.

All the products are tried, tested, and overwhelmingly recommended by my readers. Through my long relationship with suppliers I can offer most supplements at an exclusive discount.

Recent discoveries in the impact of cannabidiol on emotions and wellbeing has produced advanced nutraceuticals to help curb appetite, alleviate anxiety, and finally end emotional eating. I am proud to offer the most powerful cannabidiol formula available without a prescription.

I am committed to providing the information and products you need to live a healthy and joy-filled life.

Please tell me how I can help you. Visit HighJoyHealth.com and leave a comment.

Although the focus of this eBook is how to reduce belly fat and lose weight fast. Losing weight and keeping it off begins with accepting yourself for who you are and how you look.



Everything you learn in this eBook and at HighJoyHealth.com is founded on three key principles; self-acceptance, the practice of extraordinary self-care, and the cultivation of joy.

Accepting yourself may take time. Let it begin here. Let it begin now.

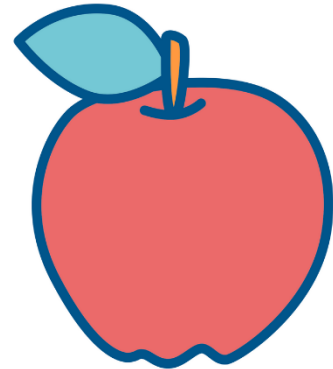
In joy,

Claire

Chapter One

Losing Weight is Like a Bumper Car Ride

Weight loss is not a straight-line business. Anytime you set out to achieve a goal, it's like climbing into a bumper car at a carnival. You can see your goal in your mind. You know where you're headed, but as soon as you start, you get bumped by someone heading in the opposite direction.



Then, no sooner than you get that sorted out and you steer toward your goal again, someone else hits you from behind. You didn't even see it coming.

Losing weight can be the same way. You know what you want and, with this eBook you'll know what you need to do, but soon after you start, you'll get bumped in the opposite direction.

The key is to understand there are bumper cars out there that will interfere with your weight loss goals. That's just part of the game of losing weight. Once you see you've been bumped, get it sorted out and continue toward your goal.



Chapter 2

Be Your Own Best Friend

Many of us who struggle with weight and body image issues, have been conditioned to hate ourselves. This is a quiet tragedy of epic proportion.

When we are critical of ourselves, we cause emotional pain. Emotional pain creates stress and can lead to binge eating comfort foods.

Stress causes us to store belly fat. When we avoid self-criticism, we avoid emotional pain, over-eating, and excessive fat storage. The key to losing belly fat is to learn to be your own best friend.

The truth is, we are all imperfect and always will be. Please accept your imperfections. It is your imperfections that make you human and lovable.

Life is what we make it. Learn to enjoy it no matter what.

It will be a lot easier to lose weight and keep it off when you are enjoying life and are comfortable in your skin. Don't wait to be happy when you are skinny. Find a way to be happy now.

Love yourself the way you love someone else or your pet or a child. Be at least as good to yourself as you are to other people.

If you screw up and eat too much of the wrong foods, please do not chastise yourself or punish yourself with brutal exercise. That is counterproductive. Eating too much is just a bumper car moment. Love yourself the way you love someone else.

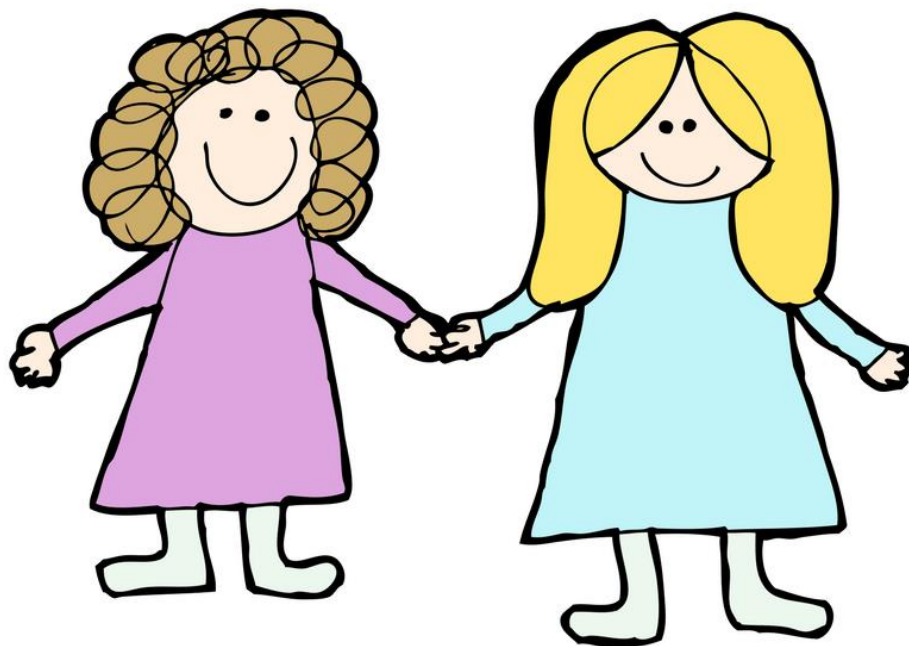


No matter what happens, be your own best friend. Learn to take extraordinary good care of yourself by cultivating a healthy, joy-filled life.

When you are in a good relationship with yourself and are truly on your own side, you encourage yourself rather than criticize yourself. And, you enjoy life more.

An affordable self-hypnosis program is a great way to reprogram your mind to love yourself and to be your own best friend. The self-hypnosis program I recommend was designed by psychologists and costs very little.

[Click Here to learn more about this hypnosis program](#), or go to HighJoyHealth.com/loveyourself



Chapter 3

Who Controls You?

One of the most powerful things you can do to lose weight and keep it off, is to learn to live from the inside out instead of the outside in.

Most of us go through life reacting to others, our environment and to what happens around us. We are controlled from the outside. We tend to give more authority to things outside of us than we give to our own intuition and wisdom.

How often has this happened to you? You see a familiar fast food joint and within minutes you feel hungry. In other words, you let a food business tell you when you are hungry instead of listening to your body.

Many of the cues that trigger us to over-eat operate below our conscious awareness. Like a bumper car striking us from behind, we don't see it coming. This is another reason why we must be gentle with ourselves. When it happens, get it sorted out and keep moving toward your weight loss goal.

Whenever you are about to eat, take a moment to look inside yourself. Be aware of your body. Feel the life within you. This might seem selfish. It's not. It's self-preservation.

Learning to control yourself from the inside is the most powerful thing you can do to lose weight and keep it off. It is also the most powerful thing you can do to change your life for the better.

Think for yourself. Remember, you are the only authority of your life.



Chapter 4

Diet & Exercise

Diet and Exercise are essential to weight loss and health. However, diet is more powerful than exercise for losing weight. It's easier NOT to eat 1200 Calories than to jog the hour and a half it would take to burn 1200 Calories.

Dr. John McDougall is fond of saying, "The fat you eat is the fat you wear."

Fat is the most densely packed source of calories you can eat. One tablespoon of olive oil is 120 calories. A tablespoon of peanut butter is 95 calories. Stop eating fats and your body will stop storing fat. It really is as simple as that.



Sugar also delivers a lot of calories in a small package. Sugar has nearly 50 calories per tablespoon. Honey has 64 calories per tablespoon. However, artificial sweeteners are not the answer. Artificial sweeteners can damage our health in other ways.

Our taste buds change every two weeks. With a little practice and patience, we can learn to enjoy low fat meals, unsweetened drinks and fresh water.

Exercise

Eliminating fats and sugars from your diet will quickly lead to substantial weight loss. However, exercise is important too.

Think of exercise as nothing more than moving your body. You don't have to be an athlete or a gym rat, you just need to move your body. Walking is a good place to start, but gardening,

housework, stair climbing, and cycling are also good. An hour a day of moderate activity is good, 90 minutes a day is better.

The best exercise is the exercise you enjoy.



Chapter 5

How to Reduce Belly Fat

To get the best results combine several of the tips listed in this chapter. Over time, add more healthy practices to your lifestyle. Also, as much as possible, share your weight loss journey with a friend. If you both commit to healthy lifestyle habits, it will be much easier.

You will not reach your weight loss goals by pushing yourself, starving yourself or beating yourself up. You **WILL** reach your ideal weight with energy and joy, by accepting yourself, loving yourself and taking extraordinary good care of yourself.

Adopting a healthy lifestyle takes time, patience and commitment. However, a healthy lifestyle is the key to feeling and looking your best, and living a long joy-filled life.

Instead of staring at your belly button wondering when the belly fat will go away, focus instead on making a few of the following tips a habit.

Here's how to lose belly fat.

1. Adopt a plant based diet and reduce the amount of meat, chicken, fish and dairy you eat. The China Study, the largest health and lifestyle study ever conducted, proved that people who eat a plant based diet are thinner, live longer, and suffer from fewer diseases.



2. Eat Lots of Soluble Fiber

Soluble fiber forms a gel when it absorbs water in your digestive tract. This action slows down the food as it passes through your system keeping you feeling full and satisfied for longer.

Vegetables, blackberries, beans and flax are excellent sources of soluble fiber. Flax is an affordable, easy, and tasty way to get the fiber you need. Flax is also a potent cancer fighter and essential to good prostate health.

2. Avoid Trans Fats

Trans fats are artificial fats created by forcing hydrogen into the molecular structure of liquid vegetable oils, making them solid or semi-solid. Trans fats are artery clogging abominations that go straight to your belly.

Many processed foods and snack foods have trans fats, also known as hydrogenated fats or partially hydrogenated fats. You must read the label to know what is in these foods.

Don't believe anything on the front of a food package. Everything on the front of a food package is "marketing." In other words, it is intentionally misleading. Read the small print on the back to get the legally required details. Remember, *The big print giveth and the small print taketh away.*



3. Avoid Alcohol

Alcohol promotes belly fat. Heavy alcohol consumption leads to obesity.

4. Eat more protein.

Protein, particularly low-fat plant protein, is very good for reducing belly fat.

Protein helps to activate the appetat mechanism in your body. The appetat controls your sense of satisfaction after a meal. Protein also raises your metabolism to burn more calories.

5. Manage Stress Levels

Stress triggers cortisol, the stress hormone. High cortisol levels increase your appetite and cause your body to store fat in the belly.

Learning to relax is essential to losing belly fat. Listening to meditation, guided imagery, and hypnosis audios is a quick and easy way to relax. It's like taking an instant vacation.

To learn how to easily manage stress with natural methods, [Click Here](#) or go to: HighJoyHealth.com/Stress



5. Avoid salt.

Salt causes inflammation and water retention. The more salt you consume, the more the tissues of your body will retain water and expand. When you avoid salt your body releases the water weight and you slim down.

While it is true that we need salt, we don't need very much. Our bodies have evolved to conserve salt. A little bit goes a long way.

Avoid salt. Your body will thank you.



6. Avoid Sugar.

Sugar is directly linked to belly fat, heart disease, type 2 diabetes, obesity, and fatty liver disease. Refined sugar also causes the body to retain water which results in bloating and a larger waist size.

7. Avoid Processed Foods, Snack Foods and Fast Foods.

Processed foods, snack foods and fast foods contain an array of chemical additives. These additives are high in sodium which causes inflammation, water retention and weight gain.

Food additives also stimulate the appetite and suppress the feeling of satisfaction. It is the chemical additives in processed and fast foods that drive you to continue eating when you are full.

7. High Intensity Interval Training.

High Intensity Interval Training is an exercise method that involves pushing yourself for a short period of time and then slowing down for long periods of time. This strategy produces the greatest health gains in the least amount of time.

For example, you might jog moderately or walk for three minutes and then sprint hard for a minute, followed by three minutes of jogging slowly or walking. Continue this cycle for about 20 minutes and you're done for the day.

High Intensity Interval Training revs up your metabolism, so you burn more calories throughout the day. It is probably the most efficient work out imaginable.

To learn more about High Intensity Interval Training, [Click Here](#) or go to: HighJoyHealth.com/workouts



8. Avoid Refined Carbs

Not all carbs are created equal. There are refined carbs and there are whole food carbs. Refined carbs, like white bread, are digested as quickly as refined sugar and add fat to your belly.

However, whole food carbs actually help in eliminating fat from the body. Whole food carbs include whole grain cereals, whole Irish potato, whole sweet potato, Amaranth and Quinoa.

The Framingham Heart Study concluded that people with the highest consumption of whole grains were nearly 20% less likely to have excess belly fat compared to people who ate diets high in refined grains.

12. Get Plenty of Sleep

Studies show that people who don't get enough sleep tend to gain weight. And, people who sleep during the day and work at night appear to gain the most weight.

Sleeping about 7 hours per night is recommended. The sleep must be restful and restorative. Practice good sleep hygiene, by going to bed at about the same time each night and avoiding electronic devices two hours before bedtime.

To learn how to sleep like a baby, [Click Here](#) or go to: HighJoyHealth.com/sleep



16. Add Apple Cider Vinegar to Your Day.

Apple cider vinegar may help to reduce belly fat. The recommended dose is 1 tablespoon a day mixed with eight ounces of water.

Any brand of Apple Cider vinegar will work, but we recommend Braggs Apple Cider vinegar which is available at most health food stores.

19. Drink Green Tea

Green tea is an extraordinary drink with a long list of health benefits. It contains both caffeine and epigallocatechin gallate (EGCG). These two factors boost metabolism and burn fat at an accelerated rate.

The fat burning benefits of green tea are muted if sugar or sweetener is used. Drink green tea plain to enjoy the greatest benefit.

For some, green tea may be an acquired taste. However, if you make it part of your daily routine you will be rewarded with a slimmer physique, a mellower mood and protection against many diseases including cancer.

We recommend a proprietary blend of four teas to synergistically boost metabolism, burn fat, and instill a pleasant sense of wellbeing.

To learn more about our powerful tea blend, [Click Here](#) or go to url: HighJoyHealth.com/tea



20. Self-Hypnosis

What if you could lose weight and stay slim by simply changing the way you think? You can.

Hypnosis is an excellent way to achieve your weight loss goals.

Through gentle and refreshing hypnosis, you can condition your mind to think thin and lose weight naturally.

You probably know people - and don't you just hate them! - who can take one piece of cake from the plate, or one chocolate from the box, and leave the rest.

How do they do that? Have they got more will power than the rest of us? Did some good fairy cast a magic spell on them in the cradle?

It seems so unfair, especially when you're trying like crazy to lose weight.

The thing is, naturally slim people don't have any more will power than you do. Nor are they just lucky.

Naturally slim people think in a way which leads them to make better choices about food. This is what gets people slim, and keeps them slim.

To discover how self-hypnosis audios can help you become slim and stay slim, [Click Here](#), or visit HighJoyHealth.com/hypnosis



Chapter 8

How to Lose Weight Fast

Here's an easy way to lose 10 pounds or more in 7 days without starvation or pain. This weight loss program is so easy, we call it the *Easiest Weight Loss Program in the World*.



The foundation for the *Easiest Weight Loss Program in the World* is built on the research of Dr. Michael Greger, MD, and the published works of Dr. John McDougall, MD, T. Colin Campbell, PhD, and Nutritionist Jeff Novick.

The Easiest Weight Loss Program in the World.

For the best results, go through the program with a friend. Based on reader's feedback, the program is much easier and fun when friends go through it together.

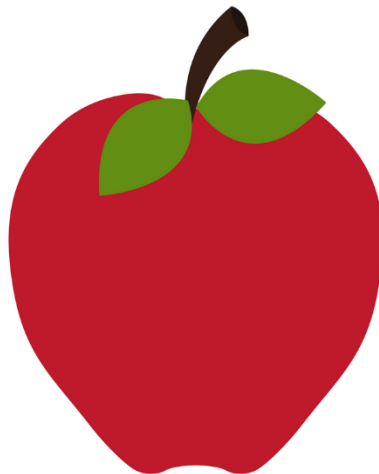
For 7 days, do the following:

1. As much as possible, eliminate salt, sugar, fat, alcohol, and fast food.
2. Eat primarily whole plant foods. Do not go hungry.
3. Drink only water, coffee or tea. (without sugar, cream or creamer).
4. Exercise moderately if you want. Listen to your body.
5. Sleep at least 7 hours a night, more if you want. Again, listen to your body.
6. Use our reader's recommended tea and supplements to flush toxins from your body and calm your mind. Also use our reader's recommended audio recordings to stay relaxed and focused.

You can repeat this program as often as you like, but never push too hard or let yourself go hungry. If you do two weeks back to back, your taste buds will transform to prefer healthy foods. Once your taste buds develop a preference for healthy foods it will be a lot easier to stay slim.

If ever you relapse or binge, simply return to *The Easiest Weight Loss Program in the World* to get back on track.

To learn more about *The Easiest Weight Loss Program in the World*, [Click Here](#) or go to HighJoyHealth.com/Easy



Chapter 9

Cultivating Joy

& The Art of Extraordinary Self-Care

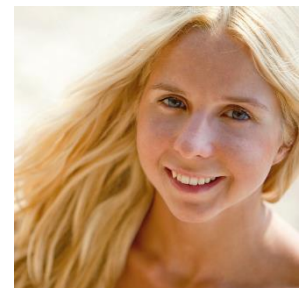
When I held my newborn daughter in my arms for the first time, I knew there was nothing she could ever do to make me stop loving her. That is the love I want you to feel for yourself. Love yourself no matter what.

Too often we spend our lives trying to impress others, when what we really want is for someone to prove to us that we are lovable. The truth is, we all have issues and insecurities. We all are vulnerable and we all have heartaches.

While we are busy trying to gain love from others. They are busy trying to gain love from us.

The Zen tradition reminds us to practice "Joyful participation in the sorrows of the world." Life is pain, but there is joy in life too. Focus on the joy.

It starts with making yourself a priority and loving yourself as you love someone else. Give yourself the same kindness you give to the person you love. Give yourself the nourishment and rest you need to be healthy, strong and confident.



You will never be perfect. Love yourself anyway.

In joy,

Claire

Chapter 10

Bonus:

How to Make Money Online

I am often asked how I learned the skills I needed to build HighJoyHealth.com. Typically, people who ask me this just want to know how to make money online. They have no idea how difficult it can be.

If you want to make money online, you must first be willing to help people. It is my pleasure to help people lose weight and feel good about themselves.



Online marketing is not easy and it's not for everyone. However, because the internet is so full of scams, I feel obligated to share with you a legitimate place to learn.

In my experience, people who are fed up with working for a boss, or who are tired of never having enough money, make the best internet marketers. They know what's at stake and they don't quit. More than anyone else, they appreciate the freedom an online business gives them to live life as they choose.

The truth is, online success comes after countless setbacks and frustrations. You must really want it in order to stay in the game and see it through.

HighJoyHealth.com would not be possible without my mentor Gary Horton.

Gary is my secret to online success. He has dedicated his life to helping people become financially independent through internet marketing. He does not charge for his help, plus he gives away a FREE seven-day basic training program called the **Online**

Entrepreneur Certification Course. The free course is only available in English speaking countries.

The purpose of the free training is to show you what it really takes to make money online and to see if you are ready to do the work. When you finish the free training, you'll know if you're serious about building an online business.

When you're ready to build an internet business, be prepared to spend about \$50 a month for all the things you'll need.

\$50 a month is all it will cost until your business starts to make money. Then you might want to spend another \$20 a month for an autoresponder. Gary's help will always be free.

To learn more about the FREE **Online Entrepreneur Certification Course** and Gary's free mentoring, [Click Here](#), or go to EnrollFree.org.



Chapter 11

Sources

The weight loss industry is a multi-billion dollar a year industry, and they want to keep it that way. The medical industry is not any better. Liposuction makes doctors wealthy. If everyone got healthy and didn't need to lose weight, the weight loss industry and liposuction surgeons would go bust.

Is it any wonder the truth about a healthy diet is so hard to come by? Fortunately, there are a few brave souls who have devoted their lives to telling us the truth about an optimal diet and lifestyle.

My greatest resource in writing this eBook was NutritionFacts.org, founded by Dr. Michael Greger, MD, Fellow of the American College of Lifestyle Medicine.

NutritionFacts.org scours medical research to determine truth from fiction and publishes their findings on their website in easy to understand videos and articles. Please use NutritionFacts.org to find the answers to your weight loss and health questions.

Additional resources included the work of Dr. John McDougall, MD, T. Colin Campbell, PhD, and Nutritionist Jeff Novick.

