

Top Fat Attack

Big Fat Deposits:

- ☐ Apple Body Shape – All your Fat is concentrated on the Upper part of your Body.

Fat Deposits:

- ☐ Waistline Men 90cm / Ladies 80cm and up.
- ☐ Big hard beer belly / pregnant look.
- ☐ Beautiful legs and bum, looks stunning in a short loose dress or jeans with a loose shirt.

Symptoms:

- ☐ Hot feet at night. Feet must be open when in bed.
- ☐ Irritability or moody in the morning, friendly in the evening
- ☐ Heartburn.
- ☐ Headaches.
- ☐ Reduced tolerance of fatty foods and refined grains.

Crave:

- ☐ Deep fried foods.
- ☐ Sour foods.
- ☐ Salty snacks.

Cause of your weight problem:

- ☐ **Chemical** – Toxic or fatty Liver or lack of Gallbladder salts!
- ☐ **Hormonal** – Progesterone or Testosterone Imbalance!

Bottom Fat Attack

Big Fat Deposits:

- ☐ Pear Shape
- ☐ Saddle Bags & Cellulite
- ☐ Fat – Bum, Hips, knees

Symptoms for Women:

- ☐ Sists overies
- ☐ PMS, emosional
- ☐ Pain lower back, knees and hips
- ☐ Constipation, acne
- ☐ Menopausal symptoms like hot flushes and night sweats at night.

Crave:

- ☐ Creamy dairy products, like ice cream, cheesecake and milk.

Cause of your weight problem:

- ☐ **Chemical** – Toxic liver – Too Much oestrogen limits the Liver`s ability to Metabolise fat for Energy.
- ☐ **Hormonal** – Estrogen Imbalance!

All Over Fat Attack

Big Fat Deposits:

- ☐ 15kg +
- ☐ Fat from Top to Toe.
- ☐ Loose Skin, Flabby Arms and a Double Chin.

Symptoms:

- ☐ Always Tired.
- ☐ Depression.
- ☐ Poor Short-term Memory.
- ☐ Battle to Focus.

- ☐ Cold intolerance – Cold Hands & Feet.

- ☐ Brittle Nails and vertical ridges.
- ☐ Dry skin. Dry hair. Hair loss - outer eyebrows thinning.
- ☐ Puffiness around the Eyes.

- ☐ Insulin Resistance.
- ☐ High Cholesterol.

Crave:

- ☐ Carbs - Bread, pasta, sweets and refined sugar.

Cause of your weight problem:

- ☐ **Hormonal** - Poor Thyroid Function – Poor Liver Function, The T4 doesn't get metabolised from T4 to T3, your pancreas lacks digestive enzymes to stabilise blood sugar.

Stress Fat Attack?

Big Fat Deposits:

- ☐ Pendulous, hanging stomach.
- ☐ Love handles.
- ☐ Hump at the upper back, lower neck area.
- ☐ Swollen ankles.

Symptoms:

- ☐ Severe Menopause.
- ☐ Suffer from Insomnia, tired when you wake up in the morning.
- ☐ Anxiety, constantly in Flight or Fleet mode.
- ☐ Aggressive, moody or emotional and crying.
- ☐ Can't handle stress. Mind is overactive.
- ☐ Fluid issues, drink lots of water, but are always thirsty. Body can't absorb water.
- ☐ Calcium doesn't get absorbed; get cramps, a twitch in the eyes.
- ☐ Tight shoulders, inflammation or pain in joints, back and neck.
- ☐ Always out of breath after climbing stairs.
- ☐ Legs feel heavy, especially when exercising.
- ☐ Acne or poor skin.
- ☐ Heel spurs (Bunniuns) Calcification.
- ☐ Auto-immune conditions.
- ☐ Fibromyalgia (Auto-immune disease)
- ☐ Arthritis.

Crave:

- ☐ Salty foods
- ☐ Caffeine - Need coffee to wake up, loves coke!

Cause of your weight problem:

- ☐ **Chemical** – Too much **Adrenaline** leads to a **toxic Liver**; a toxic liver cannot metabolise Adrenaline and leads to too much Cortisol.
- ☐ **Hormonal** - Too much **Cortisol** creates a **Hormonal imbalance**. Cortisol blocks your Liver preventing it to **metabolize fat**
- ☐ **Behaviour** - Stress, Trauma and Sleep Deprivation leads to, too much Adrenaline.
- ☐ **Nutritional** - Nutrient Imbalance.
- ☐ **Behaviour** - Unhealthy Lifestyle, Stress, Emotional.