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WEIGHT LOSS BONUS HACKS

5 quick tips to hack your weight and get the scale moving down!

OVERVIEW

Weight loss has become tricky for women. It's not as easy as eat this eat that anymore. It may take certain interventions in order to get the scale moving downward.

HACK #6 TEST YOUR HEMOGLUBIN A1C

An A1C test is commonly used to diagnose diabetes. It measures your blood sugar levels over a 3-month period by showing the amount of glucose that is attached to your red blood cells.

The higher your level, the greater your chance for problems down the road. It means your blood sugar control plan isn't working at its best. This is a great indicator of whether you have insulin resistance and/or type 2 diabetes. Many women have insulin resistance and do not know it. If you do have it, weight loss is extremely hard even when you are eating a clean diet. If you do have a number greater than 5.2 you will want to take immediate action on lowering that number.

In the OnTrack women's keto/paleo weight loss group you can get access on how to correct insulin resistance.



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HACK #7 CARB TOLERANCE TESTING

Ever wonder why some people can eat bushels of bananas without gaining a pound, but you seem to gain weight by just looking at a potato?

You may have carbohydrate intolerance. Carb intolerance and insulin resistance are terms often used interchangeably because they usually go hand-in-hand. These conditions can significantly affect your health and your ability to lose weight. But what is interesting is each person will react differently to carbs as well as what types of carbs they eat!

Research shows that person A can eat a bowl of ice cream and 2 hours later their blood glucose sky rockets. However, when person A eats a bowl of white rice his or her blood glucose does not rise nearly half the amount when he or she ate the ice cream. While person B can have exactly the opposite come true. What this means is we will all have different carb intolerances based upon our unique genetics as well as the state of our insulin.

In the OnTrack women's keto/paleo weight loss group you can get access on how to properly test your carb tolerance levels on different foods. This will help you to determine what foods are making you gain weight and what foods are "safe" for your body to eat!



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HACK #8 REDUCE YOUR STRESS

We have known for some time that stress is connected to weight gain, because a high level of the stress hormone cortisol has been shown to increase appetite, drive cravings for junk food, and make it oh so much easier to accumulate belly fat. Lowering stress levels is the best weight loss hack I have seen! It helps balance all your hormones, reduces cravings, speeds up metabolism and slims down your stomach!

In the OnTrack women's keto/paleo weight loss resistance group you can get access to my step by step program on reducing stress including the best supplements, tests and lifestyle hacks.



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HACK #9 INTERMITTENT FAST

Fasting for short periods helps people eat fewer calories, and also helps optimize some hormones related to weight control. There are several different intermittent fasting methods.

1. **The 16/8 Method:** Skip breakfast every other day and eat during an 8-hour feeding window, such as from 12 noon to 8 pm.
2. **Eat-Stop-Eat:** Do one or two 24-hour fasts each week, for example by not eating from dinner one day until dinner the next day.

As long as you don't compensate by eating much more during the non-fasting periods, then these methods will lead to reduced calorie intake and help you lose weight and belly fat.

Here are some of the things that change in your metabolism when you fast:

- **Insulin:** Insulin increases when we eat. When we fast, insulin decreases dramatically. Lower levels of insulin facilitate fat burning.
- **Human growth hormone (HGH):** Levels of growth hormone may skyrocket during a fast, increasing as much as 5-fold. Growth hormone is a hormone that can aid fat loss and muscle gain, among other things.
- **Norepinephrine (noradrenaline):** The nervous system sends norepinephrine to the fat cells, making them break down body fat into free fatty acids that can be burned for energy.





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Warning: Fasting often can lead to weight gain! Do not put your body into a fasted state every day. For best results intermittent fast 2-3 days a week.

HACK #10 LISTEN TO YOUR BODY!

We live in a time where we are constantly being bombarded by the next best weight loss cure. What works for one person may or may not work for another. It's about listening to your body and tuning into what it needs. When you read through these hacks, there will be certain ones that will trigger you to think "Hey that sounds like what I do or have." That's where you need to begin.

Trying all of these at once is not going to bring you crazy amounts of weight loss. It's about figuring out what you need currently and slowly implementing some of these tips. Weight loss is a journey, it's trial and error and most importantly it's about getting to know your body. Tune in and see what comes up for you and follow that intuition.



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Looking for more help? Does this sound like you:

- You love the primal way of life (Keto, Paleo or AIP Paleo) but you are not seeing the results that others are.
- You have hit peri-menopause and feel emotional, fat and foggy!
- You work out and eat a primal diet, but you can't seem to lose weight.
- You feel like your hormones are all over the place.
- You want to get off the dieting train for good and lose weight permanently!
- You have an existing thyroid issue that makes losing weight hard.

In the women's keto/paleo weight loss group we take you beyond the diet and the exercise to help you help find your weight loss code! The magic formula that will help you unlock that weigh for good! Get started today with our free two-week trial [here](#).

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