The 21 Day Flat Belly Fix System
Flat Belly Fix Review

Should I begin by saying weight loss is an issue that concerns all of us? Well, it is of no doubt that at the age of 35 and beyond, most people try every single technique, diet plan or exercise to lose weight. Unfortunately, it is possible that you could have tried so many methods only for you to get worse. Even in the online space, there are so many supplements, programs, special diets that claim to help with weight issues but only a few have proved to be reliable. So, today I decided to walk this road with many and talk about the most recent program that claims to have 100% success rate in weight loss – The 21 Days Flat Belly Fix System.

Odd Ancient Elixir

Kills **11 lbs** of Belly Fat in **7 days**...
What exactly is the Flat Belly Fix System?

Just like other online weight loss programs, Flat Belly Fix System is a well-outlined program that unleashes the secrets to effortless weight loss.

Todd Lamp, a popular writer in the health & fitness niche, is the genius behind the program. Todd felt like he was losing his marriage and everything he adored after his wife started gaining tremendous weight after being involved in an accident. Surprisingly, Todd found himself in a turning point after he realized that the mechanism behind the pepper spray grenades could be used in humans but in a different way. According to him, you don’t have to be a gym rat or be a victim of greedy pharmaceuticals in order to lose weight, especially belly fat. He therefore joined hands with a few friends and came up with a comprehensive program that involves special diets, exercise manuals and other weight techniques. It is a downloadable eBook and videos that can be accessed online by visiting their
official website. What astonishes most about this program is the fact that users can lose their belly fat within 21 days with 100% success rate. Let’s take a deeper look, keep reading.

What Do You Get When You Purchase Flat Belly Fix System? Todd Lamp is the man with all the secrets as to how the Flat Belly Fix System works like charm in only 21 days. To know it all you can purchase the program. However, here is a brief overview of what you get if you purchase the program:

7-Minutes to a Slime Belly System
Todd Lamb was a police officer for 17 years which implies he understands human physiology and anatomy pretty well. This is why he will share with you 7 minute “secret” methods that will help you
achieve a slim, strong, and healthy body. You don’t have to waste time doing sit ups or being a gym rat to get it right, his gentle and simple movements will work like charm that you won’t believe the new you.

**Fat Burning Smoothie Recipes**
As we all know, weight loss cannot be achieved when you give no attention to your dieting habits. For those who purchase the amazing 21 Day Flat Belly Fix System, you will get a special book with
delicious almost-done smoothie recipes. These recipes are great at boosting your metabolism and melting all the belly fat.

**Elite Personal Coaching**

If you buy this program, you won’t just be learning about “Secretive” weight loss techniques but also be entitled to personal coaching sessions for a whole month. Todd Lamp and his staff do carry out VIP Elite Personal Coaching, whose benefits you will enjoy after enrollment.

**Flat Belly Fix Contains Some Pretty Solid Educational Information**

The best thing about Flat Belly Fix is the fact that it contains some
pretty solid information about a few topics including insulin resistance, leptin sensitivity, and a few “secret spices” that will aid you along your weight loss journey. Todd Lamb has done a great job of presenting the topic, a few key points around the subject, and how it can help you in relation to weight loss.

For example, here are a few screenshots about turmeric, how it relates to weight loss and the particular benefits that it can have for men.

**Turmeric**
Turmeric is one of those exotic spices you’ll find in Indian, Pakistani, and Sri Lankan food. It gives these Oriental dishes an amazing flavor, as well as a bright yellow flavor.

**Did You Know:** Turmeric is used in India and Bangladesh as a dye for clothing, and plays an important role in Hindu spiritualism, Tamil mythology, and Siddha medicine.

But the benefits of turmeric extend well beyond its brilliant color and wondrous flavor.
This spice can do a lot of very amazing things for your body:

**Turn White Fat Into Brown Fat** - “White” fat is the inactive type, the kind your body stores for later use. “Brown” fat, on the other hand, is the type of fat your body uses to produce heat, and it’s needed for the production of the ATP energy used by your muscles. Clearly, brown is the better type of fat!

One of the amazing things about turmeric is that it can help your body to turn white fat into brown fat. According to a Korean study⁷, the antioxidant curcumin (found in turmeric) caused white 3T3-L1 (mouse cells) to turn to brown fat.

The curcumin (the active ingredient in turmeric) increased mitochondrial genesis, transforming the inert white fat cells into active brown fat cells.

**Prevent Increased Fat Storage** - In the Korean study mentioned above⁷, it was discovered that curcumin helped to increase the protein levels of p-acyl-CoA carboxylase and hormone-sensitive lipase.

These two enzymes play a role in the conversion of glucose to stored fat. The results of this study indicated that curcumin could help to promote lipolysis (fat burning) while also reducing lipogenesis (storing fat). Not only will curcumin make your body fat more active, but it will prevent increased fat storage. It’s a win-win!

**Increase Insulin Sensitivity** - Insulin is your body’s response to high blood sugar levels. Too much sugar in the blood can cause negative side effects, so your body is designed to secrete insulin to keep the blood sugar in check.

But what happens when you consistently consume too much sugar (a very common habit in our Western diets)? Your chronically high blood sugar levels cause your body to produce more and more insulin. But, like any substance, your body becomes less receptive to the insulin you produce.

Obesity and high blood sugar levels cause the insulin receptors in your body to become desensitized, so it takes even more insulin to regulate blood sugar levels. It’s a vicious cycle, one that often culminates in Type 2 Diabetes. This is covered in more detail later on in this manual.

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⁶ https://en.wikipedia.org/wiki/Brown_adipose_tissue
⁷ http://www.jnubioc.com/article/S0955-2863(15)00241-7/abstract
⁸ http://www.jnubioc.com/article/S0955-2863(15)00241-7/abstract
Benefits of Turmeric for Men

Men can also benefit from adding turmeric to their lives. Here are a few of the benefits of turmeric for manly men:

**Increase Testosterone** - Testosterone is the hormone that makes us “men”. It is the male “master” hormone. It’s responsible for the hair on our chest, our large muscles, our sexual health, and even the potency of our erections. It’s the male sex hormone we all need to ensure a proper hormonal balance.

Turmeric may be just the thing to help you keep your testosterone levels up. First off, it can help to reduce levels of estradiol36. If estrogen levels get too high, the production of testosterone decreases. By suppressing estradiol production, you free up your body to produce and use enough testosterone to properly maintain all of your functions.

**Enhance Male Fertility** - In one study37, it was found that taking gallic acid and curcumin together helped to improve sperm quality. The combination also helped to improve blood testosterone levels buy a staggering 257%! Both of these improvements point to one fact: curcumin (in tandem with gallic acid) can help to seriously enhance male fertility!

**Protect Muscle Mass** - One of the common side effects of “unhealthy” or rapid weight loss is muscle catabolism (breakdown). A very low calorie diet forces your body to find energy from other sources, which means fat and muscle. Fat cells are much harder to activate than

Here’s how Todd Lamb presents the topic of leptin sensitivity, and how it relates to your weight loss journey.

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37 http://www.ironmagazine.com/blog/2014/curcumin-boosts-testosterone-levels/
Next up is leptin sensitivity which is an important topic as it relates to the loss of belly fat. As I mentioned above, Turmeric increases leptin sensitivity which plays an important role in your ability to burn belly fat.

There is a prevailing belief that the determining factor when it comes to losing or gaining weight is energy balance.

Energy balance refers to calories in versus calories out, and common sense dictates that burning more calories than we consume on a daily basis will lead to subsequent weight loss. Although this is true, the reality of the situation is slightly more complicated, involving all manner of different hormones and metabolic pathways.

One of the most important hormones surrounding the subject of weight loss is leptin. We are going to take a close look at leptin to find out what it is and how you can use it to your advantage in your efforts to either lose or gain weight.

More specifically, the hormonal processes involved in your body, when you follow The Flat Belly Fix™ actually improve your Leptin Sensitivity.

**WHAT IS LEPTIN?**

Also referred to as the “satiety hormone,” leptin is a hormone that is produced by the fat cells within the body.

This hormone acts to suppress hunger, and works contrary to another hormone known as ghrelin, or the “hunger hormone,” which increases hunger.

Leptin is released by the body’s fat cells as a means of communicating to the brain that enough energy has been stored and we no longer need to eat or accrue body fat. This allows for our metabolic rate to continue as normal. To be honest this is only a part of the picture, there are also complex neurotransmitters such as Vasoactive Intestinal Peptide (or the VIP hormone/neurotransmitter) which all function in this process. I could quite literally turn this
And lastly, the way Todd presents the point of insulin resistance and its relation to weight loss makes it extremely easy to digest and understand; perfect for people new to the topic of weight loss.
Insulin Sensitivity and Resistance

The subject of insulin sensitivity is one that is often discussed in the context of heavily overweight and diabetic individuals. The Flat Belly Fix™ protocol caters to this demographic given the beneficial effects from the tea in reversing these conditions.

This is an incredibly important subject to learn about, and developing a basic understanding of what insulin sensitivity is can almost certainly help you eliminate belly fat once and for all. You are going to learn more about concepts such as insulin sensitivity, insulin resistance, and nutrient partitioning.

We will then look at how all of this ties together in the context of The Flat Belly Fix™.

WHAT IS INSULIN?

Insulin is produced by the pancreas in addition to two other hormones known as the glucagon and somatostatin.

The chief role of insulin within the human body is to lower blood sugar levels, and this is achieved primarily via the transportation of nutrients into fat and muscle tissues.

With this in mind, we can essentially look at insulin as a kind of storage signalling hormone. The propensity of different tissues to respond to insulin is known as insulin sensitivity, and tissues which are less sensitive to the effects of insulin are known as being more insulin resistant.

As you become more insulin sensitive, your body naturally begins to store nutrients in its lean tissues; namely, muscles.

HOW TO IMPROVE YOUR INSULIN SENSITIVITY

Without question the starting point is disrupting your current pattern and introducing a natural fix that is both potent and effective... oh yeah, and also tastes amazing! For those of you who are interested in the topic, there is the subject of exercise as it relates to insulin sensitivity.

Traditional hypertrophy (focused on muscle growth) rep ranges (8 - 12 reps per set) appear to be the most effective for enhancing insulin sensitivity and stimulating gene expression associated with more favourable nutrient partitioning.

(Nutrient partitioning is simply a term used to describe the way in which our bodies process and store nutrients; we obviously want our nutrients to be partitioned into muscles rather than fat cells.)

However, even though Todd Lamb has included some solid information on a few random topics, it doesn’t make up for the lack of effort that was given to the implementable information and the Flat Belly Fix Protocol.

The Flat Belly Fix Protocol Is Pretty Basic
It’s essentially a list of rules to follow including drinking a morning
tea packed with micronutrients to start off your day, a list of food, and some other things in relation to the protocol.

Meal Timings and Composition

Flat Belly Tea (Breakfast time) - Meal 1 (Lunch) - Meal 2 (Dinner)
From the time of your last meal (dinner) in the preceding evening (dinner) until your lunch meal the following day there should be 15 hours.

Your dinner meal should follow your lunch in the range of 5 - 7 hours from the time you ate your last meal. So if you ate at noon, then you should eat again at 5:00 pm. Your dinner meal should be consumed at least 3 hours prior to going to sleep.

LUNCH MEAL

Fresh Organic Meat (6 oz - see list) and Salad or Cooked Vegetables (see list). A full fat (ie. avocado or a cheese - see list). Use Apple Cider Vinegar Dressing (recipe of your choice providing there is no sugar) or Turmeric Dressing (providing there is no sugar)

DINNER (5-7 HRS AFTER LUNCH MEAL)

Fresh Organic Meat (6 oz - see list) and Salad or Cooked Vegetables (see list). A full fat (ie. avocado or a cheese - see list). Use Apple Cider Vinegar Dressing (recipe of your choice providing there is no sugar) or Turmeric Dressing (providing there is no sugar).

**Note - only use Turmeric dressing if you have not had enough in the day. While too much has not been directly associated to any complications, we must keep everything in balance.

As discussed earlier in the manual, our macronutrient ranges are 50-80 percent fat, 5-30 percent carbohydrate, and 10-30 percent protein.

Specific carbs can be consumed in the evening meals on day 6, 13, 20, 27 however they typically should only be consumed with the evening meal to enhance sleep and brain function. Acceptable carbs for this day are those from Yams/Sweet Potato/ Squash/ Pumpkin.
and White Rice (see list) - The salad portion of this meal should have an Apple Cider Vinegar dressing to limit insulin spiking.

DESSERT

I have included various delicious dessert recipes in the Flat Belly Fix recipe collection that fit within this plan, if you absolutely cannot survive without some form of dessert over the short 21-28 day protocol.

A very simple and easy strategy is to have ½ of your favorite flavor of a Quest Bar, but remember they are VERY high in protein and you don’t want to upset the balance.

Flat Belly Fix Visual Reference

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THEFLATBELLYFIX.COM
Flat Belly Fix Food List

VEGETABLES

Try to stick to green leafy vegetables and avoid too many root vegetables to make sure you stay within the guidelines for your daily carbohydrate intake.

Note * Kimchi purchased at the store may contain added sugar

Arugula (Rocket)
Artichokes
Asparagus
Bell Peppers
Bok Choy
Broccoli
Brussels Sprouts
Butterhead Lettuce
Cabbage
Carrots
Cauliflower
Celery
Chard
Chicory Greens
Chives
Cucumber
Dandelion Greens
Eggplant (Aubergine)
Endives

Fennel
Garlic
Jicama
Kale
Kohlrabi
Leeks
Leafy Greens (Various Kinds)
Lettuce
Mushrooms (All Kinds)
Mustard Greens
Okra
Onions
Parsley
Peppers (All Kinds)
Pumpkin
Radicchio
Radishes
Rhubarb

Romaine Lettuce
Scallion
Shallots
Seaweed (All Sea Vegetables)
Shallots
Spaghetti Squash
Spinach
Swiss Chard
Tomatoes
Turnip Greens
Watercress
Zucchini

FERMENTED VEGETABLES
Kimchi*
Sauerkraut
FRUITS

Most fruits are off limits on the Flat Belly Fix Protocol. Some small amounts of berries are alright but you seriously need to watch how much you eat.

Avocado  Olive  Lemon
Blackberry  Lime
Blueberry  Raspberry
Cranberry  Strawberry

MEATS

All cuts of animal meat are good to eat however it is absolutely essential that you don’t eat too much as it can hamper your ability to achieve, and stay within, a Fat Adapted state.

Alligator  Rabbit  CURED AND PRE MADE
Bear  Heart  MEATS
Beef  Liver  (check ingredients)
Bison  Kidney
Chicken  Bone Marrow
Deer  Tongue
Duck  Tripe
Elk  Reindeer (might be a bad
Eggs  Christmas...up to you
Goat  though!)
Goose  Sheep
Kangaroo  Snake
Lamb  Turkey
Moose  Veal
Pheasant  Wild Boar
Pork  Wild Turkey
Quail

**Note about organ meats such as heart and liver... they are no longer popular however in my view there is no other food that is as nutritious as these parts of an animal so feel free to consume them frequently.
This is the protocol summed up in 4 screenshots. It would have been nice to see something a little more easy to follow – perhaps a more in-depth 21-day chart that makes it easier for you to follow and understand, something visual for you to look at and keep track of as you undergo your 21-day Flat Belly Fix.

**Flat Belly Fix Pros and Cons**

**ProS**

The program is in form of a downloadable eBook which implies it can be accessed easily.

It is an all-natural program hence eliminates the risk of side effects.

Involves simple and easy-to-follow exercise and diet guidelines.

100% money-back-guarantee is provided. There is nothing to lose.

You will definitely gain advanced knowledge on solid physiology and human anatomy.

Overall, the program is not a scam given the positive reviews available online.

**CONS**

If you hate a lot of reading, you may encounter problems implementing the program’s guidelines.
RECOMMENDED

WHY?

It is with no doubt that buying weight loss programs online can be tricky. However, for the case of Flat Belly Fix System, there are a number of positive reviews online. Those who have used the program and followed its detailed instructions have shown incredible improvement in regard to weight loss. There is a 100% success rate that you will lose belly fat and completely transform your body.

Additionally, you will be equipped with various tips and knowledge on weight management, not to mention the free bonuses. More impressive is the fact that the program is all-natural eliminating the worry of side-effects. If you are not sure whether to purchase the Flat Belly Fix System, the 60-day money back guarantee got you covered just in case you won’t like it. I highly recommend the program to anyone out there looking for a natural weight loss program.