

# The Easy 3 by EMRG Healthy

Are you looking for an easy way to lose weight and get healthier? Pick one habit from the list below that feels super easy to you and add it to your daily routine. Add another healthy habit after 7 days, then repeat.

Ready to get healthy? Here's the plan...



**DRINK WATER**



**INTERMITTENT FAST**



**REDUCE SUGAR**

## 1. WATER

Let's start with the most obvious and easiest. Adding just 16 ounces of water to your daily routine can start your day off right. This simple fix helps alleviate dehydration, decreases brain fog and helps with digestion.

**Action Plan: Drink 16 ounces of water each day before coffee or any food and see what happens.**

**Try a few of these tips:**

- Place a favorite water bottle or pint glass near the coffee maker. It will cue you to fill up and drink before for your first cuppa Joe.
- Add a squeeze of lemon and a pinch of cayenne pepper for even more cleansing.
- If you 'hate' water, try adding 2 cans of flavored sparkling soda such as La Croix each day. (Or another sugar free beverage)
- In case none of the above works for you: any decaffeinated, sugar free beverage counts, herbal teas can be delicious (Good Earth has one called Sweet and Spicy).

Sorry, beer doesn't count and it's too early in the day anyway.

## 2. TRY INTERMITTENT FASTING

The idea of fasting can be daunting. Intermittent fasting is not a giant struggle. Simply stop eating for a set amount of time each day. Intermittent fasting allows your body a few extra hours to reset. Some benefits to intermittent fasting:

- Less late night snacking and less hunger over all.
- Normalizing of insulin levels.
- It can boost metabolism.
- Better sleep.
- Weight loss.

## Action Plan: Fast 12 hours each day.

For example: finish eating for the day at 7 PM, wait 12 hours until 7 AM to eat again. Simple! You can have plain teas, water, sugar-free beverage or black coffee (or bullet coffee, see below) during fasting hours. Another option is bullet coffee, see recipe below. You can adjust the start and stop times to work with your natural schedule. Try 5 PM to 5 AM if you're up early or 11 PM to 11 AM if you're a night owl. You're in charge of the times.

### Bullet Coffee

8 ounces black coffee  
1 tsp grass fed butter or ghee (or coconut oil)  
1 tbs \*MCT oil

Blend all ingredients for 30 seconds or use a frother.

Notes: no cream, milk or nut milks as they will spike insulin. If you're vegan or just don't care for butter, sub coconut oil.

\*MCT oil is highly refined coconut oil you can find at Whole Foods, your local Co-op or on Amazon.

I find fasting helps with hunger and bonus! I noticed a reduction in belly fat after a few weeks. Here's one quick why. Fasting helps with sleep. With good sleep, cortisol levels\*\* go down. When cortisol is reduced you're LESS likely to store body fat.

\*\*The increase in cortisol caused by restricted sleep can also affect where your body stores fat, says Dr. Li. In a state of sleep deprivation, you tend to store more fat in the belly. "This belly fat, called 'VAT' (visceral adipose tissue), in turn releases inflammatory chemicals, which stimulates more cortisol," says Dr. Li.

## 3. REMOVE ADDED SUGAR

Taking added sugar out of your diet takes a bit of work but could give you a big pay off. Here's the easy part; you eat your regular diet! You can eat yummy food. Follow these tips to reduce sugar intake by reading labels and subbing your favorites for low sugar alternatives!

First things first. What is an added sugar?

Added sugars include sugars that are added during the processing of foods (such as

sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. They do not include naturally occurring sugars that are found in milk, fruits, and vegetables. In the past few years, the FDA added in ADDED SUGARS to nutrition labels.

## Action Plan: pass on ADDED SUGARS.



"The American Heart Association (AHA) recommends limiting the amount of added sugars you consume to no more than half of your daily discretionary calories allowance. For most American women, that's no more than 100 calories per day, or about 6 teaspoons of sugar. For men, it's 150 calories per day, or about 9 teaspoons."—from Added Sugars, American Heart Association. 6-9 teaspoons equals 25-38 grams

The tricky part...added sugar is added to a surprising amount of foods. Obvious sources are candy and sodas but sugar is in many of the food products we eat daily. Take a look at this surprising list of foods with added sugar:

Bacon and other deli meats  
Ketchup, mayonnaise and Salad dressing

Smoothies  
Most energy bars and drinks  
Bread, crackers and chips  
Non-dairy milks  
Soup

Here are some low added sugar items to try. Remember, the FDA suggests 25-38 grams per DAY.

## TRY

---

Whole milk yogurt with honey\*

\*Adding your own sweetener lets you control the amount you eat. Use as little as possible. Train your palette over time using less each day.

---

Regular Ritz or try some Blue Diamond Nut Thins

---

Food For Life Flourless Sprouted Grain Bread, Sesame

---

Lara Bar

---

Sparkling Water, Water with Lemon

---

Low sugar packaged oatmeal (6 g) or even better...Traditional or Instant Oatmeal topped with PB and honey or maple syrup\*.

---

Epic Beef Bar, Applegate Naturals Oven Roasted Turkey Breast, Applegate Organics Roast Beef

---

Heinz No Added Sugar Ketchup

---

Justin's (or fresh from a store grinder) peanut butter

---

Primal Kitchen - Ranch

---

Sugar Free Bacon

You'll be surprised how many products have "Added Sugars". Personally, I was sad about bacon and soup. Polish up your label reading skills. At first, you'll be a bit bummed as you might be give up some favorite foods. But, there's good news ... removing sugar from your diet will help you lose weight and leave you feeling better. Trust that you will find similar foods without the hidden sugars. Happy hunting!!!