



# Biobacking For Weight Loss

THESE METHODS CAN HELP  
IMPROVE YOUR BODIES  
ABILITY TO BURN FAT AND  
HELP YOU ACHIEVE YOUR  
GOAL WEIGHT.

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NUTRITION

# BIOHACKING FOR WEIGHT LOSS

The term biohacking sounds scary but all it is, is maximizing your biology to work for you, rather than against you. With modern day life, it is common for our system to be slowed down from things such as blue light, toxic build up, and constant food intake. Biohacking helps bring your body back to a balanced state.



## Cold Therapy

Taking a cold shower or an ice bath activates brown fat which has an abundance of mitochondria. This fat burns other fat and produces tons of energy for the body. The better your brown fat functions, the more calories you burn.



## Intermittent Fasting

In other words, shorten the hours in which you eat. There are multiple methods such as eating within an eight hour window each day, or doing a longer fast once or twice per week. Either way, shortening this window allows your body to reach ketosis and burn body fat.



## Water with Vinegar Before Meals

This helps blunt the blood sugar spike with meals. The slower sugar enters the blood stream, the less fat your body will store. This also improves our insulin sensitivity for long term benefits of weight control.



## Manage Cortisol

Cortisol is our stress hormone. For some, the thought of stress management is stressful itself. However simple strategies such as deep breathing with a longer exhale for 60 seconds 3-4 times per day or adding ashwagandha, an adaptogenic herb, can help manage cortisol levels. This has a direct impact on blood sugar control and therefore weight loss.

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## Sleep More

Studies have shown that improving quality of sleep and increasing hours slept to over 8 hours per night can improve weight loss by up to 55%! This is due to improved release of leptin (hormone that tell us we are full), decreased ghrelin (hunger hormone), and reduce cortisol (stress hormone). Get in bed earlier, reduce screen time before bed, and consider a magnesium supplement to improve sleep.



## MCT Oil With Your Coffee

MCT stands for medium chain triglycerides which is derived from coconut oil. If you are fasting, adding this to your morning coffee can help keep you in fat burning state for longer. It also can potentially improve the release of leptin, helping you feel full faster when eating. Lastly MCT oil promotes the growth of healthy gut bacteria which can help with weight loss and healthy hormone production.



## Supplements to Support Hormone and Gut Health

Supplements such as probiotics, green tea extract, vitamin D3, and acacia fiber can help boost weight loss by improving gut and hormone health.



## Weight Lifting

Exercise that increases skeletal muscle helps with weight loss. Skeletal muscle is our largest storage unit for glucose (sugar). After we eat any carbohydrates, we need a place to store glucose. If the muscle and liver are full, the glucose is stored as fat. By increasing skeletal muscle we reduce fat storage.